At Bertram Hawker Kindergarten we encourage healthy eating and teach children to make healthy food choices.

Healthy foods help children to learn, concentrate and build sustained energy for physical activity.

We are an ALLERGY AWARE kindergarten

SOME OF OUR CHILDREN HAVE LIFE THREATENING ALLERGIES. As a number of children attending our kindergarten have a nut allergy we ask that foods containing nuts are not brought to kindergarten.

Suggestions
We recommend that children bring fresh fruit or vegetables, dried fruit, yogurt, savoury biscuits or sandwiches with healthy fillings for snack and lunch times.

Please avoid packaged snacks. Chips, lollies, chocolate biscuits and other salty, fatty snack foods are not recommended. Many children enjoy these foods, but it’s best to keep them for occasional treats rather than everyday foods - they have little nutritional value, cause teeth to decay and if children eat them regularly, they are less likely to eat healthy foods.

We encourage children to drink water. Filtered water and cups are provided for children to independently serve themselves; children may also choose to bring their own named drink bottle. Cordial and fruit juice are not recommended because they have a high sugar content and attract ants.

To encourage independence we suggest children select their own fruit and have it cut at home if necessary. Please ensure that your child can open and close their containers and unwrap items independently.

Birthdays and Special Occasions
We ask that no birthday cakes or treats are provided.

We will celebrate children’s birthdays by singing ‘Happy Birthday’, while the birthday child blows out candles on a pretend cake. We will also give each birthday child a sticker.

Cooking at Kindy
We encourage you to cook savoury or sweet food at kindergarten with a small group of children. Cooking is a wonderful experience for young children. This food can be shared at kindergarten and assists children to learn that some foods are ‘sometimes food’.

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