

**Chandlers Hill Kindergarten
2 Education Rd. Happy Valley, SA 5159**



Healthy Eating Policy

At Chandlers Hill Kindergarten we believe healthy eating habits are a vital part of your child's good health and learning experience.

We aim to instil good eating practices which, we hope, will ultimately lead the children to make natural instinctive choices in favour of health food choices.

Healthy food to provide:

1. Fruit/vegetable time

We schedule a short break during both our morning and afternoon sessions to enable our children to snack on a piece of either fruit or vegetables. We ask that you pack one piece of fruit or vegetable for each session (if applicable) for your child to eat at these times. Children are encouraged to place these snacks in our morning and afternoon 'snack boxes' which are located directly opposite to the communication pockets. We would ask that you consider the selection of fruit or vegetable to enable your child to eat it without assistance.

2. Lunch time

During our lunch break we would ask that your child be provided with a sandwich, roll, wrap, or salad box - along with a snack item such as a tub of yoghurt, cheese, fresh / dried fruit or rice cake.

Unfortunately, we are unable to refrigerate our lunch boxes and so in hot weather it might not be appropriate to pack some items. We would suggest placing a frozen container in your child's lunch box to help keep food cooler and fresher for longer.

When arriving at Kindy, we would ask you to please help your child to place their named lunch boxes in the shelving next to the communication pockets.

3. Drinks

We ask that children bring a named drink bottle filled with water. Filtered water is additionally available in need. Children are able to access their drink bottles throughout the day.

April 2017

What not to send:

We would ask you to please not send in any of the following items for health and safety reasons:

- Any nuts / nut products such as peanut butter and nutella. If you are unsure we would ask you to read the label - for example, on muesli bars "contains nuts" are not accepted. We do accept products that "...may contain nut traces".
- Chocolate, confectionery, sweets or excessively salty foods.

This policy has been endorsed by the Governing Council of Chandlers Hill Kindergarten on:

Date - 4/17

Chairperson - Emily Wilkins

Director - Rachel Douglass