

Riverton Kindergarten

Nutrition

We believe that good nutrition is vital for the wellbeing of children and they access food according to their individual needs and timetable. We encourage nutritious, safe eating habits for all children attending the Centre.

Parents are invited to discuss with the staff what their child has eaten/drunk throughout the day, including information such as likes and dislikes.

For Rural Care, you need to bring:

- Snacks such as fruit, vegetables, yoghurt or cheese in a named container for morning and afternoon snack.
- A healthy, nutritious lunch in a separate named container.
- A clearly named drink bottle.

Due to the high risk of choking do not send nuts, raw carrot, raw celery, popcorn or corn chips. It is a rule that children sit to eat.

Water is the preferred drink and drinking water is always available. The children are reminded to have regular drinks throughout the day.

Parents are asked to avoid sending foods that are highly processed and high in sugar, salt or fat, such as: chocolates, lollies, sweet biscuits, chips, chocolate coated fruit bars, roll ups, and soft drinks.

Please send food with minimal packaging – to assist children to access their food and support our environmental education program.

Food considered dangerous will not be served to the child, but will be sent home again. In such a situation, staff will have an informal discussion with the parents concerned, and explain why the food was considered unsuitable.

The Director needs to be notified in writing of any special dietary restrictions, requests and/or allergies at the time of enrolment or as relevant. Children with allergies will be photographed and information displayed for staff. (See Health Policy- allergies)



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Government of South Australia
Department for Education and
Child Development

Super snack suggestions

Snacks are an important part of daily food intake, especially for children. They need to be nutritious, tasty, quick and easy to prepare.

- Slice of fruit loaf / bun
- Fruit bread, made into jaffles with ricotta cheese, dried fruit
- Pikelets, add mashed bananas to the mixture for a change
- Fruit / date / pumpkin or plain scones
- Sandwiches, cut into strips or shapes
- Small pita bread, spread with peanut butter, grated carrot, sprouts and roll up
- Small handful of rice crackers or baked wheat pretzels
- Wholemeal crackers with cheese
- Rice cakes with a thin scape of reduced fat cream cheese and vegemite
- Breakfast cereals served dry, fruitybix, mini wheats, WeetBix, Wheat Bites To Go
- WeetBix spread with vegemite, peanut paste etc
- Handful of home made pita chips (pita bread cut into triangles, sprinkle with a little parmesan cheese and bake 180C for 15 mins until crisp)
- Rice cakes spread with ricotta or cream cheese and vegemite and fruit spreads
- Crispbreads with vegemite, promite, fruit spreads
- English muffin with margarine and cheese, or vegemite, peanut paste
- Plain biscuits (Wheatmeal, arrowroot)
- Small can baked beans or spaghetti
- Tub of yoghurt or Fruche
- Cheese stick or triangle and sultanas
- Piece of fresh fruit or fruit salad in a small container or canned fruit snack pack
- Small handful of dried fruit (can serve in an ice cream cone)
- Homemade fruit muffins (aim for recipes with less than ¼ cup oil)
- Small container or assorted salads (eg.tabouli, pasta, rice)

Here are some ideas of balanced lunch boxes, which include foods from all groups.

- Sandwich, roll or flat bread with favourite filling
Ice cream cone filled with dried fruit, 2-3 fruit biscuits or 2 slices of fruit loaf
Tub of yoghurt, custard or frozen yoghurt tube
1-2 pieces of fresh fruit - kiwi fruit, pear, rockmelon, watermelon, mandarin
Corn or rice thins or cruskits with vegemite, peanut paste, cream cheese or cheese spread
- 2-3 savoury pikelets or vegetable/pizza muffin
Fruitybix bar or container of fruitybix / Nutrigrain or Apple & cinnamon muffin
1-2 cheese sticks or pieces, grated cheese or flavoured milk
1-2 pieces fresh fruit – apricot, nectarine, banana, grapes, orange, apple
Savoury rice crackers or multigrain Saladas with vegemite