

# Food Healthy & Safety Rules

School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends. This is an important time to encourage healthy food habits.

## Involve your children in healthy choices

- Talk to your children about what they would like to have in their lunchbox. Discuss healthier food choices and decide what will be in the lunchbox together.
- Write a shopping list together. Take your children shopping with you and let them choose foods from the shopping list.
- Encourage your children help prepare their lunchboxes. Older children may be able to prepare most of their lunch themselves, and younger children can help with making sandwiches or cutting up soft fruit.

## What to put in healthier school breakfast and snack

The Four key parts to a healthy lunchbox include:

- Fresh fruit - Cut into pieces
- Fresh crunchy vegetables - Cut into pieces
- Grain or cereal food like bread, flat bread, banana bread, pancakes, waffles or crackers, cereal (wholegrain or wholemeal choices are best) - Cut into pieces
- Milk or yoghurt.

## Not Allowed Food:

Six items to avoid when preparing lunch for your children include:

- **All sweet drinks** such as fruit drinks with artificial flavors and artificial colors. These are high in sugar,
- 'Dairy Desserts' (Danette, Cream Caramel, ...)
- **Chocolate Croissant, Chocolate Spreads, Chocolate Bars**
- **White Bread (only brown bread is allowed)**
- **Potato Chips and Popcorn**
- **All forms of egg ( in a sandwich, boiled, or scrambled) - For health & safety issue.**

Children can eat eggs at home/in the car and are able to complete it in the first hour of entering school, after that it will be disposed for health & safety issues

Any child bring forbidden type of food, it will be removed and replaced with a healthier option, a note will be shared with the parents to make sure they do not send it again.

Food sharing is strictly prohibited, kindly pack food quantity that is enough for your child only. In case quantity is not enough, you will be informed by your child's teacher.

### **Breakfast/Snack and food safety**

Food is usually stored in lunchboxes for several hours and it is important to keep the lunchbox cool so that the food stays fresh. Some tips to help keep lunchboxes safe include:

- Choose an insulated lunchbox or one with an ice pack to keep it cool.
- Use a good quality lunchbox that has dividers and a lid with rubber to make sure food stays in place
- Make sure to wash the lunchbox and water bottle thoroughly with warm water and soap, remove all the parts and keep it to air-dry.

### **Lunch and food safety**

- Lunch is for full-time students only, once your child enters school, lunch container will be removed from his/her bag and placed in the fridge. Make sure to label it very clearly.
- Choose a microwave safe container for lunch as it will be heated in the microwave
- All types of seafood is prohibited. Including Tuna.
- Avoid bringing smelly food as sometimes after it gets stored in a container and the child smell it they refuse to eat.
- Light lunches are recommended. Such as vegetable sticks with dip and crackers. Cheese sandwich and cucumber in the side. Yogurt and roasted veggies. Boiled potatoes with corn and broccoli..
- If we return the food leftovers, it's just for you to see how much they had. We don't prefer letting them eat it as it's already heated once.