



# LUNCHBOX CHECKLIST

## for Food Brought from Home

### A Guide for Parents

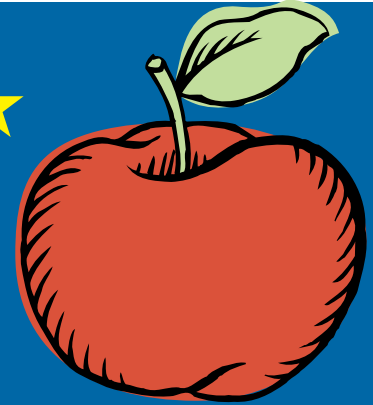


**Use this checklist to help provide nutritious food for your child each day.**

It is designed for children one to five years old, in child care for about eight hours each day. This usually includes morning tea, lunch and afternoon tea. Depending on your child care centre, some food and drink may be provided by the centre and some by parents, or all food and drink may be provided by parents. The servings suggested are minimum amounts. Your child may need more.

### IS YOUR CHILD PROVIDED WITH AT LEAST:

- 3 'child size' serves of dairy or high calcium foods? ★★ ★
- 1 good ★ OR 2 moderate sources of iron? ★★ ★
- 2 'child size' serves of cereal-based foods? ★★ ★
- 1 'child size' serve of fruit? ★
- 2 'child size' serves of vegetables? ★★ ★



**NOTE:** If your child is in care for more than eight hours you may need to provide extra food. If your child is in care for less than eight hours you may need to provide less food.

#### GOOD CALCIUM SOURCES INCLUDE:

Dairy products, tofu and calcium-added soy milk.

**1 'child size' serve** = ½ cup milk (plain or flavoured)  
1 tablespoon grated cheese,  
1 slice processed cheddar,  
⅓ cup yoghurt, ½ cup custard.

Other high calcium foods are milk-based desserts such as fruche, creamed rice and milk puddings.



#### GOOD IRON SOURCES ARE

Beef, lamb, veal, beef sausage.

#### MODERATE IRON SOURCES ARE

Pork, ham, fish, egg, chicken (breast, leg or chicken loaf), wholemeal bread, dried fruit, legumes, Milo™, spinach, fortified breakfast cereals.

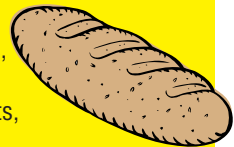
**1 'child size' serve** = 1 slice meat, 1 egg, 1 slice wholemeal bread,  
¼ cup legumes, 1½ tablespoons dried fruit  
or 4 apricot halves, 2 teaspoons Milo™,  
1 breakfast biscuit, ½ cup iron fortified cereal.



#### CEREAL-BASED FOODS INCLUDE

Bread (all varieties including fruit bread), rice, pasta, noodles, cracker biscuits (plain, unsalted crackers, rice cakes, rice crackers), fruit buns, scones, pikelets, muffins and crumpets.

**1 'child size' serve** = 1 slice of bread, ½ cup cereal, ½ cup cooked rice, ½ cup cooked pasta or 2 medium cracker biscuits.



#### FRUIT INCLUDES

Fresh, canned or dried fruit but NOT juice.

**1 'child size' serve** = ½ medium size piece of fruit (apple, orange, banana) or 1 small piece (apricot, plums).



#### VEGETABLES INCLUDE

Raw or cooked vegetables (fresh, frozen or canned).

**1 'child size' serve** = ¼ cup vegetables or salad, ¼ cup vegetable-based sauce or ½ small potato.



**NOTE:** A 'child size' serve is approximately equal to half a serve in the Australian Guide to Health Eating.

#### REMEMBER:

If there is no meat, fish, or chicken with lunch, include an alternative protein source such as eggs, baked beans or cheese. A high vitamin C food such as fruit (oranges, strawberries, melon), salad (tomato and capsicum) or vitamin C containing juice (eg, orange or tomato juice) will increase the amount of iron absorbed from non-meat meals.

#### PLEASE DON'T SEND THESE FOODS TO CHILD CARE:

- Sticky snacks like some health food bars, lollies and fruit straps as these may cause tooth decay.
- Foods high in fat and sugar like cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
- Foods high in fat and salt like chips and savoury snack biscuits.

#### CARE FOR YOUR CHILD'S FOOD:

- High risk foods such as meat, chicken, fish, milk, cooked rice or pasta, should be kept cold.
- Send high risk foods to child care in insulated lunch containers along with an icebrick or frozen drink.

**THE BEST DRINKS FOR CHILDREN ARE MILK OR WATER. FRUIT JUICE IS NOT ESSENTIAL IF YOUR CHILD EATS FRUIT. LIMIT FRUIT JUICE TO NO MORE THAN ONE DRINK PER DAY.**