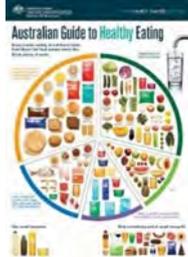
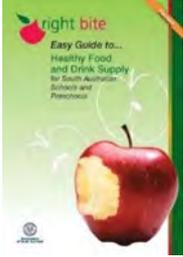




MSK TIPS FOR A KINDY FRIENDLY LUNCH BOX.

Healthy lunches and snacks are important for children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose healthy foods for the lunch box.

FOOD SUGGESTIONS



There are endless food choices available for lunch boxes. It can sometimes be difficult to decide which foods are healthy choices.

Below is some information about which foods are suitable for preschool and school children's lunchboxes based on the 'Right Bite Healthy food and drink supply strategy for South Australian schools and preschools' and the 'Australian dietary guidelines'. Children are taught about these foods using the 'Australian Guide to Healthy Eating' at Kindy and are involved in experiences including: measuring out sugar, salt and oil in the processed foods they bring to Kindy; analysing their own lunch boxes and food packaging in terms of healthy/unhealthy and plenty/select carefully/occasionally foods; and kitchen/garden experiences with Kindy vegetable garden and fruit orchard foods to educate them about being healthy eaters.

Food safety

In most cases food is stored in your child's lunch box for several hours, so the lunch box needs to be kept cool. Choose an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle to keep the lunch box cool. For safety reasons we do not heat food.

Peer pressure

Children are influenced by food advertising, and their friends' food choices. Remember that not all children go to childcare or school with lunch boxes filled with chips and lollies, despite what children think and say! It is important to keep offering healthy lunch box choices in a variety of ways, as children learn to eat what is familiar to them. Remember that it may take time to change your child's food preferences to more healthy choices. Kindy staff will help your child with this and it will become easier with time.

Severe food allergy

There are several children at Kindy that have severe food allergies so there are some green foods that you will not be able to send to Kindy at all. **These include: seafood, eggs, nuts and kiwi fruit.** Please do not send any of these foods to help us to ensure the safety, health and wellbeing of our Kindy children.

We ask that you try to pack as many **green** foods as possible, limit the amount of **amber** foods, and never send any **red** foods to Kindy.

GREEN – Healthiest foods: 'Choose plenty'

Foods and drinks in the 'Choose plenty' category are based on the Australian dietary guidelines and the basic five food groups and are the best choices for preschool and school children. Within this category some foods are even healthier choices than others. Wholegrain breads and cereal products are healthier because they incorporate all of the natural grain and are higher in fibre (for example: air-popped popcorn, high fibre breakfast cereals, wholemeal, rye and high fibre breads and crispbreads.) Fruits and vegetables that are eaten with the skin on (e.g. apples, carrots) are also higher in fibre than when peeled.

AMBER – More processed foods with some added salt, sugar and fat: 'Select carefully'

Selecting food and drinks carefully means: reducing the number of amber category foods supplied and selecting healthier choices from this category; offering some of these foods only on certain days of the week; avoiding large serving sizes; serving amber category foods with extra vegetables and fruits; and planning ways to reduce the proportion of amber choices provided compared with green choices.

Amber foods are mainly those that have had some fat, sugar or salt added to them and water removed during processing.

RED – Highly processed, dense and nutrition poor 'Occasionally' - BUT NEVER AT KINDY!

The 'occasionally' foods and drinks that fit into the RED segment of the Food and Drink Spectrum are not essential for a healthy diet and are not recommended for preschool and school children. They are outside the foods recommended by the Dietary guidelines for children and adolescents in Australia and are based on the 'extra' foods as defined by the Australian Guide to Healthy Eating.



FOR A HEALTHY LUNCHBOX 'PICK & MIX' SOMETHING FROM EACH GROUP 1-6!

