

# NUTRITION AND ACTIVE PLAY POLICY

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## Mandatory – Quality Area 2

### PURPOSE

Alfred Nuttall Memorial Kindergarten acknowledges the importance of healthy eating, oral health and physical activity and its contribution to good health and overall wellbeing.

This policy will provide guidelines to:

- promote a healthy lifestyle to children, educators and families at the service, including eating nutritious food, the importance of oral health and participating in physical activity
- provide opportunities for active play
- encourage children to make healthy lifestyle choices consistent with national and state guidelines and recommendations
- ensure that the dietary and cultural needs of children and families are taken into consideration when planning menus for service events and activities.

### POLICY STATEMENT

#### 1. VALUES

Alfred Nuttall Memorial Kindergarten is committed to:

- promoting nutritious food and eating habits that will contribute to healthy growth and development in children
- providing a safe, supportive and social environment in which children can enjoy eating
- consulting and working collaboratively with families in regard to their child's nutrition and dietary requirements, including responding appropriately to food allergies and recognising cultural and religious practices and lifestyle choices
- ensuring that food and drink items provided by the service are consistent with national and state guidelines and recommendations
- providing children and families with opportunities to learn about food, nutrition, oral health and healthy lifestyles
- ensuring adequate health and hygiene procedures, including safe practices for handling, preparing, storing and serving food
- encouraging physical activity by providing a range of active play experiences for all children at the service.

#### 2. SCOPE

This policy applies to the Approved Provider, Nominated Supervisor, Certified Supervisors, educators, staff, students on placement, volunteers, families, parents/guardians, children and others attending the programs and activities of Alfred Nuttall Memorial Kindergarten.

#### 3. BACKGROUND AND LEGISLATION

##### Background

There are many benefits to promoting a healthy lifestyle in early childhood education and care settings, including the positive impact this has on each child's learning and development. Being made aware of positive eating behaviour, oral hygiene practices and the importance of physical activity from an early age can instil good habits that will remain throughout a person's life. Educators/staff are well placed to build this awareness among children and their families, while respecting lifestyle choices, and cultural and religious values.

The foods we eat provide our body with the nutrients we need to stay healthy. Good nutrition is the balanced eating of a variety of foods, and is especially important for children as they require a large amount of nutrients for growth and development. Research has shown that, when offered a variety of healthy foods, children can and do make good choices. It is also important to provide preschool children with a good foundation in healthy eating, as most children have formed lifelong eating habits before they reach school age. Tooth decay is Australia's most prevalent health problem despite being preventable<sup>1</sup>. It is important to note that oral health promotion is complementary to promoting healthy eating. Education and care settings provide many opportunities for children to experience a range of healthy food, and to learn about food choices from educators and other children (*Belonging, Being & Becoming – The Early Years Learning Framework for Australia*, p30 – refer to *Sources*).

Active play (play that involves using the large muscles in the body) develops a strong and healthy body, builds motor and co-ordination skills, creates a sense of wellbeing and helps protect from disease. Active play is about moving, being and doing.

A strong sense of health and wellbeing, supported by good nutrition and an active lifestyle, can provide children with confidence, energy and optimism that will contribute to their ability to concentrate, co-operate and learn (*Belonging, Being & Becoming – The Early Years Learning Framework for Australia*, p30 – refer to *Sources*). Learning about healthy lifestyles, including nutrition and active play, links directly to Outcome 3 in both the *Early Years Learning Framework* and the *Victorian Early Years Learning and Development Framework* (refer to *Sources*).

The Australian Government has produced guidelines, recommendations and resources for healthy eating and physical activity in early childhood settings, including the National Health and Medical Research Council's *Australian Dietary Guidelines* and *Infant Feeding Guidelines* (refer to *Sources*) and the *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood* resources (refer to *Sources*). Practical, healthy eating advice is also available to early childhood services and schools via a telephone advice line: the Victorian Healthy Eating Advisory Service (Healthy Together Healthy Eating Advisory Service – refer to *Sources*), run by Nutrition Australia. Early childhood education and care services can also register for the *Victorian Prevention and Health Promotion Achievement Program* (refer to *Sources*). This program is designed to create safe, healthy and friendly environments for learning, by promoting physical, mental and social health and wellbeing.

