



HEALTHY FOOD AND DRINKS IN EARLY CHILDHOOD

At **Daisy Hill Early Learning Centre** we promote healthy eating by ensuring that we assist in children receiving a safe and nutritious diet. We also give children an understanding about how food and nutrition relate to their wellbeing and develop children's independence in the eating process. We support family and multicultural values and encourage all parents to provide age appropriate and nutritious meals for their children while in our care. We ask that families also role model healthy eating habits in the home in order for their children to achieve and maintain a healthy weight.

A healthy morning and afternoon tea is provided. Family input is always welcomed.

If your child has any allergies, food intolerances or other special dietary requirement, please let us know so we can ensure we cater to their needs.

**All meals provided
are nutritious and
delicious!**

**Australian food
standards and
recommendations
as per the age of
the child are
taken into
account when
preparing meals.**

**All food is
prepared and
stored in a
refrigerator where
applicable**

**DAISY HILL EARLY
LEARNING CENTRE**

155 Chatswood Road
Daisy Hill QLD 4127

Flyer designed by:
Rhushenda Beck