



A Guide For Healthy Eating

A reminder to families, Karmai Community Children's Centre promotes and encourages positive and healthy eating habits in young children. This list below has been developed to guide which foods are and are not encouraged at KCCC in accordance to our Nutrition and Active Play Policy.

Foods that are encouraged

- Fresh cut sandwiches/wraps/bread rolls with a variety of fillings
- Fresh cut fruit or fruit salad
- Rice, pasta salads or garden salad
- Corn or rice cakes
- Cheese sticks, slices or cubes
- Dried fruit
- Plain unflavoured popcorn
- Muesli bars
- Yoghurt
- Tinned fruit in natural juices
- Tinned tuna or slices of cold meat
- Cheese and crackers, saladas, cruskits
- Home baked cupcakes, muffins, biscuits
- Sausage rolls
- Savory muffins
- Vegetable fritters

Foods that are not encouraged

- Sprinkles or 100's and 1000's
- Sweet biscuits E.g. Chocolate biscuits and tiny teddies
- Chips, Twisties, burger rings, cheezels
- Lollies or lolly ropes
- Chocolate, smarties, kinder surprises
- Any pre-packaged snacks foods E.g. LCM bars, fruit roll ups
- Soft drink, fruit juice, cordial, flavoured milk, primas
- Donuts
- 2 minute noodles
- Marshmallows
- Chocolate yogo and custards
- Shapes

Ideas for alternative choices on these foods will be available on Educa or pamphlets available in the foyer at KCCC. But also feel free to share healthy recipes you use at home on Educa.

Always Bring a drink bottle filled with water. Water bottles are topped up by educators during the day, along with water taps which are available in all programs whilst outside.

Billabong and Rainforest room please note that:

- Food is not re heated.
- And to pack a cold pack in your child's lunch box if food is required to remain cold as lunch boxes are to remain on a trolley or in their bags.

Dragonfly room also feel free to pack:

- stewed/ steamed vegetables and fruit
- Food can be re heated so feel free to pack left over dinner or hot food.
- Soft cereal E.g. oats
- Pureed meat, tofu or legumes
- http://raisingchildren.net.au/articles/when_to_introduce_solids.html/context/232