A decision with respect to incorporating progressive meal times into the educational program must take into account the needs of all children at the service, particularly children with specific medical conditions such as diabetes. The National Regulations require services to ensure that children with medical conditions are able to participate fully in the educational program, and are not discriminated against in any way.

## Legislation and standards

Relevant legislation and standards include but are not limited to:

- *Australia New Zealand Food Standards Code*
- *Child Wellbeing and Safety Act 2005*
- *Disability Discrimination Act 1992 (Cth)*
- *Education and Care Services National Law Act 2010*
- *Education and Care Services National Regulations 2011: Regulations 77–78, 79–80* (if the service provides food), 168
- *Equal Opportunity Act 2010 (Vic)*
- *Food Act 1984 (Vic)*
- *National Quality Standard, Quality Area 2: Children's Health and Safety*
  - Standard 2.2: Healthy eating and physical activity are embedded in the program for children
    - Element 2.2.1: Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child

- Element 2.2.2: Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child
- *Occupational Health and Safety Act 2004*

The most current amendments to listed legislation can be found at:

- Victorian Legislation – Victorian Law Today: <http://www.legislation.vic.gov.au/>
- Commonwealth Legislation – Comlaw: <http://www.comlaw.gov.au/>

#### 4. DEFINITIONS

The terms defined in this section relate specifically to this policy. For commonly used terms e.g. Approved Provider, Nominated Supervisor, Regulatory Authority etc. refer to the *General Definitions* section of this manual.

**Active play:** Large muscle-based activities that are essential for a child's social, emotional, cognitive and physical growth and development.

**Adequate supervision:** (In relation to this policy) **supervision** entails all children (individuals and groups) in all areas of the service, being in sight and/or hearing of an educator at all times including during toileting, sleep, rest and transition routines. Services are required to comply with the legislative requirements for educator-to-child ratios at all times. Supervision contributes to protecting children from hazards that may emerge in play, including hazards created by the equipment used.

Adequate supervision refers to constant, active and diligent supervision of every child at the service. Adequate supervision requires that educators are always in a position to observe each child, respond to individual needs, and immediately intervene if necessary. Variables affecting supervision levels include:

- number, age and abilities of children
- number and positioning of educators
- current activity of each child
- areas in which the children are engaged in an activity (visibility and accessibility)
- developmental profile of each child and of the group of children
- experience, knowledge and skill of each educator
- need for educators to move between areas (effective communication strategies).

**Healthy eating:** Describes eating patterns that provide all the recommended nutrients for growth and development, and good health and wellbeing, now and in the future. It also refers to preparing, serving and eating food in a way that recognises its importance as a social and cultural activity.

**Nutrition:** The process of providing or receiving nourishing substances.

**Oral health:** The absence of active disease in the mouth. It affects overall well-being and enables people to participate and socialise without discomfort or embarrassment.

**'Sometimes' foods and drinks:** Food and drink items that are high in fat, sugar and salt, and that contain minimal vitamins, minerals or fibre.

#### 5. SOURCES AND RELATED POLICIES

##### Sources

- *Australian Dietary Guidelines* (2013) National Health and Medical Research Council: <http://www.nhmrc.gov.au/guidelines/publications/n55>
- *Belonging, Being & Becoming – The Early Years Learning Framework for Australia:* <http://education.gov.au/early-years-learning-framework>
- Better Health Channel: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