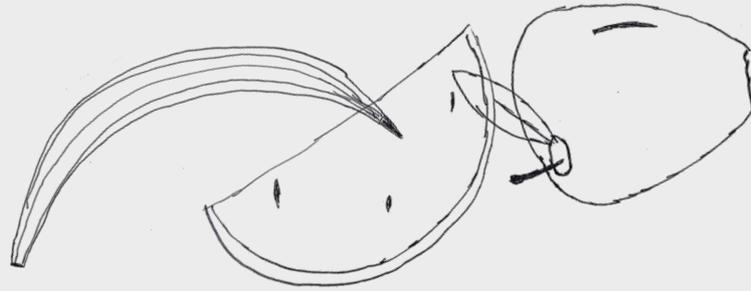
We ask that you try to pack as many green foods as possible, limit the amount of amber foods,

2. VEGETABLES

Any fresh fruit in season: whole, sliced, cubed, wedges, quarters, spirals, fruit salad, fruit kebabs

Tinned fruit / snack packs/ cups: in natural juice (not syrup) Choose 'no added sugar' varieties

Dried fruit: -can be sticky, so best eaten as part of a meal. 100% fruit leathers and other 100% dried fruit based snack foods (Watch serve size.) **Not roll ups!**



3. MILK, YOGURT & CHEESE

Children and adolescents of school age DO NOT need the full fat varieties of dairy products. Reduced fat versions should be encouraged.

- **Reduced/low fat is green. Full fat is amber.**
- **Reduced/low fat yoghurt—plain and fruit varieties**
- **Full fat yoghurt—plain and fruit varieties**
- **Reduced/low fat custard**
- **Full fat custard**
- **Reduced/low fat cheese**
- **Full fat cheese**
- **Reduced/low fat milk**
- **Full fat milk**
- **Commercially made dairy desserts are red**

Fresh crunchy vegies: corn cobs, carrot sticks, capsicum sticks, green beans, cucumber sticks, celery sticks, snow peas, tomatoes, mushroom pieces
Can serve with either: hummus, tomato salsa, tzatziki, beetroot dip, natural yoghurt (low fat and low salt dips)
Salads: All garden vegetable mixtures, bean mix, tabouli, rice salad – try interesting combinations, for example warm chicken/beef salads, Asian style salads, roast vegetable salads, Greek salads. Include a protein source such as lean meat, tuna (if no allergies), chicken, low fat cheese, or legumes. Serve as a salad plate, box or tub. Use different dressings for variety. Dressings should be low fat and low salt: a no oil dressing is good. Salads dressed with lots of oil or mayonnaise may fall into the Amber category. Potato salad, Coleslaw, Egg (check no allergies), Pasta salad.

Baked items: Grilled or roasted vegetables, wholemeal vegetable muffins or scones, vegetable slice (with grated zucchini and carrot), baked potato in their skins, split and fill with any combination of sandwich fillings or other ingredients such as baked beans, mince, creamed corn, tabouli, tuna (not when allergies), diced vegetables. Top with low fat grated cheese, low fat yoghurt or low fat sour cream.

Savoury snack foods: Popcorn – air popped, no added fat popcorn is a high fibre, low fat choice.

Soup: (in small thermos) – pumpkin soup, potato and leek soup, chicken and corn soup, vegetable soup. Soups produced from low salt commercially prepared soup mixes can be served with a bread roll or bread stick (grissini). Some commercially prepared soups can be amber – check the label.

Tip: Frozen or canned vegetables are a convenient alternative if fresh vegetables are not available.

4. MEAT OR MEAT ALTERNATIVE

Lean meats (eg. Roast beef), Lean chicken meat (no skin) Turkey
Egg (allergies)
Fish (eg. Tuna or salmon in spring water, sardines) **allergies**
Nuts (allergies)
Baked beans – can be used in sandwiches and jaffles or as a topping on potatoes as a meat alternative.
Choose salt reduced varieties.

Lentil patties – can be used in rolls, sandwiches or as a wrap and served with salad. They can be easily made, or purchased commercially (often higher in salt.)
Falafels – can be used in rolls and sandwiches or served with salads. Commercially made may be higher in salt and fat, check the label
These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc. Serve with rice, pasta or grain such as couscous.

