



Food Policy

Purpose: To promote healthy eating habits for all our students

At Little Village Kindergarten we believe that early childhood is an important time for establishing healthy eating habits. We are also mindful of providing a safe environment for ALL children, including those with allergies therefore, some foods must not be brought into the Kindergarten, and may not be included in any lunch or fruit snacks.

What is “Not” allowed?

- Nuts and any food containing nuts like: peanut butter, Nutella, fruit bars, roll ups, muesli bars, etc.
- Chips, cakes (with toppings or filling), donuts, lollypops, chocolates, etc.

What is allowed?

- FRESH FRUIT: apples, bananas, oranges, pears, apricots, watermelon, strawberries, etc.
- DRIED FRUIT: sultanas, dried apricots, dried pears, etc.
- FRESH VEGETABLES: cherry tomatoes, cucumber, carrot, capsicum, olives (pitted only), etc.
- DAIRY PRODUCTS: block cheese, unflavored yoghurt, unflavored milk
- SWEETS: plain biscuits, sponge cakes (no toppings, no fillings)
- DRINKS: water, fresh juice (for breakfast only), unflavoured milk

Water can be supplied only in a drinking bottle with the student name on it.

Examples of a good lunch box:

- savory sandwich (no eggs or nut products) OR cold meat/s and salad
- salad OR rice cakes with savory filling (no eggs or nut products)
- Plus one of the followings: fresh fruit / vegetables, dried fruit
- ONE OF THE FOLLOWING AS A SPECIAL TREAT for LUNCH ONLY rice cracker biscuits, cheese dippers, yoghurt, custard, cheese, savoury biscuits (either in the little packs or a few in a zip lock bag) rice wheels, plain popcorn (either in little packs or a zip lock bag), fruit cups in juice (not in jelly)
- Water bottle
- Small juice bottle or unflavored low fat milk
- A plastic spoon or plastic fork should be sent in the lunch box.

The child's lunch box should not be over packed as although a variety is great, young children often seem to think they have to eat everything in their lunch box. We encourage children to eat as much of their main meal as they can.



THE LEARNING ENVIRONMENT

- Children have fresh, cool water available at all times. Teachers encourage children to drink water throughout the day.
 - Parents are asked to supply their child with their own named WATER bottle.
 - The School Nurse, the Social worker and the teachers promote the importance of healthy meals and 'snacks' as part of the curriculum.
 - Fruit/vegetables snacks: Parents are asked to supply fruit or vegetables as snacks which will provide children with important minerals and vitamins encourage a taste for healthy foods, encourages chewing which promotes oral muscle development & speech /sound production.
 - food cannot be heated for children at the kindergarten
 - Correct hand washing by children is actively encouraged before and after eating
 - **SPECIAL EVENTS -FAMILY DAYS, END OF TERM CELEBRATIONS:** On such occasions a note will come home to ask for healthy choices – fresh salads / vegetables / fruits, sandwiches, popcorn, olives (pitted), cheeses and dips. Junk food, fast food, chocolate bars and sodas are strictly not allowed.
- _____

I , parent of _____ read and understood the above detailed Policy.

Parent/Guardian Name: _____

Signature : _____

Date: _____

Contact #: _____