



# PLUMPTON PUBLIC SCHOOL

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Dear Parents / Caregivers,

At Plumpton Public School we encourage healthy eating. Everyday your child will need Crunch and Sip, Recess and Lunch.

**Crunch and Sip** is at 10am each day. Please pack FRESH fruit or vegetables (NO packaged items), about a handful size. Cutting the fruit and vegetables into small pieces makes this much easier for the students to access and consume.



**Recess** eating time is at 10.50. This is a smaller meal and should include healthy options like: Cheese, crackers, Muesli bars, pretzels, plain popcorn, fruit and vegetables.

**Lunch** eating time is at 1.15. This is a larger meal and should include a sandwich and a small healthy snack.



Students should have a drink bottle everyday with **WATER** only.

If your child is bringing home lots of leftover food they probably have too much food for the day. Please be mindful of how much you pack. We also encourage items of food with minimal packaging to decrease excess rubbish at our school. As some students require assistance with opening food items we ask that they practise doing this at home to enhance independence when eating at school.

**Please avoid packing NUTS as a lunch box item.**

**Please label all of your child's belongings.**

Kind Regards,

Kindergarten Teachers