## CHECKLIST
FOR PLANNING HEALTHY SNACKS AND DRINKS FOR MORNING OR AFTERNOON TEA AT A GROUP SESSION OR SERVICE

Does your morning or afternoon tea snack at the group session or service contain:

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<th>Tick</th>
<th>Food / Drink</th>
<th>Example</th>
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|      | A dairy or a high calcium food? | • plain milk or calcium fortified soy milk (125ml)  
• hard and soft cheeses (20g)  
• yoghurt and custard (100g) |
|      | A cereal-based food? | • choose wholemeal and wholegrain products where possible  
• breakfast cereal e.g. Wheat breakfast biscuits  
• bread (all varieties including fruit bread)  
• cracker biscuits (plain, unsalted crackers)  
• rice cakes  
• fruit buns, scones, pikelets, English muffins and crumpets |
|      | A fruit or vegetable? | • fruit includes fresh, canned (in natural juice), frozen or dried but NOT juice  
• vegetables include raw or cooked (fresh, canned or frozen) |
|      | In addition, for an excellent menu have you included a source of iron? | • 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™) |
|      | A drink? | • 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 year.

**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.

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The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.