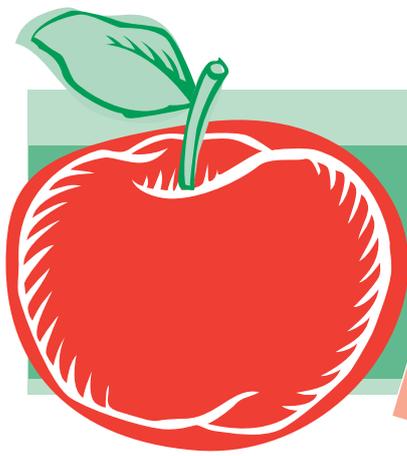


CENTRAL COAST LOCAL HEALTH DISTRICT



GOOD Bite

for childcare
staff

The year is coming to an end and a 'lunch box' programme will probably be on your centre calendar. Next year some of the children will be going to 'Big School' and will benefit by having 'lunch box' practice. Lunch box practice allows children to experience the school lunch routine while being supported by child care educators.

Children will need to provide the lunch box. Parents may need advice on lunch box style: large enough to easily hold food for the day, easy to open and close. Boxes with a compartment for a small ice brick are good for summer. Some boxes are constructed so that food needs little (or no) wrapping before going in lunch box.

Food for lunch boxes may be provided by your centre or food from home may be sent along in the lunch box. Parents will need to be informed well ahead of the programme so they can be organised.

Involve children by allowing them to choose the food for their lunch box. This is a learning opportunity for children so, have lots of discussion. Talk about nutritious food choices; does the food carry well; will the food need refrigerating; would a sandwich be OK and is there enough food to satisfy hunger for the whole school day.

Suitable food include:

Vegetables and fruit

Encourage children to eat vegetables: Carrot and celery sticks, corn cobs, small cooked new potatoes, capsicum strips, snow peas and baby cucumbers are all suitable. Vegetables can be incorporated into pikelets, muffins and slices. Some vegetables are good for sandwich fillings eg. grated carrot and salad vegetables such as lettuce and cucumber.

Try to include vegetables on all eating occasions whether in child care, at school or at home.

Fruit is usually enjoyed. A medium piece of fruit is enough. Commercial snack fruit in juice is suitable. Dried fruit is sticky and can promote tooth decay. It is best eaten when teeth can be brushed.

Bread and cereal foods

Bread, rice and pasta: Choose wholegrain, wholemeal or high fibre. Include bread varieties such as Lebanese, pita, lavash.

Cooked rice and pasta could be incorporated into salad or packed along with a variety of both cooked and raw vegetables.

Protein food

Suitable protein rich foods to pack include lean red meat (beef, lamb, kangaroo) chicken, canned fish, hard-boiled egg, cheese, tofu, legumes (e.g. chick peas, butter beans, baked beans, four bean mix, red kidney beans).

Dairy foods

Milk, cheese, yoghurt and custard. Choose reduced fat if possible. Flavoured milk is OK.

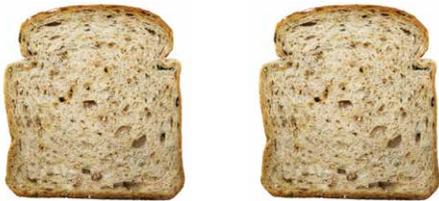
Water is best for quenching thirst. Tap water is fine.



3 day sample lunch box menu

	Day 1	Day 2	Day 3
Morning tea	Milk 1 small banana	Flavoured milk Mandarin ½ chicken sandwich	Milk Tomato and cucumber chunks
Lunch	Pita bread with ham & tomato ½ cob of corn Custard snack pack Water	Zucchini slice with peas & corn Snack pack fruit salad Fruit yoghurt Water	Roast beef & lettuce sandwich Tub of yoghurt Orange Water

Food groups

Food group	How much food should I pack for my child
Wholegrain cereal foods and bread 1 serve = 1 slice bread OR ⅔ cup breakfast cereal OR ½ cup cooked rice ½ cup cooked pasta 1 crumpet ½ English Muffin	2 serves 
Fruit 1 serve = 1 cup fruit OR 2 small piece of fruit OR 1 medium piece of fruit 30g dried fruit	1 serve 
Vegetables and legumes/beans 1 serve = ½ cup cooked vegetables OR 1 cup salad ½ cup baked beans peas or lentils	1 serve 
Milk/yoghurt/cheese & alternatives 1 serve = 250ml milk OR 2 slices (40g) cheese OR 200g yoghurt OR 250ml calcium fortified soy milk	1 serve 
Lean meat and poultry/fish/eggs/tofu, seeds and legumes ¾ serve = 50g cooked red meat 75g cooked fish OR 60g cooked chicken 2 medium eggs	¾ serve 
Drinks	 <ul style="list-style-type: none"> • Water is the best thirst quencher. • Other suitable drinks to include milk (plain or flavoured) • Juice or soft drink is not suitable

For more lunch and snack ideas go to www.healthykids.nsw.gov.au



Contact Us!

This fact sheet is produced by the Central Coast Public Health/Community Nutrition Team. If you have any suggestions or nutrition topics you would like covered please contact us by telephone on 4320 3691 or fax on 4320 2828.