



The Briars Special Early Learning Centre

Nutrition Policy

Although we would love all children to have a healthy diet, 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. Staff 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 DECD '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 students, we have adopted an 'Allergy Aware' procedure. This means any products with nuts and any whole egg products are to be avoided at The Briars. We have adopted this practice to help prevent potentially life threatening situations for children with these allergies.

So what does this mean?

Please don't provide any food with

- peanut butter, Nutella, Nuts about Chocolate and other spreads containing nuts
- nuts in their shells 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

Our Preschool's food and nutrition curriculum includes opportunities for children to develop practical food skills like preparing and cooking healthy food.

The learning environment at our Preschool allows the children to

- have fresh, clean tap water available at all times. Children are encouraged to drink water regularly through the day
- eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the Preschool garden to learn about and experience growing, harvesting and preparing nutritious foods