

Healthy eating

Lunchtime, healthy snacks and nutrition

Mealtimes at the kindy provide a calm, social, positive learning experience for children who are encouraged to develop healthy eating habits. Families are asked to provide a nutritious lunch and two snacks. Fruit and vegetables are encouraged for the morning and afternoon snack.

On arrival, please place children's lunch boxes in the fridge. Children can bring their own drink bottles of water, but water is provided at all times from the fountain near the kitchen. Please do not send in lollies or any food items containing nuts (e.g. peanut butter, nut spreads like Nutella, nut muesli bars etc.) as we have children with very serious nut allergies.

As a part of our kindy's practice to be sustainable we encourage families to participate in the 'nude food' lunchbox initiative, minimising packaging that contributes to 'land fill'. Plastic containers and washable material packaging have been popular reusable alternatives to cling film, zip lock bags or pre-packaged foods. Wrappers packed in lunch boxes will be sent home for disposal.

For children's birthdays, we ask that families refrain from bringing cake or other food treats to share as we have many children with allergies.