

Echidna Early Learning Centre Preschool Lunch box List – Please note:

We are a **NUT-FREE** preschool

Please no insulated lunch boxes plastic lunch boxes only.

LIST 1

'EVERYDAY' FOODS – SUITABLE FOODS

AND DRINKS TO PACK EACH DAY

- ✓ Fruit – fresh, tinned and dried
- ✓ Vegetables – carrot, cucumber, capsicum or celery sticks
- ✓ Crumpets, muffins, raisin bread
- ✓ Cracker biscuits – Sakatas, Jatz, multi-grain, Shapes, Rice Wheels
- ✓ Crispbreads – Cruskits, Saladas, Rice cakes
- ✓ Natural cheese/Cheese & Biscuits
- ✓ Spaghetti
- ✓ Hard-boiled eggs

- ✓ Quiche
- ✓ Sandwiches, wraps or rolls - with Vegemite, cheese, egg, salad, cold meat, tuna, salmon, honey
- ✓ Baked beans
- ✓ Yoghurts-Fruit
- ✓ Plain custard
- ✓ Pasta salad
- ✓ Potato salad
- ✓ Noodles(Plain or savoury)- as a snack cold or in a flask
- ✓ Plain popcorn
- ✓ Water
- ✓ Plain milk

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LIST 2

SOMETIMES' FOODS -*THESE FOODS*

CAN BE PACKED EVERY NOW & THEN)

- ✓ Fruit and jelly/jelly cups
- ✓ Dairy desserts
- ✓ Fruit/yoghurt muesli bars
- ✓ **Homemade** muffins, homemade iced cakes, fruit breads, scones, pikelets

LIST 3

UNSUITABLE FOODS AND DRINKS FOR OSHC

SAVE THESE TREATS FOR HOME

- ⊗ Chocolate items of any kind – chocolate bars,
- ⊗ chocolate-coated muesli bars, chocolate dairy desserts
- ⊗ Choc-chip muesli bars or biscuits
- ⊗ Chocolate LCMs
- ⊗ Creamy cakes and biscuits
- ⊗ Lollies – including 'fruit' lollies, Roll-ups
- ⊗ NUTS - Nutella, nut products, peanut butter
- ⊗ Sweet dip biscuits - Dunkaroos
- ⊗ Chips/Twisties/Cheezels etc
- ⊗ Fairy bread
- ⊗ Juice, cordial, flavoured milk, soft drink
- ⊗ Fruit sticks and bars
- ⊗ Sweet biscuits – eg Tiny Teddies
- ⊗ LCM bars

Under regulation 78 in the Education and Care Services National Regulations and Quality Area 2 of the National Quality Framework we are required to meet and maintain these regulations in relation to nutrition. Therefore even though families are providing the food, we as a service need to ensure that the food that is being offered is healthy and balanced.

Communication about lunch boxes will be in the form of slips which will be placed in your child's lunchbox for you to read at the end of the day. If you have any questions or comments, please do not hesitate in contacting your child's educator.

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