

HEALTHY LUNCHBOXES

To achieve healthy outcomes for the children, family and staff at Cooraminta Children's Centre, the centre has joined The Victorian Government's Achievement program and is currently working towards Healthy Eating. To promote healthy eating we have established guidelines of what food you can provide for your child in their lunchbox.

1. Lunch – Examples of a healthy lunch would consist of: Sandwiches, rolls, wraps or rice cakes with fillings such as vegemite, cheese, salad, coleslaw, tuna, salmon, ham, lean meats, chicken or cream cheese (no peanut butter, Nutella or ingredients with nuts). Salads, rice, pasta and noodle based meals are also acceptable alternatives but please list ingredients so we can ensure that there are no traces of nuts. Included in the lunchbox for your child to eat after they have finished their main course could be something extra such as yoghurt (Please be aware of the sugar content of the yoghurt that you buy), extra fruit or vegetables with dip and cheese are healthy additions.

PLEASE DO NOT INCLUDE - Nuts or products that list "may contain traces of nuts" on the labelling. There are several children attending the centre who are anaphylactic to nuts and may suffer a life threatening reaction to nuts. Nuts are banned from Cooraminta Children's Centre and under no circumstances can they be included in your child's lunchbox.

Currently at the centre there are no children with egg allergies so eggs can now be included, but please be aware that if a child with an egg allergy does attend this ruling may be changed.

Sweet and savoury snack foods such as muesli bars, fruit bars, roll ups, biscuits, chips, cakes, muffins, pikelets, slices, dried fruits, lollies and chocolates and sweetened drinks cannot be included in lunchboxes. They can lead to excess energy intake and can also lead to tooth decay, these foods should be limited to special treats at home or for special occasions.

Please note that if any of the above mentioned foods are included in your child's lunch boxes they will be sent back home.

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