

Bumblebee Montessori House Nutrition Policy

At Bumblebee Montessori House, we believe that healthy bodies support happy minds. Our approach to nutrition reflects our commitment to children's wellbeing, independence, and joyful learning.

Daily Snacks

We provide fresh fruits and vegetables every day as part of our snack routine. Children are encouraged to explore a variety of seasonal produce, fostering healthy habits and a positive relationship with food.

Lunch from Home

Families are required to pack a nutritious lunch for their child each day. To support a calm and inclusive mealtime, we kindly ask that lunches are following these guidelines;

Healthy choices (whole grains, proteins, fruits, vegetables)

Free from sugary treats, soft drinks, and highly processed snacks

Nut-free to ensure the safety of all children

We encourage reusable, child friendly containers to support independence and sustainability.

Shared Responsibility

Our team supports children in developing self-care skills during mealtimes; setting up, serving, and cleaning up with care. We also model respectful food conversations and celebrate cultural diversity in family food choices.

Allergies & Dietary Needs

Please inform us of any allergies or dietary restrictions. We work closely with families to ensure every child's needs are met safely and respectfully.

Together, we nourish the whole child; body, mind, and spirit.

If you have questions or would like support with lunch ideas, we're happy to help.