

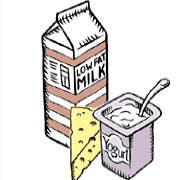
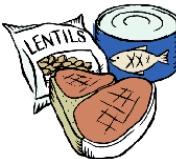



HALF DAY Lunchbox Checklist – 1-5 year olds

Checklist for morning tea or afternoon tea and lunch

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 care for half a day. Children’s appetites will vary, so more food may be provided.

		Tick if provided
<p>Breads and cereals: 2 serves per half 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"/>
<p>Vegetables: 1 serve per half 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>Milk and Milk Products: 2 serves per half 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"/>
<p>Meat and Substitutes: 1 serve per half 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 1/2 TB peanut butter (unless a nut-free service) • 1/3 cup cooked legumes or baked beans, lentils or chickpeas 		<input type="checkbox"/>
<p>Fruit: 1 serve per half day</p> <p>1 serve fruit =</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>Complete this box if a vegetarian meal (with iron source) 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 (to help absorb the iron in meat substitutes) 		<input type="checkbox"/>

Water: Aim for at least 2-3 cups per half day. Make sure water is freely available.