

Hamilton Community Pre-School

"Where discoveries, learning and fun connect"



Information Sheets for Parents:

Food Requirements at Pre-School

National Quality Standard – Quality Area 2

Element 2.1.3 – Healthy lifestyle. Healthy eating and physical activity are promoted and appropriate for each child.

Parents are encouraged to pack appropriate food for their children, educators will provide families with daily information about their child's intake of food and drinks throughout the day.

Healthy Eating is promoted and will be included in the Pre-School program and will be guided by the EYLF principles and incorporate the child's identity, e.g.

- Hands on preparation of food
- Discussion about food and healthy eating
- Songs, stories, rhymes about food
- Picture books
- Children will be encouraged to try new foods and their food likes and dislikes will be respected

Educators will: -

- discuss with children and positively reinforce the importance of hand washing prior to eating and food preparation.
- wash their hands prior to eating and food preparation.
- sit with the children at morning tea and lunch and will model healthy eating practices. The food being eaten can be discussed with the children.
- talk to the children about healthy foods, "every day foods" and "sometimes foods"

For further information go to: <https://healthykids.nsw.gov.au/>

Food Requirements for Pre-School

- Children need separately packed morning tea and lunch, clearly marked with the child's name and labelled as "morning tea" or "lunch" to assist in identifying one from the other. This is good preparation for school as it helps children think about two separate meals.
- Children will need a water bottle.
- All food and drink should be clearly labelled with the child's name.
- Food and drink provided should be nutritious and in line with the food suggestions below.
- The skills involved in opening drink bottles, lunch bottles, unwrapping morning tea and managing whole fruit are also developed. As lunch is consumed at about 1:00pm, it is recommended that children bring a substantial morning tea to Pre-School, including some protein and/or carbohydrates as well as vegetables and fruit.

In accordance with Australian Dietary Guidelines, Parents and Carers are encouraged to include in their child's lunch and morning tea:

- Plenty of vegetables of different types and colours, and legumes
- Fruit
- Grain foods (mostly wholegrain or high fibre) such as bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats, poultry, fish, eggs, tofu
- Milk, yoghurt, cheese and/or their alternatives

Parents and Carers are asked to limit foods sent to Pre-School that:

- Are high in fat, such as many biscuits, cakes, pastries, pies, processed meats, chips, crisps
- Contain added salt, by reading labels to choose lower sodium options among similar foods
- Contain added sugar

Water bottle:

Children must bring a clearly labelled water bottle from which they may drink during the course of the day including at morning tea and lunch. Educators will replenish bottles with water if necessary. Drinking water will be available to children at all times

Foods that are discouraged at Pre-School:

- Hamilton Community Pre-School is a "nut and egg free zone". Children, parents, educators or visitors are discouraged to bring ANY egg or nuts products to Pre-School.
- Chips, lollies, chocolates, soft drinks, commercial burgers, hot chips and fried foods.

If a child brings inappropriate food to Pre-School, educators will speak with the child's parents, send the food home and provide the child with a healthier alternative. Parents will be notified if educators are concerned about the amount of food being sent and/or consumed.

Waste free

Where possible, Hamilton Community Pre-School aims to reduce waste and promote reuse and recycling of materials. Families are encouraged to keep wrapping and packaging to a minimum by:

- Please limiting the use of “pre-packaged” food (e.g. le’ snacks, cheese sticks, yoghurt) Instead, consider options such as cutting cheese from a block, yoghurt from a large tub into a reusable container, fresh fruit and vegies
- Where possible avoid glad wrap, alfoil, zip lock bags, and pre-packaged drinks.
- Morning tea or lunch may be placed in a paper bag.

Birthdays and Treat Days:

Birthdays may be celebrated at Pre-School. Parents may send a cake to share with their child’s class. For practical reasons cup cakes are preferred. Children and families who do not celebrate birthdays will be respected. "Sometimes food" is also made or shared at Pre-School on other special occasions, such as party days or other celebrations. There are occasions where food is prepared by teachers or parents as a way of introducing food from different cultures. If families have special requirements or concerns about what food their child is allowed, they should speak with to the Educators at the commencement of the Pre-School year.