

At Kerikeri Kindergarten we run an additive free programme. Children experience daily food experiences which let them discover healthy options. See our Facebook page, **Kerikeri Kindergarten's Brain Food and Healthy Eating Page**.

In 2013 we ran our first additive free week when we fed children morning tea and lunch and carried out a survey in which parents rated changes in mood, excitability, concentration, compliance and sleep. Comparing behaviours from the beginning to end of the week, the feedback showed massive changes. We held a second additive free week in 2014, to strengthen awareness.

One of the biggest changes has been in the children's lunches which they bring from home. Children now bring healthy additive and packet free food. We are firmly committed to continuing with our brain food culture.