Children who attend for a full day of kindergarten will need to bring their own lunch. Please ensure all items are clearly named. Children’s lunches are stored on the white shelves in the kitchen area. If possible, families to pack lunches in insulated containers. (Small items requiring refrigeration may be kept in fridge, please ensure they are labelled with child’s name).

The Kindergarten supports a ‘Healthy Food Policy’, and we encourage families to provide healthy food choices eg. Sandwich, crackers, wraps, fruit, vegetables, cold meats, salads etc. Please do not send foods that require cooking or heating. A drink may be sent for the lunch break; however drinking water is always available.

The lunch break happens between 12.00 – 12.30, and is supervised by at least one staff member.

**ROUTINE**

* Once morning group time is finished, children are asked to visit the toilet then wash their hands.
* Children collect their own lunches from the kitchen area, and choose a place at the table to sit down. Children must remain seated while eating lunch and will be encouraged to drink water after their food.
* Staff will ensure that ‘sandwich’ is eaten before any other food is consumed.
* A ‘rubbish’ bowl is provided on each table, which children are encouraged to use.
* Staff will check lunch boxes once children have finished eating. Any left over food will be returned to lunch boxes to ensure families are aware of how much has been eaten.
* Children will return their finished lunch box to their bag. Children are required to wipe down their table and sweep under chair if needed.
* Staff will apply sun block to children, and then quiet play is restricted to the carpet area.
* This will allow time for slower eaters to finish their food, and staff to receive their required lunch break.
* At 12.30 staff will return to floor and continue with the afternoon session.