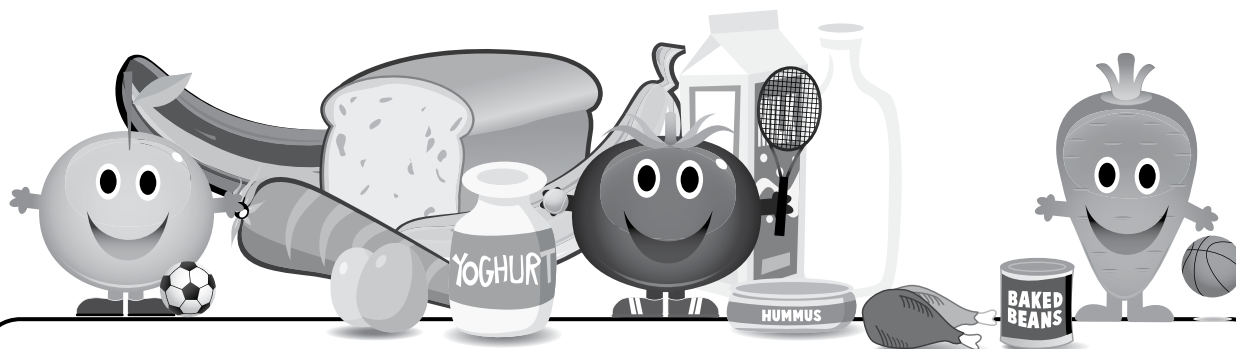


CHECKLIST

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:

Tick	Food / Drink	Example
<input type="checkbox"/>	A dairy or a high calcium food?	<ul style="list-style-type: none"> • plain milk or calcium fortified soy milk (125ml) • hard and soft cheeses (20g) • yoghurt and custard (100g) • milk-based dessert such as creamed rice & milk puddings
<input type="checkbox"/>	A cereal-based food?	<ul style="list-style-type: none"> • 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
<input type="checkbox"/>	A fruit or vegetable?	<ul style="list-style-type: none"> • fruit includes fresh, canned (in natural juice), frozen or dried but NOT juice • vegetables include raw or cooked (fresh, canned or frozen)
<input type="checkbox"/>	In addition, for an excellent menu have you included a source of iron?	<ul style="list-style-type: none"> • 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™)
<input type="checkbox"/>	A drink?	<ul style="list-style-type: none"> • 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.