

Ingredient Quantity Guide for NSW Early Childhood Education and Care Services

The tables below will help you order and prepare foods and drinks in quantities that meet the *Nutrition Checklist for Menu Planning*¹, support children's nutrition needs and help reduce food wastage.

Lean meat and poultry, fish, eggs, tofu, seeds, and legumes/beans (protein rich foods)

Offer $\frac{3}{4}$ of a serve of protein rich food per child per day.

Example: for 20 children you need 1kg of cooked red meat to provide $\frac{3}{4}$ of a serve of meat for each child.

Food	$\frac{3}{4}$ of a serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
Lean red meat, pork, (raw, boneless)	70g	350g	700g	1.4kg	2.1kg	2.8kg	3.5kg	4.2kg
Lean red meat (cooked)	50g	250g	500g	1kg	1.5kg	2kg	2.5kg	3kg
Poultry (raw, boneless)	75g	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
Poultry (cooked, skin off)	60g	300g	600g	1.2kg	1.8kg	2.4kg	3kg	3.6kg
Fish (raw)	85g	425g	850g	1.7kg	2.55kg	3.4kg	4.25kg	5.1kg
Fish (cooked/canned)	75g	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
Egg	1 large egg	5 large eggs	10 large eggs	20 large eggs	30 large eggs	40 large eggs	50 large eggs	60 large eggs
Legumes (dry)	55g	275g	550g	1.1kg	1.65kg	2.2kg	2.75kg	3.3kg
Legumes/beans (cooked/canned, drained weight)	115g	575g	1.15kg	2.3kg	3.45kg	4.6kg	5.75kg	6.9kg
Tofu	130g	650g	1.3kg	2.6kg	3.9kg	5.2kg	6.5kg	7.8kg

Note: You may combine different proteins to make a meal. For example a meal may have fish and eggs to make up the protein serve.

¹ *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 92.

Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

Vegetables and legumes/beans

Offer **2 serves** of vegetables or legumes/beans per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea.

Any two of these will provide each child with their daily requirement of vegetables while in care for 8 hours.

Example: for 20 children you will need 1.5kg of vegetables and 1.5kg of legumes to provide 2 serves of vegetables for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
Vegetables (fresh/frozen)	75g	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
Vegetables (cooked/canned, drained)	75g (1/2 cup)	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
Vegetables (salad)	75g (1 cup)	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
Legumes (cooked, dried or canned, drained weight)	75g (1/2 cup)	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg

Fruit

Offer **1 serve** of fruit per child per day.

Example: for 20 children you will need 3kg of fruit to provide 1 serve of fruit for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
Fruit (fresh/frozen)	150g (1 medium or 2 small pieces)	750g	1.5kg	3kg	4.5kg	6kg	7.5kg	9kg
Fruit (cooked/canned, drained)	150g (1 cup)	750g	1.5kg	3kg	4.5kg	6kg	7.5kg	9kg
Dried fruit	30g	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg

Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

Wholegrain cereal foods and breads

Offer **2 serves** of wholegrain cereal foods and breads per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal.

Any two of these will provide each child with their daily requirement of cereal foods and breads while in care for 8 hours.

Example: for 20 children you will need 20 slices (1 loaf) of bread and 600g of pasta to provide 2 serves of cereal foods and breads for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
Bread (all types)	1 slice	5 slices (¼ loaf)	10 slices (½ loaf)	20 slices (1 loaf)	30 slices (1½ loaves)	40 slices (2 loaves)	50 slices (2 ½ loaves)	60 slices (3 loaves)
Pita bread	½ large pocket (40g)	2½ pockets (200g)	5 pockets (400g)	10 pockets (800g)	15 pockets (1.2kg)	20 pockets (1.6kg)	25 pockets (2kg)	30 pockets (2.4kg)
Breakfast cereal flakes	30g	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
Breakfast cereal (wheat biscuit)	2 biscuits	10 biscuits	20 biscuits	40 biscuits	60 biscuits	80 biscuits	100 biscuits	120 biscuits
Bread roll	½ medium	2½ rolls	5 rolls	10 rolls	15 rolls	20 rolls	25 rolls	30 rolls
Pasta/noodles/rice/couscous (dry)	30g	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
Cracker biscuits/crispbreads	35g (3 crispbreads)	175g	350g	700g	1.05kg	1.4kg	1.75kg	2.1kg
Crumpet/English muffin	1	5	10	20	30	40	50	60

Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

Milk, yoghurt, cheese and alternatives

Offer **1 serve** of milk, yoghurt, cheese or alternatives per child per day.*

This can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal.

For example, this may be 125ml of milk at morning tea, and 20g of cheese with lunch to equal one serve in total.

Example: for 20 children you will need 5 litres of milk to provide 1 serve of dairy food for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
Milk	250mL	1.25L	2.5L	5L	7.5L	10L	12.5L	15L
Soy milk (with at least 100mg added calcium per 100ml)	250ml	1.25L	2.5L	5L	7.5L	10L	12.5L	15L
Hard cheese	40g (2 slices)	200g	400g	800g	1.2kg	1.6kg	2kg	2.4kg
Yoghurt	200g	1kg	2kg	4kg	6kg	8kg	10kg	12kg
Evaporated milk	120ml	600ml	1.2L	2.4L	3.6L	4.8L	6L	7.2L
Milk powder	25g (1/4 cup)	125g	250g	500g	750g	1kg	1.25kg	1.5kg
Ricotta cheese	120g	600g	1.2kg	2.4kg	3.6kg	4.8kg	6kg	7.2kg

* Choose reduced fat milk and dairy products for children over 2 years of age.

Serving sizes are based on the standard serve sizes in the Australian Dietary Guidelines www.eatforhealth.gov.au

This guide is adapted from the 'Ingredient quantity guide for long day care menus', Healthy Eating Advisory Service, Early childhood services, Victoria.

The above material has been reproduced with the permission of the NSW Ministry of Health, from *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014. For further information on this resource please visit www.healthykids.nsw.gov.au