Wellbeing Policy: Healthy Food

EUDUNDA COMMUNITY PRE-SCHOOL CENTRE
Occupational Health Safety & Welfare

WELLBEING POLICY

Healthy Food Policy

Children are to bring HEALTHY foods to Preschool for Snack and Lunch. Children need to bring at least one serve of fruit/vegetable for snack and a sandwich or appropriate substitute for lunch.

WE DO NOT ENCOURAGE CHILDREN TO HAVE SWEETS/LOLLIES, CAKES AND SWEET BISCUITS, OR FOODS HIGH IN SATURATED FATS.

Please DO NOT send any peanuts or peanut products to Preschool or Occasional Care

Children need a box for snack and a box for lunch. THESE NEED TO BE CLEARLY NAMED.

CHILDREN ARE PROVIDED WITH WATER AND CUPS. PLEASE DO NOT SEND DRINK CONTAINERS

There will be opportunities within our Program for children to enjoy ‘sometimes’/ ‘extra’ foods, such as at end of term parties and special occasions.

*Children with medically warranted individual health care needs related to food and nutrition are supported in line with DECS’ health support and planning policy.