

# Angle Vale Preschool – Food Philosophy

## We believe:

- That all children should be provided with nutritious food choices compatible with Right Bite (Healthy Eating Guidelines), Early Years Learning Framework and the National Quality Standards
- In providing a safe environment that supports children to develop lifelong health and wellbeing
- In being respectful and inclusive of all children's food choices
- That children can eat when hungry, to enable the development of a self-regulatory appetite
- That children have the opportunity to experience food that is:

- Seasonal
- Fresh
- Packaged
- Varied
- Sensory
- Homemade
- Balanced



## Our food philosophy rules ....

- Water only in drink bottles please (partially frozen on hot days)
- Snack food to be kept in your child's bag (not in lunchbox)
- No WHOLE nuts please
- Please include a freezer brick/block as we do not have the capacity to refrigerate lunchboxes

Nutritious foods promote fuller tummies, clearer minds and sustained energy. The provision of a variety of foods in your child's diet will provide the perfect fuel for their growing body, like:

- Protein
- Fats
- Carbohydrates
- Fibre
- Essential amino acids
- Essential fatty acids
- Vitamins
- Minerals

Our children's wonderings about healthy foods at kindy.....

## Why do we promote healthy foods at kindy?

"So we can get big and strong"- Emma

"Fruits makes me strong"- Lucy R

"I like butter chicken for lunch as well, it is my favourite healthy because my mummy makes it"  
- Meera

## Healthy Food Supply and Nutrition Policy

**Developed:** 1<sup>st</sup> of August 2023

**Review:** 1<sup>st</sup> of August 2026

**Review by:** Site leader, Children, families and relevant stakeholders