HEALTHY FOOD POLICY

This policy was developed by the Governing Council of Settlers Farm Campus Kindergarten. This is supported by the National Dietary Guidelines which indicate that we all need to increase our consumption of fruit and vegetables and minimise consumption of high sugar/high fat foods.

The following foods are considered to be acceptable for snack & lunch time at kindergarten and playgroup:

- any fresh fruit
- cheese
- any fresh vegetables
- savoury sandwiches
- dried fruit
- dry crackers
- yoghurt, tubs of fruit, quiche and rice are acceptable for lunch but not as a snack

Please keep in mind that during hot weather some foods (eg: meat) are unsafe to eat unless refrigerated, and avoid supplying this type of food as a snack during hot weather.

If a child brings food to kindergarten that is not on the above list, the staff will ask them to put it back into their bag or in their note pocket, and then provide them with an alternative snack if possible. From time to time staff will arrange shared fruit or a special event where this policy will be varied.

Babies will have individual snack as suited to their age group. (NO NUTS)

The following foods are deemed to be not acceptable for various reasons. Please DO NOT send:

- nuts including nutella and peanut paste
- cakes
- biscuits
- chocolate in any form
- lollies
- rollups
- muesli bars
- chips
- custards

To enable staff to provide fresh fruit at kindy when required we would be grateful for any donations of surplus fruit from trees at home.

The kindergarten has a commitment to providing a safe environment for all children, including those with severe allergies. For this reason from time to time, certain foods may be banned.

Currently all NUT products, including peanut paste and nutella are NOT ALLOWED. Please precut fruit for playgroup where possible

If you have any questions about this policy, please see a member of staff.