



Dear Parents and Caregivers

Snack time will commence on Monday the 8th of February for Possum and Wombat Groups and on Wednesday the 10th of February for Koala Group.

Brain Food for Kinder – a guide to healthy snacks

Snacks are an important part of our kinder program. We use them to promote the importance of nutritious foods and drinking of water for energy health and wellbeing. This is consistent with national and state guidelines and recommendations for healthy eating for life.

There are plenty of things you can include to give your child a healthy snack such as

- fresh or dried fruit
- raw vegetables
- rice crackers, rice cakes, plain popcorn
- plain dry biscuits,
- cheese
- yoghurt
- sandwiches
- wraps
- salad

Food allergies

We also have several children attending the kindergarten who suffer from allergic reactions and one of them is diagnosed at risk of anaphylaxis. Anaphylaxis is a life threatening event and therefore we take it very seriously and we are taking appropriate action to reduce the risk of these reactions.

Information about the children at risk, including photos will be displayed in the kitchen and in the kinder playroom.

What we need you to do

Please do not pack any of the following:

- nuts
- peanut butter
- Nutella
- hummus dip or anything containing sesame seeds
- egg or egg products
- chips
- museli bars
- sweet biscuits, cake, chocolate, or lollies

Please ensure your child has a **named** water bottle and an easy to open **named** snack box. The children's snack box will stay in their kinder bag until snack time. The children place their water bottle on the trolley.

Please think of the environment and use a snack box rather than commercial packaging or plastic wrapping. We will replant our veggie patch and keep using our compost bin for any food scraps.

Thank you for your co-operation in promoting safe and healthy snacks