



# What goes in my lunchbox?

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**KINDERGARTEN ORIENTATION  
INFORMATION**

# What Goes in My Lunchbox?

- Please ensure your child's lunchbox and water bottle are labelled with their name and class.
  - Please do not send any nuts or nut products to school with your child.
  - Please include all cutlery that your child will need.
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# Fruit Break

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This is eaten in class.

Please send only one fruit or vegetable per day.

Please slice the fruit/vegetable or have it peeled and ready to eat.

When packing this in your child's bag, please pack separately from their lunchbox so it is easy for them to get out.



# Recess

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This is a small snack.

They should be able to open and eat it by themselves.



# Lunch

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This is a meal that they can open by themselves.  
They should be able to eat this meal within 10-15 minutes.



# Water Bottle

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This can be accessed throughout the day as they need it.

