



# Healthy eating

We love our meal times together  
2018 guide



Government of South Australia  
Department for Education

# Quorn Kindergarten

Making healthy choices

## Our goals

At Quorn Kindergarten we aim to role model healthy eating alternatives with our learners and families. Educators sit with children during our shared meal times together and role model how to eat safely, and try to bring foods that are healthy choices. We love seeing children bring homemade foods to Kindy, and recognize that each child has a different appetite



## Healthy lunch box ideas



Customer or Industry Quote.



and will eat varied portion sizes. We encourage children to be masters of their own bodies, and recognize when they are full. We try to encourage children to eat their main lunch time food first, which might be a sandwich, wrap, meat and vegetable portions, or left overs.

Lunches are stored in a refrigerator to keep them safe, however we refrain from re-heating foods, so please do not provide food that needs reheating.

We also encourage the use of fresh

## Supporting learning

We try to embed our healthy eating principles into everything we do. We talk about the fruit that children bring in for shared morning fruit time, we look at the seeds, and talk about where they come from, and we encourage all children to have a try at 'some new foods'.

Currently we are looking in to ways to create edible berry beds, and an edible front garden. We are also looking at ways to financially support a community kitchen so that we can hold large cooking and training days for our community. If you would like to know more about our community initiatives, our edible garden schemes, how to provide healthy lunch box alternatives, please speak with our friendly staff, we would love to offer some support to you.

For further links to our policies, please speak with Maggie Kamin Quorn Kindergarten Director.