

Use the *Food and drink checklist for outside school hours care* to plan or review your menu.

This checklist will help you provide healthy foods and drinks for children that are in line with the *Australian Dietary Guidelines*¹ and the *Australian Guide to Healthy Eating*².

Food and drink checklist for outside school hours care											
Breakfast	Tick if meets guideline										
Breakfast is planned and documented on the menu.	<input type="checkbox"/>										
Breakfast is based on grain (cereal) foods. <i>Examples include bread, breakfast cereal, rice and noodles.</i>	<table style="width: 100%; text-align: center;"> <tr> <td>Mon</td> <td>Tues</td> <td>Wed</td> <td>Thu</td> <td>Fri</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Mon	Tues	Wed	Thu	Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon	Tues	Wed	Thu	Fri							
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
There is at least one wholemeal or wholegrain choice for each type of grain provided every day. <i>Examples include wholemeal bread, high fibre breakfast cereal.</i>	<table style="width: 100%; text-align: center;"> <tr> <td>Mon</td> <td>Tues</td> <td>Wed</td> <td>Thu</td> <td>Fri</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Mon	Tues	Wed	Thu	Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Breakfast cereals are low in added sugars. <i>(Less than 15g of sugar per 100g if dried fruit is not an ingredient, or less than 25g per 100g if dried fruit is an ingredient.)</i>	<input type="checkbox"/>										
A choice of milk, yoghurt, cheese and/or alternatives (such as soy drink) are provided every day.	<table style="width: 100%; text-align: center;"> <tr> <td>Mon</td> <td>Tues</td> <td>Wed</td> <td>Thu</td> <td>Fri</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Mon	Tues	Wed	Thu	Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Milk, yoghurt, cheese and alternatives are mostly reduced fat.	<input type="checkbox"/>										
Plain reduced fat milk is available as a drink every day.	<table style="width: 100%; text-align: center;"> <tr> <td>Mon</td> <td>Tues</td> <td>Wed</td> <td>Thu</td> <td>Fri</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Mon	Tues	Wed	Thu	Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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¹ *Australian Dietary Guidelines*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

² *Australian Guide to Healthy Eating*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

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Outside school hours care

Afternoon tea	Tick if meets guideline
Afternoon tea is planned and documented on the menu.	<input type="checkbox"/>
Afternoon tea includes vegetables.	Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/>
Afternoon tea includes fruit.	Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/>
Dried fruit is not provided every day.	<input type="checkbox"/>
Afternoon tea includes milk, yoghurt, cheese and/or alternatives such as soy drink.	Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/>
Milk, yoghurt, cheese and alternatives are mostly reduced fat.	<input type="checkbox"/>
If grain (cereal) foods are provided, they are mostly wholemeal or wholegrain. <i>Examples include: wholemeal bread, wholemeal flour, wholegrain crackers</i>	Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/>
Baked items are not provided everyday.	<input type="checkbox"/>
Baked items do not contain large amounts of fat and sugar.	<input type="checkbox"/>
Drinks	Tick if meets guideline
Water is freely available throughout the session.	<input type="checkbox"/>
Flavoured milk is not included every day.	<input type="checkbox"/>

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Sweet drinks are not provided. <i>Examples include: soft drinks, fruit drinks, cordial, sports drinks, sports waters, flavoured waters, flavoured mineral waters, iced teas and energy drinks.</i>	<input type="checkbox"/>
Fruit juice is not offered as a drink.	<input type="checkbox"/>
Fats and oils	Tick if meets guideline
Polyunsaturated and/or monounsaturated oils and spreads are used in cooking and baking. <i>Examples include: sunflower, safflower, canola, olive, peanut, sunflower, soybean and sesame oil.</i>	<input type="checkbox"/>
Butter, cream, sour cream, coconut cream, copha, palm oil, ghee and lard are not used in cooking or on the menu.	<input type="checkbox"/>
Foods and drinks that should not be included in the daily menu	Tick if meets guideline
Foods which are high in saturated fat, added salt and/or sugar or a combination of these, with little nutritional value are not provided. <i>Examples of these foods include:</i> <ul style="list-style-type: none"> ● sweet drinks ● chocolate, confectionery, jelly ● deep fried foods, pastry based foods (pies, sausage rolls and pasties) ● most fast food and takeaway foods ● some processed meats (e.g. sausages, frankfurts/hot dogs, salami, Strasburg, Devon, some commercial chicken nuggets and fish fingers) ● high fat/salt savoury snack foods (e.g. crisps, chips, biscuits) ● ice cream and ice confections 	<input type="checkbox"/>

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|--|--|
| <ul style="list-style-type: none">• high sugar/fat cakes, muffins, sweet pastries, slices, biscuits and bars | |
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