

Healthy Eating 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 these children can have very strong food and drink preferences. Some children may also have specific diets to meet sensory and/or medical needs. Staff will support any special dietary requirements.

At our preschool we are mindful of children's allergies and the serious risks they can pose. While no foods are banned, we ask families to be cautious and considerate when packing lunchboxes. Please avoid sending items that may be unsafe for others and check with educators if you are unsure. Together, we can help all children to be safe and included at mealtimes.

The learning environment at our Preschool allows the children to:

- develop independence at mealtimes with facilitated vocabulary on a variety of AAC devices
- have fresh, clean Pura Tap water available at all times. Children are encouraged to drink water regularly through the day
- we encourage children to sit to eat at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use The Briars garden to learn about and experience growing, harvesting and preparing nutritious food.

- **Policy first approved:** November 2021
- **Next review date:** November 2026
- **Sourced:** Right Bite, easy guide to healthy food and drink supply for South Australian school and preschool, Eat well South Australia healthy eating guidelines(2004), The Briars Preschool staff and Governing Council