



KARINGAL PRIMARY SCHOOL

Phone: 9789 4800

Email: karingal.ps@education.vic.gov.au

Mallum Avenue, Frankston 3199

PO Box 6112, Frankston 3199

FRESH FRUIT AND WATER INFORMATION FOR PARENTS/CARERS

Dear Parents/Carers,

At Karingal Primary School, we are committed to promoting healthy eating habits and encouraging positive wellbeing practices for all students. As part of this commitment, students are encouraged to participate in a daily fruit and vegetable "brain food break" during class time.

During the school day, students are encouraged to:

- Drink water regularly throughout the day
- Eat a piece of fresh fruit or vegetable during designated classroom breaks

How Parents/Carers Can Support

To assist your child in participating, please provide:

- A clearly named drink bottle with a pop-up lid, filled with plain water only. Drink bottles should be taken home and washed each day.
- An additional piece of fresh fruit or vegetable for your child to enjoy during the day.
- Suitable Foods for Fruit and Vegetable Breaks

Students may bring fresh fruits and vegetables such as:

Apples	Bananas	Pears
Chopped Fruit	Carrot or Celery Sticks	Cherry Tomatoes

Where possible, please prepare fruit and vegetables in easy-to-eat, bite-sized pieces to minimise disruption to learning time.

Foods Not Suitable for Fruit and Vegetable Breaks

The following items are not suitable for classroom fruit and vegetable breaks:

Fruit Leather/ Fruit Roll Ups/ Fruit Roll Ups/Jams or Jellies	Dried Fruit	Muesli Bars
Fruit Pies	Olives	Fruit Juice

Respect - Integrity - Persistence - Resilience - Relationships



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As well as:

Potato Chips	Vegetable Pies or Pasties	Vegetable Patties or Burgers
Quiches	Any Flavoured Drinks or Juices	

Please note that only plain water is permitted to be consumed in classrooms.

Soft drinks, flavoured milk, juice, and other beverages are not allowed during class time.

Thank you for your support in helping us promote healthy habits and positive learning environments for all students.

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