



FOOD AND NUTRITION and BEVERAGES POLICY 2016

MWGC promotes good nutrition and a healthy lifestyle.

Our primary aim is encourage all children and families to adopt a healthy outlook toward food and nutrition. It is important in the development of children and athletes.

All MWGC programs do not include the provision of meals. We do however occasionally have fundraising events that may include BBQ sausage sizzles, pizza nights or similar. All invitees are asked to provide any details of specific dietary requirements prior to these events.

MWGC Medical Advice and Consent Form 2016 forms are available at reception. These must be completed and any medical conditions or special requirements must be declared. These must be noted at the time of registration.

MWGC Birthday parties are catered for by the families of attendees and it is their responsibly to ensure the welfare and safety of their guests.

MWGC Vacation Care meals are to be provided by parents or carers or by way of ordering through the café. (see the café for available options and prices)

Meal times will be calm and pleasant experiences, focusing on the social interactions between children, meals can also be had during the “movie time”.

After all meal breaks the areas are to be swept or mopped if required and left in a clean and tidy state. Bins and receptacles are to be emptied daily or as required.

Where the weather permits, the environment could include outdoor eating experiences for the children.

MWGC is a gender neutral environment and we ask for respect from all members and parents in regard to breast feeding. Please remember that all our ideals are not the same and discretion is required.

For reasons of safety, behaviour and nutrition, please avoid sending the following foods; fish with bones, raw or grated carrot, nuts, chips, roll-ups, chocolate, chocolate and cream filled biscuits, cakes, fruit sticks, and dairy snacks, (ie, Yogo). Children eat meals within a social environment; unsuitable foods can place others at risk. Tap water is available at the bubbler near the bathrooms at all times.

Please also read the MWGC NUT and FOOD NOTICE.

All staff must be made aware of any child with food allergies or sensitivity.

If you have any further questions or doubts please raise them with reception staff prior to entering the programs.