



LAMEROO REGIONAL COMMUNITY SCHOOL

Healthy Food Policy

Date approved: Mar 2026

Review date 2029

Rationale

Staff at our preschool are committed to promoting nutritious eating habits within a safe and supportive environment for all children. We recognise early childhood as a crucial period for establishing lifelong, healthy eating behaviours. Good nutrition can benefit children in the following ways:

- **Short term:** Maximises growth, development, and activity while minimising illness.
- **Long term:** Reduces the risk of diet-related diseases later in life, including heart disease, strokes, certain cancers, and diabetes.

Advice from speech pathologists and dentists highlights the importance of crunchy foods for supporting oral muscle development and healthy speech.

1. Curriculum

Our food and nutrition curriculum is aligned with the *Early Years Learning Framework* and *National Quality Standards*. We:

- Provide activities and routines that increase children's knowledge and skills to make healthy food choices.
 - Offer opportunities for children to develop practical food skills, such as preparing and cooking healthy foods.
 - Integrate nutrition education across the curriculum wherever possible.
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2. Learning Environment

Children at our preschool:

- Have access to fresh, clean, filtered tap water at all times and are encouraged to drink water regularly.
- Are encouraged to bring a named drink bottle each day.
- Eat in a positive, social environment with staff who model and discuss healthy eating behaviours.

Our preschool:

- Explicitly teaches the importance of healthy meals and snacks.
 - Is a breastfeeding-friendly site.
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3. Food Supply

Crunch & Sip – Morning Tea

Families are asked to provide fruit, vegetables, or another healthy option at Crunch and sip and morning tea to:

- Supply essential minerals and vitamins.
- Encourage children to enjoy healthy foods and promote effective chewing.

If fruit or vegetables are unavailable, healthy alternatives—like yogurt, cheese, crackers, or a sandwich on multigrain or wholemeal bread—are suitable. “Sometimes foods,” such as packaged snacks, cakes, and sweets, should be occasional only.

Please note:

- Nut products are not suitable.
- Cordial and fruit juice are not recommended.

Lunch

Parents are encouraged to pack healthy lunch options (e.g. sandwiches, fruit, yogurt, vegetable sticks) and to seek advice from staff if unsure.

Our preschool ensures all activities, celebrations, and events comply with the *Healthy Eating Guidelines*, strictly limiting high-fat, high-sugar, or processed foods (e.g. chips, pastries, cakes, lollies, crisps, soft drinks) to no more than twice per term.

4. Food Safety

Our preschool promotes food safety by:

- Teaching children food safety practices during cooking and food learning activities.



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- Providing adequate handwashing facilities for everyone on site.
- Promoting and encouraging correct handwashing procedures for all children.
- Ensuring staff access appropriate food safety training.
- Cooking and sharing healthy recipes/food options with children and families wherever possible.

5. Food-Related Health Support

We work in partnership with families to ensure children with food allergies or other dietary requirements have a suitable and safe food supply. Health support plans are prepared collaboratively, as required.

Policy Developed: Term 1, 2017