- Cancer Council Australia – for information on sun safety: [www.cancer.org.au/sunsmart](http://www.cancer.org.au/sunsmart)
- Cavallini, I and Tedeschi, M (eds) (2008), *The Languages of Food: recipes, experiences, thoughts*. Reggio Children Publications
- Dental Health Services Victoria – includes resources on oral health: [www.dhsv.org.au](http://www.dhsv.org.au)
- Early Learning Association Australia – Road Safety Education: [https://ela.org.au/services\\_resources/our\\_services](https://ela.org.au/services_resources/our_services)
- Food Safety Victoria, Department of Health – Food Safety and Regulation: 1300 364 352
- Food Standards Australia New Zealand – for information on food safety and food handling: [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood*: [www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources](http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources)
- *Healthy Together Healthy Eating Advisory Service* (HEAS) provides advice for Victorian early childhood education and care services, primary and secondary schools, hospitals and workplaces on healthy eating, including:
  - over-the-phone advice from nutrition experts on providing healthy food and drink to children
  - menu assessments
  - direct contact through an easy-to-access email address (Nutrition Australia).
 Contact HEAS: <http://heas.healthytogether.vic.gov.au/>  
 phone 1300 225 288 or email: [heas@nutritionaustralia.org](mailto:heas@nutritionaustralia.org)
- *Infant Feeding Guidelines* (2013) National Health and Medical Research Council: <http://www.nhmrc.gov.au/guidelines/publications/n56>
- Kids and Traffic – Early Childhood Road Safety Education Program: [www.kidsandtraffic.mq.edu.au](http://www.kidsandtraffic.mq.edu.au)
- Kidsafe: the Child Accident Prevention Foundation of Australia – for information on preventing childhood accidents in children under the age of 15 years: [www.kidsafe.org.au](http://www.kidsafe.org.au)
- Murdoch Childrens Research Institute, Royal Children’s Hospital Melbourne, *Limit ‘Sometimes’ Foods* Background Paper: [http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Limit\\_sometimes\\_foods\\_background\\_paper.pdf/\\$File/Limit\\_sometimes\\_foods\\_background\\_paper.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Limit_sometimes_foods_background_paper.pdf/$File/Limit_sometimes_foods_background_paper.pdf)
- Nitzke, S, Riley, D, Ramminger, A and Jacobs, G (2010), *Rethinking Nutrition: Connecting Science and Practice in Early Childhood Settings*. Redleaf Press, St Paul, USA
- Oberklaid, F (2004), *Health in Early Childhood Settings: From Emergencies to the Common Cold*. Pademelon Press, NSW
- *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5<sup>th</sup> edition, 2013) National Health and Medical Research Council: <http://www.nhmrc.gov.au/guidelines/publications/ch55>
- SNAC – a website that provides activities, recipes, fact sheets and discussion boards to support early childhood educators. Developed by Edith Cowan University: <http://snacwa.com.au/>
- *Victorian Early Years Learning and Development Framework*: <http://www.education.vic.gov.au/Documents/childhood/providers/edcare/veyldframework.pdf>
- *Victorian Prevention and Health Promotion Achievement Program*: <http://www.health.vic.gov.au/prevention/achievementprogram.htm>

## Service policies

- *Anaphylaxis Policy*
- *Asthma Policy*
- *Curriculum Development Policy*
- *Dealing with Infectious Diseases Policy*
- *Diabetes Policy*

- *Excursions and Service Events Policy*
- *Food Safety Policy*
- *Hygiene Policy*
- *Incident, Injury, Trauma and Illness Policy*
- *Inclusion and Equity Policy*
- *Road Safety and Safe Transport Policy*
- *Sun Protection Policy*

## PROCEDURES

### **The Approved Provider is responsible for:**

- ensuring that the service environment and educational program supports children and families to make healthy choices for eating and active play
- providing ongoing information, resources and support to families, to assist in the promotion of optimum health, including oral health, for young children (refer to *Sources*)
- ensuring the implementation of adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children being educated and cared for by the service (Regulation 77) (refer to *Hygiene Policy* and *Food Safety Policy*)
- ensuring that all educators/staff comply with the *Food Safety Act*
- ensuring that all educators/staff are aware of a child's food allergies and/or other medical conditions on enrolment or on initial diagnosis
- ensuring measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (refer to *Anaphylaxis Policy*, *Asthma Policy*, *Diabetes Policy* and *Food Safety Policy*)
- ensuring that all educators/staff are aware of, and plan for, the dietary needs of children diagnosed with diabetes (refer to *Diabetes Policy*)
- providing healthy suggestions for morning/afternoon tea and/or lunchboxes for children
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink water throughout the day, including at snack/lunch times (Regulation 78(1)(a))
- ensuring that food and drinks are available to children at frequent and regular intervals throughout the day (Regulation 78(1)(b))
- ensuring that celebrations, fundraising activities and other service events are consistent with the purposes and values of this policy and service procedures.

