



Snack & Drink Routine

- Fruit or vegetables are encouraged for morning snack at kindy. Morning snack needs to be in a suitable named container separate to lunch boxes that children can open by themselves and placed in the baskets provided.



- Children need to bring their own labelled bottle of water which can be placed on the water trolley each morning so it can be access throughout the day. Water can be topped up throughout the day by staff if needed.
- Snack times are supervised by staff and held at regular times each day.
- *Time lengths?*
- It is DECD and kindy policy that children are encouraged to bring healthy food to kindergarten – fruit, vegetables, dairy, carbs etc. Research indicates that 33% of children's food is required to run their brain effectively.



Our kindy is Allergy Aware due to the dangers of anaphylaxis. It is particularly important that you check all foods to ensure they do not contain nuts in the ingredients panel to assist us with providing a safe and secure environment.

Please do not send these foods.