

Snack Box Guidelines – 3 Year Old Group

In keeping with our tradition of always aiming for 'best practice', the Committee of Management, and educators at Hurlingham Preschool are committed and dedicated to the health and wellbeing of our students. We endeavour to meet specific health and nutritional requirements to raise healthy, nutritionally sound children, and require every family's assistance to promote the following ideas when packing your child's food:

- ✧ A minimum of one item in your child's snack box is a fruit or vegetable
- ✧ Minimise pre-packaged foods where possible. We know these are convenient however they are often high in sugar, salt, additives and preservatives, and we want to actively reduce our impact on the environment
- ✧ As the children have only a small snack at kinder (not an actual meal), 'sometimes foods' or 'foods to eat in small amounts' are saved for eating at home., If foods from the unacceptable food list are brought to kinder, please note that they will be put aside to be consumed outside of kinder hours
- ✧ Please provide a full bottle of water for your child to access throughout the session. In addition, you may choose to send a carton of plain milk to drink at snack time.

Please keep in mind that snack time goes for approximately 15 minutes and is held half way through the session. As this is a snack only, and not lunch, children need only 1-2 items from the acceptable foods list below.

Promoting moderation:

We teach moderation through occasions and celebrations during the year.

For birthdays, you are welcome to bring cupcakes, mini muffins, icy poles (natural colours) frozen yoghurt ice treats, frog in a pond jelly cups (natural flavourings) lolly bags or if you prefer to provide something healthier, fruit kebabs are a great choice.

To make it easier for you when inspiration wanes, we have provided a list of approved foods here.

Acceptable foods for snack boxes	Unacceptable foods for snack boxes
<ul style="list-style-type: none"> ✧ Fruit – including but not limited to: apples, bananas, grapes, stone fruit, berries, kiwi fruit, mango, cherry tomatoes, watermelon etc. ✧ Vegetables– including but not limited to: carrot, capsicum, cucumber, celery, mushrooms, beans, snow peas, sweet corn, lettuce, avocado etc. ✧ Dip ✧ Sushi ✧ Baked beans ✧ Plain Dry Crackers – Rice crackers, Water crackers etc ✧ Plain Rice Cakes ✧ Rice Wheels – <i>preference for 'Healtheries' brand or natural varieties low in salt and sugar content</i> ✧ Yoghurt– <i>preferably in a reusable container with a spoon</i> ✧ Cheese ✧ Cold meat (with a cold pack to keep fresh) ✧ Grain breads, fruit loaf ✧ Dried fruit- sultanas, apricots - <i>in small amounts due to concentrated sugar content</i> ✧ Muesli bars – <i>these MUST be in line with our Anaphylaxis Policy, and ensure that the sugar content is kept to a minimum.</i> ✧ Natural popcorn – <i>this can be a choking hazard for some young children</i> ✧ Homemade pasta, casserole, rice dishes ✧ Salad ✧ Soup in a thermos 	<ul style="list-style-type: none"> ✧ Chocolate ✧ Chips/Crisps ✧ 'Mamee' brand rice and noodle snacks ✧ Pastries and croissants ✧ Dairy desserts eg 'Yogo' brand, custard ✧ Sandwiches with sweetened spreads e.g. jam, chocolate spread ✧ LCM bars ✧ Roll ups and similar fruit flavoured sticky snacks ✧ Doughnuts ✧ Lamingtons ✧ Sweet biscuits ✧ Cakes – home made and store bought (excluding cakes for birthday celebrations) ✧ Cordial ✧ Fruit juice ✧ Flavoured Milk ✧ Flavoured popcorn
<p>Please Note: Foods to be consumed at kinder MUST NOT contain any nuts or egg products as per Hurlingham PreSchool Policy. Some children enrolled at Hurlingham PreSchool have life-threatening allergies to these and we ask that you keep this in mind when preparing your child's food containers.</p>	

Snack Box Guidelines – 4 Year Old Group

In keeping with our tradition of always aiming for 'best practice', the Committee of Management, and educators at Hurlingham Preschool are committed and dedicated to the health and wellbeing of our students. We endeavour to meet specific health and nutritional requirements to raise healthy, nutritionally sound children, and require every family's assistance to promote the following ideas when packing your child's food:

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- ✧ Minimise pre-packaged foods where possible. We know these are convenient however they are often high in sugar, salt, additives and preservatives, and we want to actively reduce our impact on the environment
- ✧ 'Sometimes foods' or 'foods to eat in small amounts' are best left for eating at home., If foods from the unacceptable food list are brought to kinder, please note that they will be put aside to be consumed outside of kinder hours.
- ✧ Please provide a full bottle of water for your child to access throughout the session. In addition, you may choose to send a carton of plain milk to drink at snack time.

Please keep in mind that the children will need a snack for morning *and/or* afternoon tea, in addition to their lunch. Separate containers are preferable at the start of the year to minimise confusion of what to eat when, and will give you an idea of how much to pack.

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