

## INFORMATION ABOUT LUNCH CARE AT KINDERGARTEN

“All day” kindergarten children also need to bring lunch, and drink if they wish, which they will eat in the time between their morning and afternoon kindergarten sessions.



Some ideas for a basic lunch box:-

Savoury sandwiches or roll, soups, savoury dry biscuits with meats or cheese, tin of bake beans/spaghetti, oven baked nuggets, sausage rolls or pizza, quiche, spring rolls, sushi, salad plate with cold meat, boiled egg, age appropriate vegie sticks, yoghurt etc.

(We can heat children's food in microwave, or keep cold in fridge.)

Children may also bring a 99% fruit juice or plain milk drink at lunch time if they wish.

Please refer to the “Lunch box ideas” handbook provided in your enrolment pack for further inspiration and guidance.

**Children using our lunch care program need to bring:-**

- A **named lunch box** with their lunch in it, and then a **named** container/plastic bag with their 2 snack time foods in it.
- Kindy children leave lunch boxes in their bag unless requiring refrigeration. Please let staff know if food needs to be refrigerated or heated. Ice bricks are a good idea in hot weather.
- What they don't eat, we will send home so you can gauge how much they ate and what they ate.
- Any foods that are unsuitable will also be returned home.
- We encourage children to drink water, which will help in hydration and also mouth hygiene.
- **Lunch care cost is \$6.00 per day (CC subsidy will reduce cost)**, this supports payment of the staff employed to care for your child over the hour between sessions.
- **Lunch care payments will be invoiced through childcare and CCB will be applied.**
- **Please see Leanne or Steph with any payment difficulties.**

**This is a great time for children to practice independent self-help skills.**