### Where food is provided at the service:

- allocating finances to ensure the provision of nutritionally-balanced and culturally-sensitive meals, as required
- ensuring that staff who are responsible for menu planning participate in regular nutrition and safe food handling training, and are kept up to date with current research, knowledge and best practice
- ensuring that food and drink provided by the service is nutritious, adequate in quantity and appropriate to children's growth and development, and meets any specific cultural, religious or health needs (Regulation 79(1))
- ensuring that a menu is displayed in a location accessible to parents/guardians, and that it accurately describes the food and drinks to be provided by the service each day (Regulation 80(1)).

### **The Nominated Supervisor is responsible for:**

- ensuring that the service environment and the educational program supports children and families to make healthy choices for eating and active play

- ensuring the implementation of adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children being educated and cared for by the service (Regulation 77) (refer to *Hygiene Policy* and *Food Safety Policy*)
- ensuring that all educators/staff comply with the *Food Safety Act*
- ensuring that all educators/staff are aware of a child's food allergies and/or other medical conditions on enrolment or on initial diagnosis
- ensuring measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (refer to *Anaphylaxis Policy*, *Asthma Policy*, *Diabetes Policy* and *Food Safety Policy*)
- ensuring that all educators/staff are aware of, and plan for, the dietary needs of children diagnosed with diabetes (refer to *Diabetes Policy*)
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink water throughout the day, including at snack/lunch times (Regulation 78(1)(a)).
- ensuring that food and drinks are available to children at frequent and regular intervals throughout the day (Regulation 78(1)(b))
- registering the service with the *Victorian Prevention and Health Promotion Achievement Program* (refer to *Sources*)
- ensuring that cultural and religious practices/requirements of families are accommodated to support children's learning and development
- developing and reviewing guidelines for celebrations, fundraising activities and other service events in consultation with educators, staff, parents/guardians and families
- developing links with local and regional health services, community organisations and businesses that provide expertise, resources and support for healthy eating, oral health and active play.

Where food is provided at the service:

- managing the service's food budget
- ensuring that food and drink provided by the service is nutritious, adequate in quantity and appropriate to children's growth and development, and meets any specific cultural, religious or health needs (Regulation 79(2))
- ensuring that a menu is displayed in a location accessible to parents/guardians, and that it accurately describes the food and drinks to be provided by the service each day (Regulation 80(1))
- ensuring that the service is registered and working in line with the *Food Safety Act* and National Regulations
- ensuring that the cook, and any staff involved in food preparation, serving and storage, comply with the *Food Safety Act*
- facilitating training of staff to assist in compliance with the *Food Safety Act* e.g. safe food handling courses.

**Certified Supervisors and other educators/staff are responsible for:**

- complying with the service's *Nutrition and Active Play Policy* and with the *Food Safety Act*
- implementing adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children (refer to *Hygiene Policy* and *Food Safety Policy*)
- being aware of a child's food allergies and/or other medical conditions on enrolment at the service or on initial diagnosis
- implementing measures to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (refer to *Anaphylaxis Policy*, *Asthma Policy*, *Diabetes Policy* and *Food Safety Policy*)
- being aware of, and planning for, the dietary needs of children diagnosed with diabetes (refer to *Diabetes Policy*)

