

## Nutrition Policy

At Bidwill Preschool we aim to:

- Encourage children and families to practise healthy eating habits.

To achieve this aim:

- Preschool educators will talk about healthy eating with children on a daily basis.
- Healthy or nutritional foods include a balanced selection from the five food groups, with a focus of fresh, whole foods.
- Parents/caregivers are encouraged to pack sandwiches, fruit, vegetables, crackers and cheese, juice and water.
- Families are asked to provide a healthy snack (fruit, vegetables, plain crackers, cheese) each day to be shared amongst the group for morning and afternoon tea.
- Foods with little or no nutritional value, such as lollies, soft drink and sports drinks, chips, roll ups and chocolates will be sent home.
- In the interest of safety, Bidwill Preschool is a Peanut-Free Zone. Nut and nut products are not permitted. Please speak to a staff member if you are unsure about what is banned.