West Lakes Shore Kindergarten offers a Full Day Program (children bring their lunch according to the Food Policy) and is on Monday, Tuesday, Wednesday and Thursday and children are able to access 2 full days according to nominated preference, for all weeks of operation unless otherwise notified (4 weeks notice for excursions, Pupil Free and Closure Days will be given to parents).

Parents need to provide the following: named lunch box, two pieces of fruit – one for morning fruit time and one for afternoon, and a sandwich for lunch. Please provide a freezer block or frozen water in a block to ensure that children's food is kept cool. Children's morning and afternoon fruit/vegetable snack should be kept in the child's kindy bag for easy access, and place their lunch box on the shelf reserved for lunch bodes. Please see the Food Policy of this page for acceptable food for lunch time care.

Accessing lunch care as a full day of care means that children are involved in promoting a balanced and healthy diet and a safe environment for ALL children; we ask families who participate in our lunch program to follow the guidelines below:

**PLEASE CHOOSE ONE OF THE FOLLOWING AS THE MAIN MEAL IN YOUR CHILD'S LUNCH BOX:**

- 1x savoury sandwich
  - OR

- cold meat/s and salad
  - OR

- salad
  - OR

- rice cakes or dry biscuits with savoury filling

(keep in mind that we don't allow egg or nut products)

PLUS ONE OF THE FOLLOWING:

- fresh fruit/vegetables or dried fruit

AND ONE OF THE FOLLOWING AS A SPECIAL TREAT:

- rice cracker biscuits, cheese or vegemite dippers, yoghurt, custard, cheese, savoury shape biscuits(either in the little packs or a few in a zip lock bag)
- rice wheels, plain popcorn (either in little packs or a zip lock bag),
- fruit cups in juice(not in jelly though).

PLEASE REMEMBER TO PACK A SPOON FOR YOUR CHILD IF NEEDED,(They are sent back home in their lunch boxes.)
Please do not over pack the child's lunch box as although a variety is great, young children often seem to think they have to eat everything in their lunch box. We encourage children to eat as much of their main meal as they can, e.g. sandwich, before they can move onto other things.

Fruit and vegetable snacks are to remain in the child's kindy bag for the morning and afternoon, not in their lunch boxes.

PLEASE REMEMBER WATER ONLY AT KINDY- NO JUICE/CORDIAL.

Please supply a small drink bottle of water for lunchtime, and one in the kindy bag for play time.

Lunch boxes are kept in a tub in the kitchen so please pack a freezer block with their lunch, especially in the warmer months as we do not have sufficient fridge space for children's lunches.

**FOODS NOT ALLOWED** - Eggs or any food containing eggs. Nuts or any food containing nuts ie; peanut butter, Nutella, fruit bars, roll ups, muesli bars, chips, sweet biscuits, cakes, donuts, lollies, fruit balls, chocolates, cordial, juice, milk, jelly, muffins.

DUE TO THE RANGE OF ALLERGIES AT OUR KINDERGARTEN IT IS IMPORTANT THAT WE KEEP THESE GUIDELINES IN PLACE....

IF YOU HAVE ANY QUERIES REGARDING LUNCH TIME CARE PLEASE DONT HESITATE TO CONTACT Tijana, Kylie, Di or Michelle

Governing Council of West Lakes Shore Kindergarten