- ensuring that the service environment and the educational program supports children and families to make healthy choices for eating, oral health and active play
- discussing healthy eating choices with children, introducing the concept of 'sometimes' foods and drinks, and role-modelling positive behaviours exploring and discussing diverse cultural, religious, social and family lifestyles
- considering this policy when organising excursions and service events
- supporting students and volunteers to comply with this policy while at the service
- keeping parents/guardians informed of current information relating to healthy eating, oral health and active play
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink regularly throughout the day, including at snack/meal times
- ensuring that children can readily access their own clearly labelled drink containers (where this is a service practice)
- providing food and drinks at regular intervals, and encouraging children to actively participate in, and enjoy, snack/meal times without feeling rushed
- providing opportunities for children to learn about, and develop skills for oral health through the educational program
- providing adequate supervision (refer to *Definitions*) for all children during meal/snack times
- encouraging children to be independent at snack/meal times e.g. opening lunchboxes, pouring drinks, self-feeding, serving and using utensils in a culturally-sensitive way
- planning and providing outdoor, active play that is stimulating, promotes skill development, considers safety issues and provides adequate supervision (refer to *Definitions*)
- considering opportunities for children to be physically active indoors, particularly in adverse weather conditions
- providing daily opportunities for all children to participate in age-appropriate active play
- acting as positive role models by engaging in physical activity
- minimising and closely supervising screen-based activities, in line with recommended guidelines
- providing age-appropriate traffic safety education, including pedestrian and passenger safety to both children and parents/guardians at the service
- promoting safe behaviour through daily practice as part of the program.

Where food is provided at the service:

- displaying menus, sharing recipes and encouraging feedback about the food provided at the service.

**Parents/guardians are responsible for:**

- complying with the requirements of this policy
- providing details of specific nutritional/dietary requirements, including the need to accommodate cultural or religious practices or food allergies, on their child's enrolment form, and discussing these with the Nominated Supervisor prior to the child's commencement at the service, and if requirements change over time (refer to *Anaphylaxis Policy*, *Asthma Policy* and *Diabetes Policy*)
- communicating regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences
- encouraging their child/ren to drink an adequate amount of water (preferably tap water)
- providing healthy, nutritious food for snacks/meals, including fruits and vegetables where applicable
- providing healthy, nutritious food, including fruits or vegetables for sharing at morning or afternoon tea, where applicable
- providing nutritious food and drinks for celebrations, fundraising activities and service events, consistent with service policy

- encouraging children to exercise by engaging in active play, and walking or riding a bike to the service where appropriate
- discussing appropriate road traffic safety and car safety practices, and role-modelling this behaviour.

**Volunteers and students, while at the service, are responsible for following this policy and its procedures.**

#### **Procedures specific to Alfred Nuttall Memorial Kindergarten:**

- ANMK will use resources and information from appropriate authorities on nutrition and health to review and update policies and practices such as VicHealth, DET, Department of Health, NHMRC and Nutrition Australia.
- Children and educators partake in a shared fruit/vegetable time during each kinder session. Each child brings a piece of fruit or vegetable from home to share with the group. Children are provided with a cup of milk or water, dependent on their choice. This is identified as a time for children to; learn about each other's home culture and identity; experience the communal sharing and partaking of food; and an allocated time in the curriculum to partake in shared healthy eating. (see Food Safety Policy and Procedure for food handling information)
- The four year old kindergarten children bring a clearly labelled lunchbox with lunch and a snack on their long days and a snack on their half day sessions. Children and families are asked to bring a healthy lunch item in a labelled container that is considerate of other children's food allergies. Unlabelled containers will be labelled by staff, where identified.
- On longer days, the children bring a water bottle to drink at lunchtime.
- Each kindergarten session structures opportunities for children to participate in safe and age appropriate active play with outdoor play a significant component of curriculum planning. On days where extreme weather limits outdoor play opportunities, the indoor space and session experiences incorporate further opportunities for active play indoors.
- Cooking experiences are a part of the curriculum at Alfred Nuttall Kindergarten. These experiences are identified as learning opportunities for children to gain understanding and experience in preparing food. They are also often incorporated into community experiences where the food is shared with each other and/or their families. The medical and cultural food needs of children are always planned for in these cooking experiences.
- Alfred Nuttall Memorial Kindergarten has implemented a fundraising levy that is paid with term fees. The fundraising levy attempts to avoid the pressure on the kindergarten and families to feel obligated to partake in fundraising activities throughout the year and, as such, avoids fundraising activities that involve selling food that is of little nutritional value.
- Children at Alfred Nuttall Kindergarten participate in a pet education and traffic education program each year that is part of the intentional teaching curriculum. At least two excursions per year are organised for the four year old groups that involve walking to a local destination. These excursions provided children with the opportunity for physical and active engagement in their local community as well an opportunity to practice traffic safety.
- The kindergarten has a vegie garden that is used to promote healthy eating and to encourage trying new vegetables.
- Refer to Food Safety Policy for food handling guidelines

