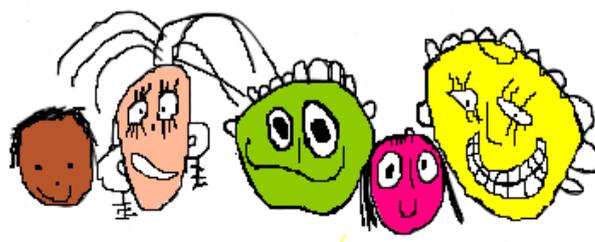


Hamilton Community Pre-School

"Where discoveries, learning and fun connect."



Information Sheets for Parents

Food Requirements at Preschool

Parents are encouraged to pack appropriate food for their children

Educators will provide families with daily information about their child's intake of food and drinks throughout the day.

Healthy Eating is promoted and will be included in the pre-school program & will be guided by the EYLF principles and incorporate the child's identity, e.g.

- Hands on preparation of food
- Discussion about food and healthy eating
- Songs, stories, rhymes about food
- Picture books
- Educators will discuss with children and positively reinforce the importance of hand washing prior to eating and food preparation.
- Educators will wash their hands prior to eating and food preparation.
- Educators will sit with the children at morning tea and lunch and when possible will model healthy eating practices. The food being eaten will be discussed with the children.
- Children will be encouraged to try new foods and their food likes and dislikes will be respected
- Educators will talk to the children about healthy foods, "every day foods" and "sometimes foods"

Food Requirements for Preschool

- Children need separately packed morning tea and lunch, as well as a water bottle.
- All food and drink should be clearly labelled with the child's name.
- Food and drink provided should be nutritious and in line with the food suggestions below.

Morning tea and lunch

Morning tea and lunch are to be provided in separate containers/paper bags clearly marked with the child's name and labelled as "morning tea" or "lunch" to assist in identifying one from the other. This is good preparation for school as it helps children think about two separate meals. The skills involved in opening drink bottles, lunch bottles, unwrapping morning tea and managing whole fruit are also developed.

As lunch is consumed at about 1:00pm, it is recommended that children bring a substantial morning tea to preschool, including some protein and/or carbohydrates as well as vegetables and fruit.

In accordance with Australian Dietary Guidelines, Parents and Carers are encouraged to include in their child's lunch and morning tea:

- Plenty of vegetables of different types and colours, and legumes
- Fruit
- Grain foods (mostly wholegrain or high fibre) such as bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats, poultry, fish, eggs, tofu
- Milk, yoghurt, cheese and/or their alternatives

Parents and Carers are asked to limit foods sent to preschool that:

- Are high in fat, such as many biscuits, cakes, pastries, pies, processed meats, chips, crisps
- Contain added salt, by reading labels to choose lower sodium options among similar foods
- Contain added sugar

Water bottle

Children must bring a clearly labelled water bottle from which they may drink during the course of the day including at morning tea and lunch. Educators will replenish bottles with water if necessary. Drinking water will be available to children at all times

Foods Not Allowed at Preschool

- Hamilton Community Preschool is a “nut and egg free zone”. Children, parents, educators or visitors are never permitted to bring ANY egg or nuts products to preschool.
- Chips, lollies, chocolates, soft drinks, commercial burgers, hot chips and fried foods are not allowed at preschool

If a child brings inappropriate food to pre-school, educators will speak constructively with the child’s parents. If inappropriate foods continue to be provided, then educators may send a note home and/or elect to send the inappropriate food home. If necessary, a more appropriate food will be provided. Parents will be notified if educators are concerned about the amount of food being sent and/or consumed.

Waste free at HCP

- Where possible, Hamilton Community Preschool aims to reduce waste and promote reuse and recycling of materials. Families are encouraged to keep wrapping and packaging to a minimum.
- Please limit the use of “pre-packaged” food (EG le’ snacks, cheese sticks, yoghurt)
- Instead, consider options such as cutting cheese from a block, yoghurt from a large tub into a reusable container, fresh fruit and vegies – no packaging needed here!
- Where possible avoid glad wrap, alfoil, zip lock bags, and pre-packaged drinks.
- Morning tea or lunch may be placed in a paper bag – however, we will send this home again so that it can be re-used.

Birthdays and Treat Days

Birthdays may be celebrated at HCP. Parents may send a cake to share with their child’s class. For practical reasons cup cakes are preferred and cream cakes should be avoided. Children and families who do not celebrate birthdays will be respected.

"Sometimes food" is also made or shared at preschool on other special occasions, such as party days or other celebrations. There are occasions where food is prepared by teachers or parents as a way of introducing food from different cultures.

If families have special requirements or concerns about what food their child is allowed, they should speak with to the Educators at the commencement of the pre-school year.