

Nutrition Checklist for Planning Long Day Care Menus



This nutrition checklist is designed for use in planning the menu over a **2 week cycle** that includes one meal and two snacks per day.

MAIN MEALS

- Red meat: beef/lamb**
 - Lean red meat is included on the menu at least **4** times per fortnight. (1 serve = 45g cooked meat)
- White meat: chicken/fish/pork/veal**
 - Lean white meat is included on the menu at least **3** times per fortnight. (1 serve = 45g cooked meat or 55g cooked fish)
- Vegetarian meals**
 - A vegetarian meal is included on the menu at least **2** times per fortnight. (1 serve = 1 medium (55g) egg, 1/3 cup cooked lentils, 1 tablespoon peanut paste, 60g raw tofu)
 - Vegetarian meals are always based on eggs, cheese, tofu, nut pastes or legumes.
- Increasing Iron**
 - On each day that white meat or a vegetarian meal is served, at least **1** other iron containing food is included with the meal.
Iron containing foods include wholemeal bread, broccoli, spinach, cauliflower, cabbage and legumes such as baked beans and lentils.
 - A fruit or vegetable high in Vitamin C is served with white meat or a vegetarian meal.
Fruit and vegetables high in Vitamin C include citrus fruit, strawberries, rockmelon, kiwi fruit, tomato, cauliflower, broccoli, cabbage, capsicum and peas.
- High fat meals**
 - High fat meals are served not more than once per week. High fat meals include chips, nuggets, sausages, commercial pies, pasties, deep fried foods, high fat pastry based foods.

VEGETABLES

- The menu includes at least **1** serve of vegetables per day. (1 serve = 1/2 cup cooked or 1 cup salad)

FRUIT

- The menu includes at least **1** serve of fruit per day. (1 serve = 1 medium piece or 1 cup diced fruit)
- Fruit juice, if served, is diluted and unsweetened.

DAIRY FOODS

- The menu includes at least **3** serves of full cream dairy foods* per day. (1 serve = 100ml milk, 15g (1 tablespoon) cheese, 100g yoghurt, 1/2 cup custard, 10g milk powder)

***Cream and sour cream are not substitutes for milk, yoghurt or cheese.**



BREAD, CEREALS, RICE, PASTA, NOODLES

- The menu includes at least **2** serves of bread, cereals, crackers, noodles, rice or pasta foods per day. (1 serve = 1 slice of bread, 1/2 cup of cereal, 1/3 cup cooked/30g dry rice, 1/2 cup cooked/30g dry pasta or cooked noodles)
Breads include: loaf, pita, Lebanese and fruit bread.
- High fibre varieties (eg multigrain, wholemeal, white high fibre) are included at least **4** times per fortnight.

SNACKS

- Snacks are planned on the menu as part of the total day's intake.
- Snacks are nutritious and include dairy foods, fresh fruit, unsweetened tinned fruit, vegetables, pikelets, scones, muffins, fruit cake, fruit bread, any breads, low fat crackers.

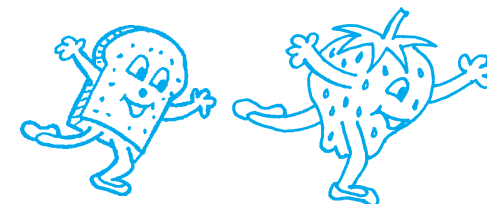
WATER

- Water is freely available during the day.

MEETING ENERGY NEEDS

Energy needs and appetites of children vary. The above quantities represent minimum requirements only. Some children will need much more than the amounts specified, especially children in the 4-5 year old age group.

- Extra food is readily available at meal times and snack times to meet the hunger needs of children if required. This could be extra quantities of foods on the menu or additional foods (such as those listed under 'snacks' category).
- An extra snack is provided for children attending 8 or more hours.



This Nutrition Checklist has been produced by the SA Child Care Nutrition Partnership*. It is based on the checklist initially developed by the Nutrition Department of the Central Coast Area Health Service, NSW, as part of the *Caring For Children in Long Day Care* project and a modified version produced by Noarlunga Health Services and Inner Southern Community Health Services in South Australia. The aim of the Nutrition Checklist is to assist long day care centres with the planning and reviewing of each **two week cycle** of their menu.

* The South Australian Child Care Nutrition Partnership includes representatives from Anti-Cancer Foundation of South Australia; Association of Child Care Centres of SA; Children's Health Development Foundation; Department of Education, Training and Employment (Licensing and Standards); Department of Human Services; Douglas Mawson Institute of TAFE; Eat Well SA; Flinders University; Inner Southern Community Health Service; Lady Gowrie Child Centre Inc; Noarlunga Health Service; Regency Institute of TAFE; SA Association of Community Based Child Care Centres Inc; TeethSmart SA; Women's & Children's Hospital (Department of Nutrition and Food Services).