#### **Evaluation**

In order to assess whether the values and purposes of the policy have been achieved, the Approved Provider will:

- regularly seek feedback from educators, staff, parents/guardians, children, management and all affected by the policy regarding its effectiveness
- monitor the implementation, compliance, complaints and incidents in relation to this policy

- keep the policy up to date with current legislation, research, policy and best practice
- revise the policy and procedures as part of the service's policy review cycle, or as required
- notify parents/guardians at least 14 days before making any change to this policy or its procedures.

## **ATTACHMENTS**

Attachment 1: Guidelines for catering at celebrations, fundraising and social events.

Attachment 2: Healthy Eating at Alfred Nuttall Memorial Kindergarten

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# **ATTACHMENT 1: GUIDELINES FOR CATERING AT CELEBRATIONS, FUNDRAISING AND SOCIAL EVENTS**

## **1. Fundraising**

The kindergarten fundraising levy is adopted to replace all internal kindergarten fundraising activities.

The exception to this is:

- if the kindergarten chooses to fundraise outside of the kindergarten, within the local community. For instance, the kindergarten may, on the occasion when the kindergarten is used for a local community event, such as a polling booth on an election day, take the opportunity to hold a fundraising event that may involve the selling of food to the local community. The kindergarten will not, on these occasions, sell pre-ordered fundraising items such as chocolates etc.
- the kindergarten may choose to fundraise amongst kindergarten families for a chosen charity. This fundraising involves gold coin donations at kinder social events only.

## **2. Celebrations**

### **Birthdays**

Children celebrate their birthdays using a wooden birthday cake and wearing the birthday cape and crown.

### **Other Celebrations**

- Other occasions, such as cultural celebrations, can be celebrated through art or craft activities, dress ups or other activities to recognize the celebration.
- The kindergarten recognizes that food is often a central and important element of many cultural celebrations. When the kindergarten chooses to use food as a way of celebrating these events, it will focus on the possible learning opportunities available. This may include engaging in a cooking experience using whole and nutritious foods as much as possible and learning about the history and significance of the food to the celebration.

### **End of Year Celebration**

- At the end of each year the kindergarten holds a “party” for the children. This is identified as an important time for the children to sit down together and celebrate their year. Sharing food is an important part of this celebration. The kindergarten will ensure there are healthy options available at this event.

### **Social Events**

- The kindergarten holds a number of family social events throughout the year. Where catering is provided by the kindergarten for such events, the kindergarten will endeavor to provide healthy options to families. No alcohol will be supplied by the kindergarten at these events.
- At kindergarten events where families provide their own food and beverages, the kindergarten will provide suggestions on healthy options where appropriate. (The kindergarten will provide education and information on health eating throughout the year.) The kindergarten is a tobacco and drug free environment. There will be no alcohol consumed on the premises.

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## ATTACHMENT 2: HEALTHY EATING AT ALFRED NUTTALL MEMORIAL KINDERGARTEN

### 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. Containers without names will need to be labelled by staff, where identified, to reduce the risk of children's exposure to allergens.

#### Half Day Sessions (Wombat Group – Tuesday/Friday)

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 (Wombat Group – Wednesday / Possum Group – Monday and Thursday)

The children will need to bring four items. Please ensure that the 2<sup>nd</sup> and 3<sup>rd</sup> items are packed in separate containers and that the children know which is which. The children find it easiest to have all of their containers then put in one lunch bag.

- 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
- Water Bottle

#### 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

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A choice of milk or water will be provided for morning tea. The children will use their water bottles for lunchtime. Children are able to access drinks of water from the kindergarten's water containers at any time throughout the day.

### **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