

LIPSCOMBE PARK KINDERGARTEN



Healthy Food + Healthy Bodies = Great Learners

Great Snack ideas

- * Fruits (grapes, banana, dried apricots, pear, mandarin, watermelon, cherry tomatoes, cantaloupe, strawberries, avocado)
- *Vegetables (cucumber, celery, snow peas)
- *Cubed cheese, sultanas
- *Yogurt, Rice cakes, home popped popcorn



Great lunch ideas

- *sandwiches/wraps
- *sushi, salad
- *scrolls/rolls
- *leftovers

Drinks

The best drink children can have is water. We should all drink plenty of water. The children are encouraged to drink regularly during the session.