

## Nut Awareness

Many foods contain nuts such as

- Peanut butter
- Muesli bars
- Nutella
- Health food bars

**Please do not send nut products to Kindergarten.**

Suggested snack foods

- ✓ Fruit
- ✓ Dried fruit
- ✓ Vegetables

**Please avoid packaged food, food high in preservatives sugar, salt and fat**

Foods that contain the above can have a huge impact on children's concentration, behaviour and wellbeing. **Healthy options support children to concentrate and learn.**

## Lunch time

Children who have a full day at Kindergarten need to bring a packed lunch which is placed in two mobile trolleys as you enter the Kindy. Please always include a cold pack.

We encourage packing food that your child can manage

independently and that fits our healthy eating guidelines.

## Suggestions

- Sandwiches
- Cheese and savoury biscuits
- Fruit
- Salad vegetables
- Wraps
- Yoghurt
- Dip
- Cold meat

For more ideas visit these websites

- [www.taste.com.au](http://www.taste.com.au) search - Kids Healthy mains or Kids healthy snacks.
- [www.freshforkids.com.au](http://www.freshforkids.com.au) search for Kids recipe ideas.

**NB Safety regulations mean staff are unable to heat food for children**

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# Aldinga Community Kindergarten

**63 Butterworth Street  
Aldinga Beach**

## Healthy Food Policy



## **Policy statement**

At Aldinga Kindergarten we are committed to encouraging children and families about healthy choices. A good diet and exercise is of benefit to all. Good nutrition plays an important role in the health and wellbeing of children, their families and the community.

## **Curriculum**

Staff will ensure children receive positive education about healthy lifestyles including nutrition and exercise. In cases where children have special needs related to eating, staff will use the health support planning guidelines and the advice of supporting agencies.

## **Cooking**

As part of our Kindergarten curriculum, we occasionally offer cooking experiences. We will endeavour to make our cooking opportunities healthy and inclusive of all children.

## **Food safety**

Children will be encouraged to wash hands before eating and will be supervised during snack and lunch times.

## **Drinks and Food containers**

Please send a bottle of water with your child every day.

Please make sure all food containers and drink bottles are named and that your child is able to identify which lunch box and drink bottle is theirs.

## **Special events**

Foods that do not comply with healthy eating guidelines are able to be offered as part of a special event. We call these food “sometimes only foods” Fundraising and sponsored activities at the kindergarten will endeavour to promote healthy eating habits and lifestyles.

## **OZ Harvest**

OZ harvest is a charity organisation that collects and distributes food to people who are under financial hardship. The kindergarten has decided to not eliminate foods but rather give families the choice.

## **Birthdays**

The kindergarten recognises the importance of celebrating special events, such as birthdays however we ask that families do not supply food. Many children have allergies and this helps us to keep children safe. Sometimes we have several birthdays in a week and this can have a huge impact on the curriculum.

Children's birthdays will be celebrated with a card and song. If the child wishes they can also wear a birthday badge.