

SUGGESTIONS FOR MORNING TEA AND LUNCH POLICY

It is recommended by Health Authorities that in the early years of a child's development the eating habits that are formed may continue throughout their lives. At an early age it is important for food to be healthy and nutritious as children grow and develop rapidly during this period.

Based on this information we would encourage parents to make healthy choices when sending food to the centre. We have made some suggestions below and would encourage you to read the information on Healthy Eating and Dietary requirements available in the parent library.

We ask that parents not send 'sometimes' foods like cakes, chips, sweet flavoured yoghurts, lollies, sweet biscuits, roll ups, or any other highly processed foods.

The centre has a **NUT AWARE** policy so please do not send nuts or any foods that have nuts as an ingredient.

Here are some suggestions for healthy morning teas and lunches.

BE HEALTHY, BE CREATIVE.

- * Savoury biscuits with cheese spreads or dip
- * Vegetable slices or sticks: celery, carrot, cucumber, capsicum
- * Dips served with biscuits or vegetable sticks
- * Fresh Fruit: whole fruit, cut fruit, fruit salad or stewed fruit
- * Dried Fruit: apples, apricots, sultanas, pears
- * Yoghurts: Fruit flavoured or natural
- * Pikelets (grated fruit and vegetables can be added to mix)
- * Various Breads: plain, sultana, raisin, fruit (banana), Lebanese, wholemeal
- * Bread sticks
- * Rice cakes
- * Cold Salads: pasta or rice salad, green or Greek salad
- * Cheese cubes or cheese sticks
- * Plain popcorn
- * Fruit muffins
- * Sandwich, pitta wrap or bread roll (**NO PEANUT BUTTER or NUTELLA PLEASE**) with
 - shredded chicken with cheese and lettuce
 - tuna, corn and lettuce
 - turkey breast with cucumber and lettuce
 - ham, chutney and alfalfa sprouts
 - cold roast meat, lettuce, tomato and chutney
 - vegemite and cheese
 - cream cheese, grated carrot and sultanas
 - avocado, tomato and lettuce
 - mashed banana

All perishable food will be stored in the fridges provided until they are ready to be served to ensure they are kept at the recommended temperature.

Foods in a thermos or food flask:

We do not recommend that children bring food in a thermos or food flask as it may not meet food safety standards. We are not able to heat food that is brought in from home at the centres. In the event that families choose to send food in a food thermos or food flask against food safety standards, EIKOH SEMINAR AUSTRALIA PTY LTD and its child care centres accept NO Responsibility for any illness etc. that may occur as a result of the children consuming food from a food thermos or food flask. All families at St Ives Chase Kindergarten and Roseville Kindergarten where families are required to provide their children's food will need to complete an S.18 Food Storage form/waiver to use a food thermos or food flask.

Source: The Australian Guide to Healthy Eating
Get Up & Grow: Healthy Eating & Physical Activity for Early Childhood
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