

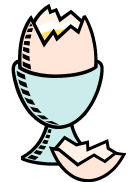
## HEALTHY FOOD GUIDELINES FOR ELLISTON CHILDREN'S CENTRE

Our Children's Centre has a healthy food policy. As part of the early childhood program we learn about and encourage healthy eating. A lot of recent research is showing that what children eat affects the growth and development of the brain and has an adverse affect on how they learn. It is important that we work together to help the children learn about healthy foods and you can do this by sending healthy snacks with your child to the centre.

Let's look inside the lunch box. Did you put "LIFE" into the lunch box today? Did you put in a surprise?

### Here are some suggestions:

- Sandwiches, pita bread, wraps, weetbix, cold crumpet, toast
- Home-made pasties, sausage rolls, falafel balls, pizza, fritters, pasta, savoury scones, pancakes
- Fruit: whole or cut up in pieces
- Dried fruit and nuts (depending on allergies in particular year group)
- Vegetables: cut into small pieces or strips, carrot, celery, cucumber, capsicum, cauliflower and broccoli
- Cheese: cottage cheese, cream cheese, fruit cheese and cheese sticks.
- Cracker biscuits: jatz, BBQ shapes (not in packs), saladas, saos, rice crackers etc.
- Yoghurt in small containers from home (ie not prepackaged)
- Hard boiled eggs
- Cold meats, fritz, metwurst, sausages, rissoles, chicken, fish, chops.
- Spreads can include vegemite, promite or peanut butter (depending on allergies in year group)
- Vegetable based dips
- Plain popcorn, puffed corn, rice crackers (not in packs)
- Tossed salad in a container
- Water in own drink bottle.



### **Foods that are not suitable include:**

- Cakes, sweet biscuits, muffins (sweet or savoury)
- Sweet packaged bars
- Lollies and cordial/fruit juices
- Nutella sandwiches

### **because of .....**

- Lack of health value. Inappropriate food restricts a child's learning.
- Lack of nutritional value
- Dental damage
- Cost to you
- Fairness to other children in the group

At each group eating time, we talk positively in a very simple and fun way about all the lovely, healthy food being eaten and the value of such healthy food to them as growing children.

### **Please note:**

- Children do not share food brought from home.
- We also cook as part of the learning program and this food is shared by all.

*These **Healthy Food Guidelines** form part of our **Healthy Food Supply and Nutrition Policy**.*

***Approved 23 February, 2018***