

ACCEPTABLE FOOD LIST

- Fresh fruit & vegetables
- Rice cakes / corn thins
- Cheese
- Yoghurt
- Sandwiches
- Sultanas / dried fruit
- Dips – Tzatziki, Hummus, Avocado
- Limited dried biscuits (i.e. Savoys, Saladas, Cruskits) – please ensure the ingredients **do not contain nuts or sesame**
- Rice and noodle dishes
- Rice paper rolls / sushi
- Culturally diverse food is welcome as long as it does not contain nuts and is low in sugar

We ask for your understanding and cooperation by not sending any snacks with your child containing NUT PRODUCTS

In accordance with our Nutrition and Active Play policy, we request that the following food items are not sent with your child to kindergarten:

- Sweet biscuits, chocolates, chips, lollies
- Cakes and/or muffins
- Fruit rollups
- Muesli bars containing nuts or sesame
- Any foods containing nuts or sesame

There are children with egg, nut and sesame allergies in 2020
Chocolate is an asthma trigger for a child enrolled in 2020

