



Our Kindy has a healthy eating policy

Ideas for snack foods are.....

Dried and fresh fruit, apples, bananas, mandarins, melons, strawberries, cherries, grapes, etc.

Vegetables like celery, cucumbers, tomatoes, lettuce, capsicum.

Dairy products like cheeses and yoghurts.

Even some meats like fritz, ham and salami are suitable for kindy snacks.

Please don't send your child with food that is **high in salt** like chips and savoury biscuits.

Too high in sugar such as little cakes. Slices, lollies, chocolate, biscuits, rollups, custards or anything with chocolate chips!

These are "sometimes foods" and not for kindy snack time. **Any food that contains nuts** or nut products including NUTELLA must also be saved for home. **DO NOT BRING THEM TO KINDY.**

What can I put in my child's lunchbox?

Here are some fun and nutritious ideas:

- Pita bread with salad vegetables and lean, cold roast meat
 - English muffins with honey or jam
- Sandwich squares with egg, lettuce and tomato
 - Cheese sticks
 - A tub of yoghurt
- Dried fruit, fresh fruit or vegetable sticks
 - Pikelets or homemade muffins
- Crackers or rice cakes make great snacks
- Water is the best drink for children, instead of juice, soft drinks or cordials.

Still need ideas? Here are just a few of this year's lunch boxes..