

Perth Montessori

Healthy Food and Drink guidelines

The National Health and Medical Research Council encourage children and adolescents to eat sufficient nutritious foods for healthy growth and development. Here at Perth Individual we support the dietary guidelines issued by the Australian Government and seek to promote healthy eating habits. When packing your child's lunch for school, please make sure to include nutritious foods from these five food groups:

- grain foods (mostly wholegrain or high fibre varieties, such as wholegrain bread and pasta, rice, couscous, noodles, plain rice/corn or multigrain crackers, no added salt preferred).
- Vegetables and legumes/beans (salads, fresh or boiled vegetables, chickpeas, lentils, beans, potatoes)
- fruit (any type of fresh seasonal fruit, but limit intake of dried fruit due to higher sugar content)
- lean meats, fish, eggs, tofu, seeds and legumes/beans (tuna sandwiches, boiled eggs, tofu and lentils, chickpeas)
- plain milk, yoghurt, cheese (please no flavored or high sugar/salt products)

Parents are asked to be mindful and support the school's policy of no food sharing between children to support those community members' children who may have food allergies and intolerances – in particular be mindful of nuts and nut products.

In reference to sugar and salt - Parents should refer to the Australian Dietary Guidelines and the www.eatforhealth.gov.au website for assistance.

Drink

At Perth Individual, we ask that students drink water, and plenty of it. Plain milk or lactose free milks (soy, rice etc) may also be included. Fruit juices and other beverages are not to be brought to school as a student's drink option.

Food

Cycle one snack

Morning snacks are provided by parents in Cycle One classrooms. Parents of children in the Cycle One classrooms take turns on a roster system to bring a fruit and vegetable basket for the children to prepare and share at morning tea. Please make sure that the basket contains at least equal amounts of fruit and vegetables. It is important to include different types of vegetables and fruits, so choose a variety of colors. Food preparation is an important part of practical life skills in Cycle One. Therefore, fresh corncoobs, lettuce, broccoli, legumes, and carrots provide opportunities for practicing life skills like peeling, cutting, cooking, and preparing a salad for the whole classroom to enjoy.

The basket could include:

- vegetables such as lettuce, zucchini, cucumber, asparagus, carrots, capsicums, snow peas, corncobs, celery
- fruits such as apples, melons, bananas, strawberries, kiwifruit, plums, grapes, pears

Cycle two – five snack

Children in the upper cycles will bring their own snacks to school. Please make sure that these are practical to eat. Reusable containers are preferred over unnecessary or individually wrapped items. Please keep in mind also that children are very busy in the upper cycles. Any food items that are messy or difficult to peel or eat should be kept for lunch.

Suitable snack foods include:

- fresh vegetables and fruit (any type)
- grain- and protein-based foods and/or dairy products, such as cheese and plain rice or multigrain crackers (please be mindful of the salt /sugar content)

Lunch – all cycles

Please keep in mind Perth Individual's healthy food guidelines when packing your child's lunch, and always provide an ice pack to avoid food spoilage and to keep food fresh for longer.

Suitable lunch items may include:

- sandwiches, wraps and rolls (which use wholegrain / high fibre varieties include cheese, tuna, salad vegetables, vegemite, chutneys, avocado, lean meat and tofu)
- yoghurts (fruit or plain - please be mindful of the salt /sugar content)
- cheese
- Healthy leftovers and soup (please note that there are no microwave facilities, so pack them in suitable containers)
- low-salt, multigrain crackers and crispbreads (please be mindful of the salt /sugar content)
- salads (with tuna, cheese, rice or pasta)
- cream cheese or vegetable-based dips with vegetable sticks

Birthdays & celebrations

It is important that when celebrating your child's birthday that you keep the items you wish to provide after school to your child's classmates within the guidelines. Please do not provide any lollies or sugary treats. For some guidance we would like to suggest:

- Small plain home popped popcorn bags
- Fruit Stick Kebabs
- Small fun stationery or toy items
- 100% fruit icy poles (no added sugar) or 100% fruit smoothies

Remember – if it's in a packet don't pack it!