

# Pre-FoodChecker checklist

## for long day care menu assessments

Assess your menu online for free using FoodChecker! You can assess one day or one week and get instant feedback on whether it aligns with the [Victorian Menu planning guidelines for long day care](#).

Before using FoodChecker to assess your menu, we strongly recommend you also review the [Menu planning checklist for long day care](#). This will save you time in modifying your menu to meet the guidelines.

Before you begin an assessment, make sure you have the following information about your menu:	Tick
The number of children (aged 1-5) the menu feeds each day of the week	
The full menu for one whole week (to assess a 2-week menu you will need 2 x 1-week menus)	
The specific details of all ingredients used in the menu and all recipes. For example: <ul style="list-style-type: none"> <li>» Bread: wholemeal, white, multigrain</li> <li>» Crackers: rice, wheat, plain or flavoured</li> </ul>	
The specific product features of all ingredients used in the menu and all recipes. For example: <ul style="list-style-type: none"> <li>» salt-reduced, reduced-fat, no added sugar etc.</li> </ul>	
The quantities for each ingredient used in the menu and all recipes (options include: grams, kilograms, cups, millilitres, litres, tablespoons, teaspoons, number of whole fruits and vegetables). <ul style="list-style-type: none"> <li>» 3 whole carrots</li> <li>» 2 cups wholemeal flour</li> <li>» 1 teaspoon cumin</li> <li>» 500 grams lean beef mince</li> <li>» 3 litres salt-reduced vegetable stock</li> <li>(See example recipe at end of checklist)</li> </ul>	
The type and quantity of all drinks provided at morning tea, lunch, and afternoon tea (except water). For example: <ul style="list-style-type: none"> <li>» 2 litres full cream milk</li> </ul>	

Tick below if you have described all ingredients used in the menu and all recipes, including specific details of ingredients and quantities, for all meals and snacks each day (write “not applicable” if meal not provided):

Meals and snacks each day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Morning tea					
Lunch					
Afternoon tea					
Late snack					
Drinks					

When completing a one week FoodChecker assessment, you will also be asked the following questions:

Breast milk and/or infant formula should be the main drink for infants under 12 months of age.  
Is expressed breast milk or infant formula available for children under 12 months to drink? Yes / No

From around 6 months, small amounts of cooled, boiled tap water can supplement breast milk or infant formula.

Do you provide any of the following drinks to children under 12 months of age? (tick all that apply)

- ☐ Cow's milk
- ☐ Milk alternatives (e.g., rice, soy, oat)
- ☐ Cooled, boiled tap water
- ☐ Juice
- ☐ Other
- ☐ None of the above
- ☐ We don't have children under 12 months of age

Children between 12 months and 2 years of age should be provided with full fat milk, as reduced fat milk and skim milk are not appropriate for children under 2 years.

Which type of milk do you provide for children between 12 months to 2 years of age? (tick)

- ☐ Full fat milk only
- ☐ Full fat milk and reduced fat milk (or skim milk)
- ☐ Reduced fat milk or skim milk only
- ☐ We don't provide milk to children 12 months to 2 years of age
- ☐ We don't have children between 12 months and 2 years of age

To prevent iron deficiency, nutritious foods that contain iron should be among the first foods introduced to babies.

Do you provide meat, poultry, fish, tofu, legumes, eggs, or iron-fortified cereal every day for children under 12 months of age? Yes / No

Increasing and varying the texture of foods is important for babies' development.

How do you vary the texture of food for children under 12 months of age? (tick)

- ☐ We only provide pureed or mashed food
- ☐ We change the texture according to the child's age and development (lumpy, chopped, finger food)
- ☐ We don't have children under 12 months of age

Children with allergies should be offered suitable alternatives.

How do you cater for allergies and intolerances? (tick)

- ☐ We have one allergy friendly menu for all children with allergies and food intolerances.
- ☐ We remove the allergenic food from the regular menu for specific children.
- ☐ We remove the allergenic food from the regular menu and replace it with a suitable alternative according to each child's health needs.
- ☐ We ask parents to provide food if their children have food allergies.

The menu for children from around 6 months of age should be varied and meet the social and cultural needs of children.

Tick all the options below that describe how the menu provides variety for the children.

- ☐ The menu provides a variety of meals from different cultures.
- ☐ The menu provides a variety of foods with different textures, flavours, and colours.
- ☐ The menu is tailored for specific children with religious and cultural needs.
- ☐ Our two-week cycle provides a different main meal every day.
- ☐ The main ingredient (red meat, pork/poultry, fish, vegetarian) in a meal is not repeated on the same day each week (e.g. fish Friday).
- ☐ None of the above

# Example recipe information

Here’s an example of the type of detailed information required by FoodChecker to assess your menu.

Sri Lankan Chicken Curry	
Ingredients	Serves 30
Chicken breast, skin off, diced	2kg
Curry powder	2.5tablespoons
Turmeric	0.5 teaspoon
White vinegar	1 tablespoon
Olive oil	3 tablespoons
Brown onion, diced	1 whole onion
Garlic, crushed	1 tablespoon
Ginger, crushed	1 tablespoon
Curry leaves	2 teaspoons
Tomato, diced	1 whole
Tomato puree	0.25 cup
Water	1 cup
Frozen mixed vegetables	1 kg
Coconut milk, reduced fat	0.25 cup
Brown rice, cooked	15 cups

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