Reminder to Suitable food for lunch - A supplement to the Healthy Food Policy.

The Healthy Food Policy for the Kindergarten requests that families do not provide muesli bars or similar products that contain nut products. This note highlights basic requirements and safety issues. Please see Gaynor for further clarification.

**Lunch Time Food Policy**

**Issue** 12  
**Date** 12.5.15  
**Review** 2016

**Parent responsibilities:**

*Provide lunch for children in accordance* with the DECD “Right Bite –Healthy food and Drink Strategy”.

Sandwich with healthy filling, crisp breads with cheese or alternative, Cold meats, salad, yoghurt, muffins, homemade foods. Highly salted Pre- packaged foods such as chips, savory shapes, flavoured rice wheels, etc are not recommended. The Kindergarten aims to promote healthy food and reduce the throw away packaging as an environmental awareness campaign for young children. (See Gaynor for further healthy lunch ideas)

* Assist children to place lunch box in refrigerator.

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**Nuts or nut products are discouraged due to allergy concerns for other children.**

Please leave muesli bars, fruit bars, breakfast bars or similar products at home
Provide alternative homemade cake/muffin or fruit bread or fresh fruit

* **No celery sticks or carrot sticks** – these can be a potential choking hazard for your child. Grated carrot is acceptable.

* **Please provide food that does not require heating. There will be no heating of food.**

* Please provide a bottle of water - no fruit boxes, cordial or milk.

*Staff to be informed of any health issues and any changes to health issues, dietary needs or allergies.