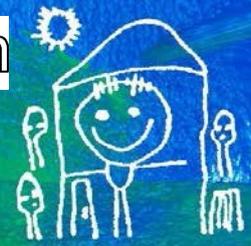


Bertram Hawker Kindergarten

Healthy Food Policy



WE BELIEVE

At Bertram Hawker Kindergarten we encourage healthy eating and teach children to make healthy food choices. Healthy foods help children to learn, concentrate and build sustained energy for physical activities.

We also acknowledge that a number of children attending our kindergarten have a nut allergy. We ask for parents to assist in the dietary safety of all of the children and therefore request that foods containing nuts or cooked in oil made from nuts are not brought to kindergarten.

FOOD SUGGESTIONS

We recommend that children bring fresh fruit or vegetables, dried fruit, yoghurt, savoury biscuits, rice dishes, noodles or sandwiches with healthy fillings for snack and lunch times.

Please avoid packaged snacks. We understand that many children enjoy these foods, but we have found kindy to be a wonderful environment where children explore new foods by observing others. We therefore encourage the preparation of simple and naturally prepared foods.

We encourage children to drink water. Filtered water and cups are provided for children to independently serve themselves; children may also choose to bring their own named drink bottle. Our preference is to avoid cordial and fruit juice.

To encourage independence we suggest children select their own fruit and have it cut at home if necessary. Please ensure your child can open and close their containers and unwrap items independently.

BIRTHDAYS & SPECIAL OCCASIONS

We ask that parents refrain from sending children to kindergarten with birthday cakes or treats.

We celebrate children's birthdays by singing 'Happy Birthday', while the birthday child blows out candles on a pretend cake. We also give each birthday child a sticker for their special day.

EAT A RAINBOW PROGRAM

Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a wide variety of nutrients. We introduce the children to Nutrition Australia's Eat a Rainbow program, which encourages children to appreciate the benefits of eating fruits and vegetables in every colour of the rainbow. Parents can read more about this program from:

<http://www.sahealth.sa.gov.au>

COOKING AT KINDY

We encourage parents to come into the kindergarten and cook savoury or sweet food with a small group of children. Cooking is a wonderful experience for young children. This food can be shared at kindergarten and assists children to explore new tastes.

We welcome parents to talk with any staff member for further discussion regarding this policy