you are what you eat

At our governing council meeting last week parents discussed ideas around eating at kindy. As one parent pointed out, the eating habits children develop now may stay with them for a life-time affecting their long term health. Research shows that what children eat affects their physical, cognitive and emotional development.

food affects our bodies, our brains and our feelings

Packaged foods are usually high in salt and/or sugar and artificial ingredients. They are often expensive in comparison to bulk foods (e.g. a cheese stick is more expensive than cutting up a block of cheese).

KISS: Keep It Simply Simple

When we give children packaged treats for kindy we are building up an expectation and a desire for treats. Children can be happy with a simple sandwich and a piece of fruit if we all stick to it, its when they see other children bringing along ‘treats’ in packages that they start bugging parents for more treats.

At 4 years of age parents still have a lot of control over what their children eat. Being at preschool with other children eating simple non-packaged foods can make it easier for families to make inexpensive healthy food choices.