

Checklist

SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH

FOR PLANNING HEALTHY SNACKS AND DRINKS AT PLAYGROUP

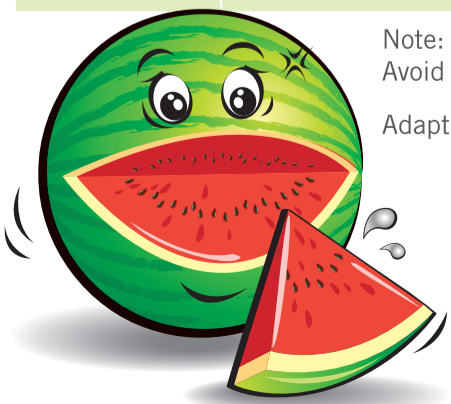


Does your snack at playgroup contain at least:

Tick	Food / Drink	Example
<input type="checkbox"/>	A dairy or a high calcium food?	<ul style="list-style-type: none"> plain milk or calcium fortified soy milk hard and soft cheeses yoghurt and custard milk-based dessert such as creamed rice & milk puddings
<input type="checkbox"/>	A cereal-based food?	<ul style="list-style-type: none"> choose wholemeal and wholegrain products where possible breakfast cereal e.g. Weet-Bix™ bread (all varieties including fruit bread) cracker biscuits (plain, unsalted crackers) rice cakes fruit buns, scones, pikelets, muffins and crumpets
<input type="checkbox"/>	A fruit or vegetable?	<ul style="list-style-type: none"> fruit includes fresh, canned, frozen, or dried but NOT juice vegetables include raw or cooked (fresh, canned or frozen)
<input type="checkbox"/>	In addition, for an excellent menu have you included a good or moderate source of iron?	<ul style="list-style-type: none"> good sources of iron include beef, lamb or veal moderate sources of iron include pork, ham, fish, egg, chicken, legumes (e.g. baked beans), dried fruit, MILO® and wholemeal products (e.g. bread, crackers, flour, Weet-Bix™)
<input type="checkbox"/>	A drink?	<ul style="list-style-type: none"> choose water or milk avoid fruit juice, cordial, soft drinks and sports drinks

Note: Reduced fat milk is **not** suitable in the first two years of life. Skim or no fat dairy products are **not** recommended for children under 5 years. Avoid choking: Avoid hard foods that may increase the risk of choking such as raw carrots, celery or apple. Cook or grate hard fruit or vegetables.

Adapted with permission from Nutrition Ready to Go at Out of School Hours Services (2003), South East Sydney Health.



Healthy Eating
AT PLAYGROUP

