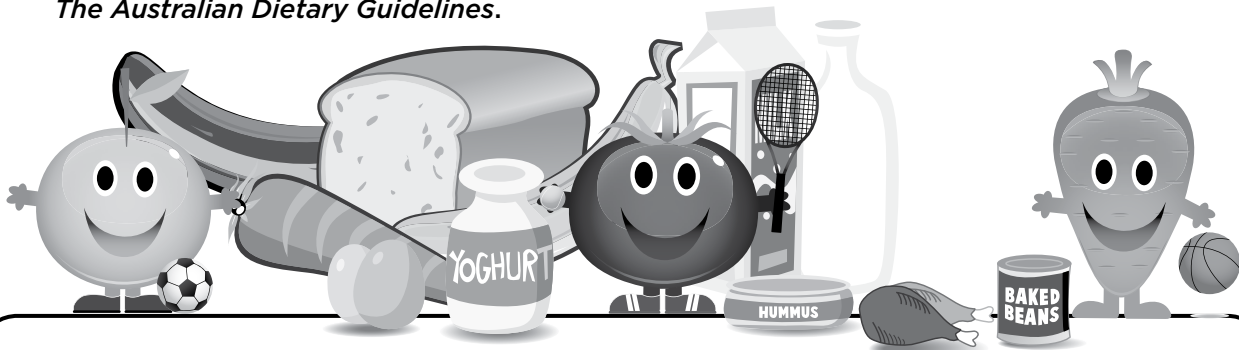


CHECKLIST

For planning healthy snacks and drinks for morning or afternoon tea at a group session or service

The following *Checklist for Planning Healthy Snacks and Drinks* for morning or afternoon tea has been developed to help facilitators/staff and parents/carers of young children, attending a group session or service together for a couple of hours, to plan a nutritious snack and drink and encourage healthy food. The checklist is based on *The Australian Dietary Guidelines*.



Does your morning or afternoon tea snack at the group session of 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)
<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) legumes or beans
<input type="checkbox"/>	In addition, for an excellent snack 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 and wholemeal products (e.g. bread, crackers, flour, wheat breakfast biscuits)
<input type="checkbox"/>	A drink?	<ul style="list-style-type: none"> choose water or plain milk avoid fruit juice, cordial, soft drinks and sports drinks

Note: Full fat milk and dairy products are recommended for children under two years of age. Reduced fat milk (not skim milk) and dairy products are recommended for children between two and five years of age.
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.