**Promoting healthy eating procedure**

**Purpose**

This procedure describes how Toowoomba Catholic Kindergartens and Care services (TCKC) will promote healthy eating in each of its services.

**To whom it applies**

This procedure applies to all TCKC staff, parents, visitors and children.

**Related policies, procedures and guidelines**

Education and Care Service National Law Act 2010

Education and Care Service National Regulation 2011

TCKC Nutrition policy

Food Safety and Handling policy and procedures

Australian Government Australian Guide to Healthy Eating

Australian Government Dietary Guidelines for Children and Adolescents in Australia

**Procedure**

1. All TCKC services are to
2. promote healthy food and drinks based on the Australian Government’s Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents in Australia.
3. foster awareness and understanding of healthy food and drink choices through children’s learning programs
4. encourage children to participate in a variety of ‘hands-on’ food preparation experiences
5. embed the importance of healthy eating and physical activity in everyday activities and experiences.
6. In circumstances where food is brought from home TCKC staff will
7. provide information to parents/carers on the types of foods and drinks recommended for children and suitable for children’s lunchboxes
8. encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided
9. discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children’s lunchboxes eg lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.

1. TCKC staff will during meal and snack times
2. ensure they sit with the children to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided
3. endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds
4. create a relaxed atmosphere where children have enough time to eat and enjoy their food as well as enjoy the social interactions with educators and other children
5. encourage the children to assist to set and clear the table and serve their own food and drink when applicable to develop independence and self-esteem
6. respect each child’s appetite - if a child is not hungry or is satisfied, do not insist he/she eats
7. be patient with messy or slow eaters
8. encourage children to try different foods but do not force them to eat
9. will not use food as a reward or withhold food from children for disciplinary purposes
10. maintain records of all children with known food allergies and intolerances.
11. When TCKC staff are communicating with parents/carers they will
12. provide a copy of the Nutrition policy to all parents/carers upon orientation at the service
13. provide parents/carers with opportunities to contribute to the review and development of the policy
14. request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with parents/carers to develop an appropriate response so that children’s individual dietary needs are met
15. ensure that food allergies or restrictions which are based on health reasons are accompanied by a letter from a medical practitioner or other health professional
16. provide information about food and nutrition related experiences within the service and provide up to date information to assist parents/carers to provide healthy food choices at home
17. provide information and advice on appropriate food and drink to be included in children’s lunchboxes eg through factsheets, newsletters, during orientation, information sessions and informal discussion.
18. Provision of drinking water
19. Drinking water must be available at all times through drinking fountains, individual water bottles, water canteen or cups
20. Children will be encouraged to drink extra water when it is warmer weather.

**Version control and change history**

**Effective date**

1/01/2020

**Review date**

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