

WEST LAKES SHORE KINDERGARTEN FOOD POLICY

At WLSK we believe childhood is such an important time to establish life long, healthy eating habits. Healthy eating habits in a social environment have a positive influence on your child's food choices. These benefits can support children in the following ways.

1. Short term – maximises growth, whole body development including brain development, activity levels and improved cognition
2. Long term – minimises risk of diet related diseases
3. Good nutrition contributes to health and wellbeing and this is vital for positive engagement in learning activities.

WE PROMOTE NUDE LUNCHBOXES. WE ENCOURAGE PARENTS AND CARERS TO PACK CHILDREN'S FOOD THAT IS FREE FROM PACKAGING, PLASTIC AND CLING WRAP.

In promoting a balanced and healthy diet we ask families to follow these guidelines.

WATER IS THE ONLY ACCEPTABLE DRINK

As water is an essential nutrient and is vital for life we encourage children to drink throughout the day as poor hydration can effect physical and mental performance.

DRINK BOTTLES ARE KEPT INSIDE FOR CHILDREN TO ACCESS THROUGHOUT THE DAY

IDEAS FOR FRUIT TIME



ALL FRESH FRUIT & VEGETABLES

CHEESE on its own

DRIED FRUIT sultanas, dates, apricots (NO Balls, Bars, Straps)

THESE ARE KEPT IN CHILDRENS BAGS OUTSIDE TO ACCESS DURING MORNING & AFTERNOON PLAY

FOOD IDEAS FOR LUNCHTIME



SANDWICHES/WRAPS with cold meats and salad **COLD MEAT** (chicken drumsticks, meat patties, sausages)

SALADS pasta salad, garden salad, chicken salads **RICE CAKES** with healthy toppings

Use your own **THERMOS** with leftovers such as **pumpkin soup, spaghetti bolognese, fried rice, stews etc.**

You can also provide a snack to have with lunch such as:

YOGHURT, PLAIN POPCORN, CRUSKITS, RICE CRACKERS, DRIED FRUIT (no bars ball or straps), CHEESE

LUNCHBOXES ARE PLACED INSIDE ON THE TABLE NEAR THE FEES BOX



PLEASE ENSURE THAT YOU INCLUDE A FREEZER BLOCK

IN YOUR CHILD'S LUNCH and SNACK boxes so that food remains cold at all times.

WE ARE AN ALLERGY AWARE KINDERGARTEN

It is extremely important for us to provide a safe environment for ALL children, including those with allergies. For some children the slightest exposure (even without eating the food) could endanger their lives. All parents/carers can appreciate the severity of this issue. **WE ENCOURAGE PARENTS AND CARERS NOT TO PROVIDE FOOD CONTAINING NUTS**, including **Nutella/chocolate products, Peanut butter, Muesli bars etc.**

WE ENCOURAGE PARENTS AND CARERS NOT TO PROVIDE THE FOLLOWING FOOD

Packaged food, Roll Ups, Dried fruit balls/bar, Muesli Bars, Hot Cross Buns, Cakes, Muffins, Chips, Donuts, Lollies, Chocolate, Sweet Biscuits, Custard, Fruit Bars, Jelly, Pancakes, Fast food, Homemade slices.

WE ENCOURAGE families to cut foods such as grapes in half to eliminate choking hazards –see WCH

Link http://www.cyh.com/HealthTopics/library/Preventing_Choking_Fact_sheet.pdf

DUE TO THE RANGE OF ALLERGIES AT OUR KINDERGARTEN IT IS IMPORTANT THAT WE KEEP THIS POLICY IN PLACE. If anyone else brings your child to the Kindergarten, please make them aware of this policy.

Policy updated and endorsed by the Parents and Friends Committee April 2019

