

Healthy Food and Nutrition Outline

Our kindergarten is guided by the Right Bite Food Strategy.

Sip and Crunch Time: is our morning snack time. Children are asked to bring a whole piece of fruit or some vegetables to eat. We ask that this be a Nude Food time (no rubbish).

Lunch Time: Please consider the Right Bite Food and Drink Spectrum below when packing your child's lunch. We encourage families to pack items that are mostly in the green section.



Drinks: We ask that you provide a drink bottle filled with water every day. We have two esky's that children can place their drink bottles into on arrival to keep drinks cool during the warmer months.