

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
- 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

Please note we are a NUT FREE kindergarten

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
- Any foods containing nuts

