

HEALTHY EATING RECESS, LUNCH & SNACKS

- Fruit and Vegetables
- Salad, cheese, meat sandwich / roll / wrap
- Yoghurt
- Cheese
- Plain popcorn
- Water
- Eggs
- Pasta/Rice
- Fruit Muffins, eg. Blueberry
- Savoury Muffins, eg. Ham & Cheese
- Scones
- Home baked savoury items eg. Sausage rolls
- Homemade meat products
- Pikelets
- Dried Fruit Mix (uncoated)
- Plain crackers with no visible flavouring or dusting
- Plain pretzels (in moderation)
- Spreads eg. Jam, honey, vegemite (no nut spreads)



Some examples of food items that are not allowed:

Items that are confectionary based (chocolate, sugar) either store bought or Homemade.

Biscuits, cake, sweet treats

Muesli Bars, Health Bars, Fruit wraps, protein balls etc

Fast food leftovers

Packet chips

Birthdays and Class parties: Must adhere to the Healthy Food Policy, if food at parties is different to the policy you will be advised.

Gifts (e.g. Christmas & Easter): Students may give small items to friends, these must not be eaten at school.

We are unable to reheat any food brought from home.

Please support our Waste Wise Initiative by:
Using recyclable wrapping, Using reusable containers