



The Briars Special Early Learning Centre

Nutrition Policy

In line with DE policy, it would be ideal for all children to have a healthy diet, however we know that some children have sensory issues and may be fussy eaters. We understand that children can have very strong food and drink preferences. Some children may also have specific diets. Educators will support any special dietary requirements.

For those parents who have children with good appetites, we strongly urge you to provide healthy foods and drinks in line with the DE 'Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools' incorporating the 'Eat Well SA Healthy Eating Guidelines (2004)'.

WARNING

We have some children with a severe allergy to nuts and eggs. To make The Briars a safe place for all children, we have adopted an 'Allergy Aware' procedure. This means any products with nuts and any whole egg products are not permitted at The Briars. We have adopted this practice to help prevent potentially life threatening situations for children with these allergies.

What does this mean?

Parents are advised not to provide any foods with:

- peanut butter, Nutella, Nuts about Chocolate and other spreads containing nuts
- nuts, or mixed with dried fruits
- muesli bars, other bars or lunch box treats containing nuts
- lollies or chocolates containing nuts
- oil such as peanut oil used for cooking food
- sauces including nuts such as satay
- whole egg products such as hard boiled eggs and egg sandwiches

In the unlikely event of a child having any of these products, we can provide toast or a sandwich.

Our Preschool's food and technology program includes learning opportunities for children to develop practical and independent life skills like preparing and cooking healthy food and independent skills like spreading.

The learning environment at The Briars allows the children to

- develop independence at mealtimes with vocabulary on a variety of AAC devices to facilitate communicative engagement
- eat in a positive, social environment with educators who model safe and healthy eating behaviours
- eat routinely at scheduled break times
- have fresh, clean tap water available at all times. Children are encouraged to drink water regularly through the day
- use The Briars garden to learn about and experience growing, harvesting and preparing nutritious foods