WEST LAKES SHORE KINDERGARTEN
FOOD POLICY

At WLSK we believe childhood is such an important time to establish life long, healthy eating habits. Healthy eating habits in a social environment have a positive influence on your child’s food choices. These benefits can support children in the following ways.

1. Short term – maximises growth, whole body development including brain development, activity levels and improved cognition
2. Long term – minimises risk of diet related diseases
3. Good nutrition contributes to health and wellbeing and this is vital for positive engagement in learning activities.

In promoting a balanced and healthy diet we ask families to follow these guidelines.

WATER IS THE ONLY ACCEPTABLE DRINK
As water is an essential nutrient and is vital for life we encourage children to drink throughout the day as poor hydration can effect physical and mental performance.

DRINK BOTTLES ARE KEPT INSIDE FOR CHILDREN TO ACCESS THROUGHOUT THE DAY

FOODS IDEAS FOR SNACK TIME

<table>
<thead>
<tr>
<th>Snacks</th>
<th>All Fresh Fruit &amp; Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sultanas, dates, apricots</td>
<td>Cheese on its own</td>
</tr>
<tr>
<td>Dried Fruit</td>
<td></td>
</tr>
</tbody>
</table>

SNACKS ARE KEPT IN CHILDRENS BAGS OUTSIDE TO ACCESS DURING MORNING & AFTERNOON PLAY

FOOD IDEAS FOR LUNCHTIME

<table>
<thead>
<tr>
<th>Sandwiches/Wraps</th>
<th>Cold Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>with cold meats and salad</td>
<td>(chicken drumsticks, meat patties, sausages)</td>
</tr>
<tr>
<td>Salads</td>
<td>Rice Cakes</td>
</tr>
<tr>
<td>pasta salad, greek salad,</td>
<td>with healthy toppings</td>
</tr>
<tr>
<td>chicken salads</td>
<td></td>
</tr>
</tbody>
</table>

Use your own THERMOS with leftovers such as pumpkin soup, spaghetti bolognase, stews etc.

You can also provide a snack to have with lunch such as:

- Yoghurt, Plain Popcorn, Cruskits, Rice Crackers, Dried Fruit (no bars ball or straps), Cheese

LUNCHBOXES ARE PLACED INSIDE ON THE TABLE NEAR THE FEES BOX

PLEASE ENSURE THAT YOU INCLUDE A FREEZER BLOCK IN YOUR CHILD’S LUNCH and SNACK boxes so that food remains cold at all times.

FOOD ITEMS NOT PERMITTED AT KINDERGARTEN DUE TO ALLERGIES

It is extremely important for us to provide a safe environment for ALL children, including those with allergies. For some children the slightest exposure (even without eating the food) could endanger their lives. All parents/carers can appreciate the severity of this issue, this is why we do NOT allow any children to bring in products which contain EGGS (this includes food that is battered & any foods that contain egg) or NUTS including Nutella/chocolate products, Peanut butter, Muesli bars etc.

FOOD ITEMS NOT ACCEPTABLE AT THIS KINDERGARTEN

- Roll Ups, Dried fruit balls/bar, Muesli Bars, Hot Cross Buns, Cakes, Muffins, Chips, Donuts, Lollies, Chocolate, Sweet Biscuits, Custard, Fruit Bars, Jelly, Pancakes, Fast food, Homemade slices.

DUE TO THE RANGE OF ALLERGIES AT OUR KINDERGARTEN IT IS IMPORTANT THAT WE KEEP THIS POLICY IN PLACE. If anyone else brings your child to the Kindergarten, please make them aware of this policy.

Policy updated and endorsed by the Parents and Friends Committee September 2014