Hamley Bridge Kindergarten
Healthy Eating Policy

Rationale:
That children need a balanced diet to be healthy and active.

Staff will:
- Encourage and promote healthy eating
- Model healthy eating at the Centre
- Program to teach children about healthy eating

Staff will encourage children to eat their sandwich first at lunch time (if they have one)
Staff will not: take away food from a child, judge parents food choices for their children, or embarrass or single out children due to their food choices.

Parents will:
- Provide healthy choices for the children in their lunchboxes. Sometimes foods are discouraged, but it is nice to have some homemade biscuits, or something special occasionally.

Children will:
- Be encouraged to try foods made at Kindy
- Engage in a curriculum which encourages healthy choices

<table>
<thead>
<tr>
<th>Healthy Foods (Everyday foods that make us healthy and strong, help us to have energy to think and play, and grow.) Snack ideas:</th>
<th>Sometimes Foods (Not for everyday eating. We discourage parents from putting these foods into children’s lunchboxes.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (dried, tinned, fresh) Vegetable sticks Sandwiches Yoghurt Cheese Savoury Biscuits Muesli bars Fruit in jelly (and any others you can think of)</td>
<td>Chocolate Chips Roll-ups LCM’s Nutella Lollies</td>
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