



Healthy Eating at Kindergarten

Healthy lunches and snacks are important for children and assist with concentration and learning. Encouraging children to be involved in their own lunch preparation and making choices about foods to include can be a motivating factor in promoting healthy eating.

Food Safety

At Kindergarten, food is stored in your child's lunch box for several hours so the lunch box needs to stay cool. While refrigeration facilities are available, the aim is for your child to be able to manage their food/eating needs as independently as possible.

- Choose an insulated lunch box or one with a freezer pack or include a wrapped frozen water bottle to keep the lunch box cool
- If you include perishable foods such as dairy products and sliced meats, these should be kept cool, ensure you pack a frozen ice block into the lunch box
- Try freezing a tub or tube of yoghurt and putting it in your child's lunch box. By lunchtime it will have partially thawed and be ready to eat.

Healthy Food Choices

There are endless food choices available for lunch boxes. Listed below are recommendations of healthy options to put in your child's lunch box. If there is something that is not on the list and you are not sure if it is a healthy choice, please ask staff before bringing it in. If inappropriate foods are brought to kindergarten, a note will be sent home asking parents to please refrain from sending these again.

Packaging

In line with our Environment and Sustainability Policy, our aim is to lessen our impact on our natural environment. As such, we request that the children's snacks/lunches are "packaging and rubbish free". Please ensure that washable/reusable containers are used for children's snacks/lunches and that containers are clearly labelled with your child's name.

Half Day Sessions

The children will need to bring two items

- One piece of fruit / raw vegetable which will be cut up and shared
- One small snack item from the lunch/snack lists provided.

Full Day Sessions

The children will need to bring three items. Please ensure that the 2nd and 3rd items are packed in separate containers and that the children know which is which.

- One piece of fruit / raw vegetable which will be cut up and shared - for morning tea
- Lunch as per the provided list
- One snack item from the snack lists provided - for afternoon tea

Allergies

To ensure the health and safety of all children, including those who have been diagnosed with food allergies, products containing nuts (e.g peanut butter, nutella, muesli bars and all other items containing nuts) are not to be sent to Kindergarten. We also ask that eggs are not brought to kindergarten either whole, as sandwich fillings or in salads.

Drinks

A choice of Milk or Water will be provided for morning and afternoon tea. Children will be able to access drinks of water at any time throughout the day, including lunchtime. The children do not need to bring drink containers to Kindergarten.

Fruit and Vegetable Snack

This snack will be cut up at Kindergarten and shared. The children will place this in a large bowl on arrival. Please send something from the following list.

Apple	Pear	Orange	Banana	Mandarin	Strawberry	Tomato
Mango	Watermelon	Honeydew	Cherry	Berries	Grape	Pomegranate
Sultana	Raisin	Apricot	Carrot	Celery	Cucumber	Naschi
Tangelo	Lemon	Paw Paw	Avocado	Capsicum	Grapefruit	Mushroom
Kiwi Fruit	Plums	Cantaloupe	Pineapple	Tamarind	Persimmon	
Nectarine	Peach	Passionfruit	Currants	Fig	Rambutan	

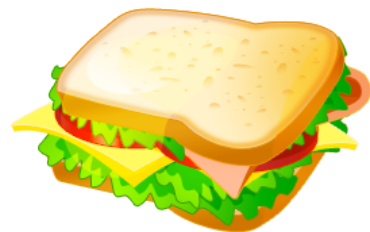
Lunch

- Sandwiches with a variety of fillings e.g sliced meat/cold meat, cheese, lettuce, grated carrot, cucumber, tuna, salad, vegemite etc.
- Try varying the type of bread you use e.g bread, rolls, pita bread, wraps, English muffin etc.
- Salad e.g pasta, potato, rice
- Sushi

Plus a piece of fruit/vegetable

Snack

- Plain savory biscuits e.g salada
- Rice Crackers
- Rice Cakes
- Dips
- Dried Fruit
- Cheese
- Fruit or Vanilla Yoghurt
- Fruit/Vegetables
- Savoury/Fruit/Vegetable Muffin



Foods not to be brought to Kindergarten

- Any products containing nuts
- Egg
- Chocolate spreads, 100's and 1000's
- Dairy Desserts e.g chocolate custard
- Lollies
- Donuts and Cakes
- Muesli Bars and Processed Snack Bars
- Chocolate
- Potato Chips
- Oven Baked Savoury Biscuits e.g shapes
- Sweet Biscuits