

# Snack Ideas for Morning and Afternoon Tea

Well planned morning and afternoon tea is essential for children to meet their nutritional requirements.

## For Early Childhood Services that provide all food and drinks

Plan morning and afternoon tea snacks that complement the main meal and help meet the minimum number of serves from the five food groups recommended by the *Nutrition Checklist for Menu Planning*<sup>1</sup>.

## For Early Childhood Services that provide only morning and afternoon tea

Plan morning and afternoon tea snacks that when combined, will provide at least:

- 1 serve of vegetables
- 1 serve of fruit
- 1 serve of dairy foods (serve ½ cup milk as a drink at morning and afternoon tea)
- 1 iron containing food\*
- 1 serve of wholegrain cereal foods / bread

Example:

### Morning tea

½ cup milk  
fresh fruit platter  
raisin toast triangles

### Afternoon tea

½ cup milk  
corn on the cob  
wholemeal pikelets

This is based on the assumption that food brought from home for the main meal includes 1 serve of vegetables, ¾ serve of meat (or alternative), 2 serves of wholegrain cereal foods/bread and 1 iron containing food.

**Combine** these healthy and delicious snack ideas on the menu to meet morning and afternoon tea requirements.

### Fruit

- Seasonal fruit platter
- Fruit salad
- Fruit kebabs
- Fruit smoothies
- Frozen fruit slices
- Canned fruit in natural juice
- Fruit jaffles
- Fruit crumble



# Snack Ideas for Morning and Afternoon Tea cont.

## Vegetables

- Vegetable platter with dip (e.g. hommus, beetroot, avocado)
- Vegetable scones or muffins (e.g. pumpkin, corn and zucchini)
- Baked beans on toast or in a cup
- Vegetable soup
- Corn on the cob
- Wholegrain crackers topped with tomato and cucumber
- Vegetable chips (e.g. slice carrots, zucchini, potato and sweet potato into chips and spray with olive oil and bake until golden brown)

## Milk, yoghurt, cheese and alternatives

*(choose mostly reduced fat varieties for children over 2 years of age)*

- Glass of milk
- Fruit smoothies
- Cheese with wholegrain crackers
- Yoghurt or custard and fruit

## Wholegrain cereal foods and breads

- Mixed sandwiches, wraps or rolls
- Toasted sandwiches/jaffles with fruit or vegetable fillings
- Wholegrain cereal (dry or with milk)
- Raisin bread
- Pikelets with fruit
- Fruit or vegetable muffins
- Fruit or vegetable scones
- Mini vegetable pizzas using wholemeal pita or English muffins
- Wholegrain crackers with cheese
- Untoasted muesli and yoghurt

## Iron containing foods

- Wholemeal sandwiches
- Vegetable & legume soup
- Wholemeal tortilla bread chips and Mexican bean dip
- Wholemeal banana muffins
- Dried fruit
- Iron enriched breakfast cereals as a dry snack (e.g. Cheerios™, Sultana Buds™, Weetbix Bites™)
- Hommus dip, vegetable sticks and wholemeal pita bread
- Wholemeal cheese scones
- Wholemeal savoury muffins (e.g. pumpkin, grated carrot and cheese)



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

\* Refer to the *How to Include Iron Containing Foods on the Menu* tip sheet.

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