

## 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