



Lunch Box Program Notice

In preparation for the transition to school the children in the Koala Group will start to bring in their own lunch in a lunch box from **Monday 31st October 2016**. By bringing in their own lunch the children will practice making healthy lunch choices, practice school lunch routines, and eating within a given time frame. Morning tea and afternoon tea will still be provided as usual. Children will still be asked to contribute their one piece of fruit or vegetable daily.

Listed below are some of the foods that are not suitable food ideas for the children:

- Chocolate bars
- Muesli bars with chocolate in them
- Potato chips
- Soft drinks or cordial
- Cream cakes or pastries
- Biscuits which are cream filled
- **Anything with nuts as Kermi's Kindy is a nut free zone!** This includes Museli bars, peanut butter and Nutella.

Please note that any lunch box containing food that is not accepted will be left in the lunch box and returned home.

Your child will need:

- An adequate lunch box with your child's name clearly displayed on it.
- A frozen ice brick in the lunch box.
- A drink bottle filled with water.

This year we will be trialling something new with the lunch boxes. We would like to start giving out the children lunch box awards. These awards are to encourage the children to eat healthy and to encourage healthy lunch box options. If your child brings a healthy lunch box to school three days in a row they will be rewarded with a special ***Healthy Lunch box certificate***.

Please read the following hand outs attached, which have some great ideas of what to include in your child's lunch box. I understand that at Primary school most foods are accepted, but due to being under different regulations and policies we must ensure we are following our Nutrition policy at the Centre and we thank you for your cooperation with this.

If you have any questions or concerns about the lunch boxes, please speak to Amanda or Marcela.