Woodend Children’s Centre  
Nutritional Policy

This Policy has been put together by staff and is ratified by the Governing Council with the intention of raising awareness of the benefit of good nutrition for children in their early years, in hope that it continue throughout their life. The curriculum will support children’s healthy lifestyle by emphasizing the recommendations of the “EAT Well Guidelines.”

SNACKS AND LUNCHES

Through the program we recommend healthy eating and ask parents to supply a healthy fresh nutritious unprocessed snack. Eg a piece of fresh fruit (where appropriate fruit will be cut up), a healthy sandwich, cheese etc, rather than processed food that is high in fat and sugars or may contain nuts. Space will be made available in the fridge for lunches that may need refrigerating.

- Through this program, staff will provide information on nutritional and healthy foods.

**PLEASE NOTE:** It is important to please read labels. - Any product that states it “MAY BE PROCESSED IN THE PRESENCE OF NUTS” will be sent home.

Our center is a **NUT FREE ZONE** to protect some children who suffer from severe allergies to nuts and/or nut products (eg peanut paste, nutella, cracker biscuits and muesli bars).

Children are given time to eat their own snack or lunch with appropriate supervision. (Where a child is not yet developmentally able to eat their snack / lunch staff will assist them.) We acknowledge that when the children are playing they do not always choose to eat their snack even though they are given time and reminders to do so.

**Preparation of food at the centre**

From time to time, as part of the program food will be shared by a group of children eg shared fruit day, cooking activities.

Cooking is a very important part of the centres program and over time all children will be involved. We endeavour to prepare recipes that adhere to the nutritional policy and that encourage healthy eating.

**DRINKS**

Children in our centre will be actively encouraged to help themselves where developmentally appropriate to a drink of water from the mains supply. Staff will provide clean cups at all times for this purpose. Where a child has not yet developed skills to help themselves, they are encouraged to bring water in an appropriate named, spill proof container. Babies can bring a bottle of milk if required and these can be placed in the Occasional Care fridge.

**SPECIAL CONDITIONS**

**BIRTHDAYS AND SPECIAL OCCASIONS**

Staff will recognise birthdays at our centre with a song, candles and card for the kindy children, (reminders are appreciated). Parents are asked **not** to provide treats for all children in the group.

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1 Eat Well guidelines
Parents will be informed of the Centres Nutritional Policy by: Enrolment Information Package, meetings, in newsletters, notices and resource packages.

This Policy will be discussed at staff meetings and revised annually at Governing Council Meetings.

Signed: CHAIRPERSON ........................................................

Signed: DIRECTOR ........................................................

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