



# Adelaide Miethke Preschool

## Healthy Eating Guidelines

This policy covers both the **Occasional Care** and **Kindergarten** programs.

We ask that families using our services support us by sending fruit, vegetables or cheese for shared fruit time and a healthy lunch to kindergarten with their children. The traffic light guide below is able to assist families in making healthy choices and is in-line with the Right Bite Healthy Eating Plan.



### Green

Most food packed for children's LUNCH should come from this category

Fruits

Vegetables / vegetable sticks (cooked or raw)

Sandwiches/wraps with healthy fillings  
(e.g. cheese, meat, salad, vegemite)

Salad

Dried Fruit

Dry and savoury biscuits, rice crisps, rice cakes, corn cakes

Cold meats

Fruit loaf

Cheese



### Amber

May include a MAXIMUM OF 2 small treats for kindergarten children staying for lunch.

Chips

Yogurt

Cakes

Sweet biscuits



### Red

**Do not bring these to Preschool**

\* May be available for special days and celebrations very occasionally.

Lollies

Muesli bars and Fruit Roll-ups

Chocolate bars & chocolate custard snacks

Cordial, juice & Soft drinks

Fast food (e.g. hot chips)

**Nuts & Nut products** - Please observe our NUT AWARE zone and do not send nuts (e.g. peanuts, cashews, macadamia and other nuts) or foods that contain nuts (e.g. peanut butter & Nutella).

Eggs

