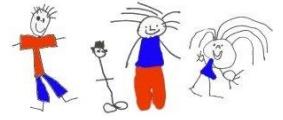


BURTON PARK PRESCHOOL HEALTHY EATING POLICY



Our goal is for children to be eating healthily and appropriately during sessions. This goal is based on educational research which has found that foods low in processed sugar and saturated fats help children to learn, concentrate and develop far more successfully. For this reason, we have a shared 'fruit time' each day - we ask that children bring a piece of fruit or a vegetable to preschool and get them to pop it in our fruit bowl each morning. A staff member or volunteer will cut this up for sharing during our small group time each day.

Similarly, we discourage sending your child with cordials and other sugary drinks. As an alternative, we do provide filtered water.

Storage of food - please let a staff member know if you need your child's food kept in the fridge - we are happy to pop items such as dairy/cold meats etc in the fridge for the children's lunch.

Please leave lunch boxes in your child's bag/locker - they will come to collect these under staff supervision at lunch time.

Please ensure that all items are clearly named.

Canteen - food can be ordered from the school's canteen on a Monday, Tuesday, Wednesday and Friday. A menu and lunch bags are available from the foyer of the preschool. Preschool children take turns on taking any orders over to the canteen in the morning as part of our daily routines. PLEASE NOTE that some foods are not available everyday as part of the Right Bite guidelines

As it is important to learn moderation, we will occasionally have 'special treats', where children will be able to eat other foods.