



Health

At Pod Early School, it is our priority to work with families to support and encourage healthy eating for children in our care. Our centre menu, designed and prepared by our professionally qualified Chef is age and development appropriate and includes a wide variety of nutritious food of different tastes and textures consistent with the Australian Dietary Guidelines. We use seasonal and local produce and encourage children to tend to our sustainable gardens so that we can enjoy the fresh produce and social interaction with our friends in our outdoor Chow House. Our seasonal menus provide more than half of children's daily nutritional requirements for optimal growth and development.

At Pod, we deeply appreciate the busy lives of our families and how important our role is in supporting this. Our daily menu includes the availability of a nutritious breakfast and a late snack in the day. A quiet place is also available for Mothers wishing to breastfeed their infants in private.

What if my child has Special Dietary Needs?

Some children may have very specific food requirements due to allergies/food intolerances, their cultural background or other family preferences. We work in consultation with all families to make sure individual children's needs are met as part of our menu planning process.