

Healthy Eating

At Willunga Preschool we care about children's health and promote and encourage healthy eating. Please don't send chocolate bars, lollies and sugary/ high fat foods. Some children struggle to manage their behaviour after consuming such large amounts of sugar.

Children only drink water at preschool and we will refill their bottle when required.

Please care for the planet by not using plastic wraps and heavily packaged foods. Whilst we encourage healthy eating we acknowledge every child's right to participate in special celebrations which are, at times, part of our program. Eg. Sausage Sizzles.

The children learn that this is a 'special time food' and is only eaten at special events.

Label all parts of lunch boxes, including casing or detachable lids. Please note: We are an Allergy Aware site and we ask that you do not send nuts or nut products. (Refer to Allergy Aware Policy)

If your child has dietary requirements either due to a medical condition or a lifestyle choice please speak to our education team. Birthdays are also very special events for children.

At Willunga Preschool we celebrate birthdays by encouraging the birthday child to design and make their own playdough birthday cake. We then sing 'Happy Birthday

At Preschool it is recommended that they are provided daily with:

- 2 serves of breads and cereals e.g.
One sandwich
- 2 serves of vegetables
- 1 serve of fruit
- 1 - 2 serves of dairy
- 1 serve of lean meat or meat substitutes for vegetarians such as legumes