

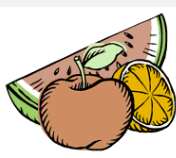

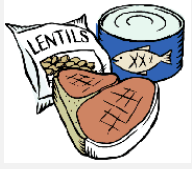


TasteBuds

Lunchbox Checklist – 1-5 year olds

Checklist for an 8 hour day

Use this checklist to provide a quick overview of lunchboxes to ensure that they include the minimum serves of foods needed to meet the nutritional requirements of children while in long day care (a full day). Children's appetites will vary, so more food may be provided. If your child eats breakfast or a late afternoon snack in care or is in care for 9 hours or more, then more food is required.

		Tick if provided
<p>Breads and cereals: 2-3 serves per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 slice of bread • 1/2 bread roll • 1/2 cup breakfast cereal • 1 weetbix • 1/2 cup cooked rice or pasta • 2 crackers or crispbread 		<input type="checkbox"/> <input type="checkbox"/> to <input type="checkbox"/>
<p>Vegetables: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1/2 cup cooked vegetables (on own or in dishes) • 1 potato (eg: potato salad, in dishes) • 1 cup salad vegetables (eg: cherry tomatoes, sliced tomato, snowpeas, cucumber sticks, grated carrot, capsicum strips, coleslaw- on own or in sandwiches. Some may need to be lightly steamed for under 2's) 		<input type="checkbox"/>
<p>Fruit: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 piece of fruit (apple, orange, banana) • 2 small fruits (eg: apricots, plums) • 1/2 cup stewed or canned fruit • 1 1/2 TBs dried fruit • 1/2 cup fruit juice (limit amount given) 		<input type="checkbox"/>
<p>Milk and Milk Products: 3 serves per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1/2 cup milk/ custard/ calcium enriched soy milk • 1 slice processed cheese/ 20 gm block cheese/ 1/3 cup grated cheese • 100gm/ 1/2 cup yoghurt • 1 TBs milk powder 		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Meat and Substitutes: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 45 gm cooked weight red meat, chicken or fish • 1/3 cup mince or meat casserole • 1 slice beef/ham • 1 egg • 1/3 cup cooked legumes or baked beans, lentils or chickpeas 		<input type="checkbox"/>
<p>Complete this box if a vegetarian meal is provided.</p> <p>Vitamin C-rich food with the vegetarian meal.</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 fruit or vegetable high in Vitamin C eg: citrus, kiwifruit, rockmelon, tomato, capsicum, handful berries 		<input type="checkbox"/>

Water: Aim for 4-6 cups per day. Encourage water. Make sure it is freely available.

PLEASE NOTE: WE ARE A NUT FREE SERVICE. PLEASE DO NOT SEND IN NUT PRODUCTS. THIS INCLUDES PEANUT BUTTER.