



## Melrose Rural Care Healthy food Guidelines

As part of the early childhood program we learn about and encourage healthy eating. A lot of recent research is showing that what children eat affects the growth and development of the brain and has an adverse affect on how they learn. It is important that we work together to help the children learn about healthy foods and you can do this by sending healthy snacks with your child to the centre.

### Here are some suggestions:

- Sandwiches
- Cold meats, roast meat, sausages, rissoles, chicken, fish
- Pita or flat breads rolled up with sandwich fillings
- Pasta dish (can be re-heated at kindergarten)
- Home-made pizza
- Easy veggie slice
- Mini quiches
- Zucchini slice, frittata or left over quiche (can be re-heated at kindergarten)
- Soup (can be re-heated at kindergarten)
- Tossed salad in a container
- Hard boiled eggs
- Vegetables: cut into small pieces or strips, carrot, celery, cucumber, capsicum, cauliflower and broccoli, can include dip
- Vegetable based dips
- Cheese: cottage cheese, cream cheese, fruit cheese and cheese sticks
- Cracker biscuits: saladas, saos, vita weats, rice crackers, corn thins etc
- Fruit: whole or cut up in pieces
- Dried fruit
- Small containers of yoghurt, sago, vanilla custard
- Pancakes/pikelets
- Weetbix with vegemite, promite or jam
- Fruity bix or mini wheats in a container
- Fruity bix bar
- Fruit muffin, fruit loaf/raisin bread
- Sweet plain biscuits (rusks, yoyo, granita, milk arrowroot, milk coffee)
- Water in own drink bottle

We have a fridge available for foods that need refrigerating and a microwave to re-heat foods as required.

### Foods that are not suitable are:

- Cakes
- Sweet biscuits
- Sweet packaged bars
- Lollies and chocolate
- Nuts
- Chips
- Cordial or fruit drinks/juice.
- Peanut paste
- Arnott's shapes

### Because of:

- Lack of health value
- Inappropriate food restricts a child's learning
- Lack of nutritional value
- Dental damage
- Choking and allergy hazard
- Fairness to other children in the group
- Hyperactive behaviour
- Allergy hazard
- Lack of nutritional value

### Special Occasions

Cakes and other 'sometimes foods' will be allowed to be eaten at kindy for children's birthdays and other special occasions, such as farewell morning teas, Easter and Christmas.

At each group eating time, we talk positively in a very simple and fun way about all the lovely, healthy food being eaten and the value of such healthy food to them as growing children.

.....Director Rural Care

Date.....

Review Date ....07/09