HEALTHY EATING at Salisbury Kindergarten

Salisbury Kindergarten encourages healthy eating. We encourage healthy snacks and recipes in our cooking program - we do, however, have ‘treats’ from time to time. We ask for your support in our healthy eating program by providing your child each day with a healthy snack.

Children will be taught healthy practices ie. Washing hands before eating and learning about the 5 food groups. We also have fruit sharing Wednesday where the children are asked to bring in a piece of fruit or vegetable to share. No other snacks are necessary on this day. Parents have been surprised to find that their child who 'never eats fruit' has tried and enjoyed a variety of fruits/vegetables with their friends. We aim for a package free day.

On the other days we ask that you provide your child with 1 or 2 healthy snacks such as fresh fruit, raw vegetables, sandwich, dried fruit, crackers, cheese. Please do not send unhealthy snacks such as chocolate, lollies, chips, biscuits or any snacks containing nuts (including nutella/chocolate spread) (see nut free policy). These snacks generally have high sugar or fat content and are not considered ‘everyday’ foods. Children will be asked to keep these items in their bag and choose a healthy alternative. A note will also be sent home requesting that the item not be sent in the future.

If your child does not want to eat or does not finish their food we will encourage them to leave it in their lunch box so that you are aware of what they have eaten during their time at kindy. We discourage children from wasting food. We will not enforce children to eat if they say they are not hungry. If you have any concerns please let us know.

Cooking program: Children will be involved in cooking activities regularly during the year in their small focus groups. All children will have the opportunity to prepare, cook and eat what they make.

Special dietary needs: We ask that you let us know if your child has any food sensitivities or allergies so that they are not exposed to food that may be harmful to them. A medical management plan may be required for serious cases.

Birthdays/celebrations: We are happy to celebrate your child’s birthday. We generally sing happy birthday as a group and give out birthday stickers. We are also happy for you to bring in and share a cake or other treat on their special day if you wish. Please speak with a member of staff beforehand. If you do not want your child to participate in these events please let us know.

Lunch care: If your child stays for lunch please put their lunch food in a named container in the esky. They will need a snack for the morning and the afternoon. Snacks stay in bags. These can be kept fresh by purchasing a small frozen pack to insert in the snack box or bag.

Drinks: Your child does not need to bring a drink as we have a refrigerated water fountain available at all times.

The kindergarten does not generally provide lunch or snacks, however, if your child’s snack is deemed inappropriate we will offer an alternative and a note will be sent home to you. Please do not send dairy snacks in warmer weather (unless you have a frozen pack to keep it cool) as we don’t have enough room to keep them cool.

We would be grateful of any donations of surplus fruit or vegies from your garden to share with the children. Just let us know if you can help.

As of 2008 the Department of Education and Children’s Services instigated a ban on junk food in school canteens. Kindergartens across the state have been pro-active in supporting this strategy.