

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>	Mon <input type="checkbox"/>	Tues <input type="checkbox"/>	Wed <input type="checkbox"/>	Thu <input type="checkbox"/>	Fri <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>	Mon <input type="checkbox"/>	Tues <input type="checkbox"/>	Wed <input type="checkbox"/>	Thu <input type="checkbox"/>	Fri <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.	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"/>				
Plain reduced fat milk is available as a drink every day.	Mon <input type="checkbox"/>	Tues <input type="checkbox"/>	Wed <input type="checkbox"/>	Thu <input type="checkbox"/>	Fri <input type="checkbox"/>
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"/>				

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

Food and drink checklist for outside school hours care

	Mon	Tues	Wed	Thu	Fri
If grain (cereal) foods are provided, they are mostly wholemeal or wholegrain. <i>Examples include: wholemeal bread, wholemeal flour, wholegrain crackers</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>		
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 ● high sugar/fat cakes, muffins, sweet pastries, slices, biscuits and bars 			<input type="checkbox"/>		

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