



Coorara Preschool Centre

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Healthy Food Guidelines

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Good nutrition involves eating a variety of foods. Encouraging healthy choices from an early age ensures good habits in the future.

Children with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at school and preschool. Establishing healthy eating patterns early provides a critical foundation for good eating patterns in adult life.

Coorara Preschool encourages families to send healthy lunches and fruit/snacks to kindergarten with their children. Use our guide below to make good choices.

GREEN		Lunch and snacks should come from this category			
Sandwiches / wraps with healthy fillings eg, cheese, meat, salad, savoury spreads		Vegetables / vegetable sticks (cooked or raw)			
Fresh fruit, dried fruit		Quiche / savoury slice			
Savoury crackers		Cold meat			
Cheese / yoghurt		Salad, egg			
AMBER					
May include ONE with lunch					
Muesli bar		Savoury muffin			
RED					
Please DO NOT send these to kindergarten for lunch or snacks					
<i>*exceptions may be made for special days or celebrations when advised.</i>					
Nuts – we have children with nut allergies		Packaged chips, CC ...			
Lollies, Chocolate		Fast food			
Bars containing choc bits, lollies ...		Sweet cakes			
Drinks other than water		Sweet biscuits			
PORTION SIZES		ENVIRONMENTAL ISSUES		RECOGNISING NEEDS	
You know your child best, so please consider what your child may eat and monitor how much food returns uneaten.		We want to give children positive environmental messages. One way to do this is to encourage families to minimise the amount of packaging. We encourage nude food – using washable containers instead of plastic packaging.		If your child has specific needs or has been ill, please speak to a staff member.	