Rose Park Pre-School Healthy Food Policy

At Rose Park Pre-School we use the Eat Well SA Schools and Preschools Healthy Eating Guidelines which provides a framework through which schools and preschools can promote learning, health and wellbeing in relation to food and nutrition. These guidelines reflect and support a number of Commonwealth and state policies, for example:

- Eat Well Australia: An agenda for action for public health nutrition 2000-2010
- Eat Well SA

Preschools have a unique and important role in enabling children to develop their capacity for healthy growth and development and healthier futures. At Rose Park Pre-School our learning programmes provide:

- opportunities for developing practical food skills related to growing, selection, storage, preparation, cooking and serving food.
- that the children eat routinely at scheduled break times in a supervised social environment.
- active promotion of daily fruit and vegetable consumption
- encouragement of frequent drinking of fresh, clean tap water
- links to the SACSA framework Learning Area of Health & Physical Development

To promote healthy eating habits in children, we ask parents to pack for their child small serves of healthy, nourishing foods, such as:

- fresh or dried fruit
- raw or cooked vegetables
- cheese.

Sandwiches with savoury fillings (no jam or honey) are acceptable but children should not need sandwiches at snack time if they have had breakfast or lunch before coming to kindy.

We do not accept as part of this healthy food policy, any packaged snacks or processed foods, including muesli bars, cracker dips and fruit bars. Yoghurt is messy and best eaten at home!

**Fresh is best!**

*Please do not send any food with nuts or traces of nuts.*

Children bring their own named drink bottle containing water only.