Processed meats:

- Fritz, ham, chicken roll, corned beef.
- These foods are usually high in sodium and/or saturated fat, putting them in AMBER. They are not as nutritious as lean cuts of meat. If using these foods, choose low fat varieties, use in small amounts and serve with a bread based product and salad. Meat patties (not crumbed) or fish patties Chicken drumsticks and wings Meat balls
- Burritos and tacos (fill with reduced fat savoury mince and kidney beans, salad and reduced fat yoghurt; chicken burritos are a tasty alternative)

5. GRAIN AND CEREAL FOOD

Breads/rolls

- Wholemeal, wholegrain, high fibre white, pita bread, English muffins, lavash bread, Lebanese bread, focaccia, bagels, crumpets (Experiment with different breads to add interest. Experiment with interesting sandwich fillings and spreads. Always include vegetables in fillings. Try toasting or making jaffles.)
- Raisins and fruit bread or fruit buns, wholemeal fruit or vegetable based muffins (no icing)
- Scones: plain, wholemeal, savoury or fruit
- Rice and corn cakes/crackers (**without flavouring**)
- Pikelets (serve plain or with ricotta or fruit.)
- Crispbread: wholemeal or grainy crackers (serve crackers with a salad)

TIP: Make sure you can see the bread through the spread!
Rice, grains, noodles and pasta

- Pasta dishes (Lasagne, spaghetti bolognese, macaroni) **ch** cheese – can be green, amber or red. Some of these foods will fall into amber and red category. Pasta served with fresh tomato based sauces are a good choice. Avoid large serves. Serve with plenty of salad.)
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi (**not seafood filled – allergies**)

TIP: Limit added fats/oils when cooking with these dishes. Add plenty of vegetables for a healthy meal. Watch commercially prepared and instant-style rice and noodle based dishes as they may be high in sodium and saturated fat.

Choose reduced fat and salt reduced versions.

When making sushi avoid ingredients high in saturated fat or salt. For commercially prepared, check the label.

Pizza

- Home made pizzas – use minimal or no oil and top with lean meats and fruit or vegetables.
- Commercially prepared pizzas – go for thin crust or bread based pizzas that have less fat. Select those with vegetables in the topping or serve with salad.
- Muffin or pita based pizzas

6. WATER

Drinks

- Water – is the best thirst quencher. Plain water (tap, spring, or mineral – serve chilled in summer).
- Reduced/low fat milk
- Full fat milk
- Fruit juices
- Fruit drinks, iced tea, cordials, sports drinks, flavoured mineral water, energy drinks, soft drinks, artificially sweetened drinks, sweetened waters, sports waters.

TIP: Take a water bottle for refilling during the day.

In hot weather – freeze overnight to keep cool during the day.

On children's full days at Kindy they will drink water from glasses on their Lunch tables.



TRY NOT TO CHOOSE THESE FOODS

Some of these products below will fit into the **RED** nutrient criteria even if they are coloured **AMBER** due to variance in ingredients from product to product.

For a healthier meal serve these **AMBER** foods with **salad** or add **vegetables**.

Commercially prepared curries, stroganoff, stew type products.

Crumbed chicken, fish, meat or vegetable products: Many of these products will fit into the **RED** category as they are high in saturated fat and sodium. Chicken nuggets, chicken fillet wedges, chicken patties, fish fingers, fish burgers, vegetable patties, meat patties, frankfurters, sausages (beef, lamb & chicken varieties)

Savoury pastries/breads: meat pies, sausage rolls, pasties, cheese and spinach triangles, quiche, samosas, etc.

Savoury croissants / Garlic bread. These items may fall into the **RED** nutrient criteria, some will fall into the amber category. Oven bake these foods or steam to keep the fat and kilojoules down. Choose those with added vegetables.

Sauces and gravy - choose reduced salt varieties where available, these can be amber and **red**.

Fats and oils: Margarine and oils – Butter is high in saturated fat. Choose polyunsaturated or monosaturated margarines. Mayonnaise and dressings – Choose reduced or low fat varieties.

Spreads: Peanut butter and other nut spreads – Check the Kindy policy regarding the use of nuts. Honey, jam, fish, chicken and meat pastes, vegemite/yeast spreads – Choose reduced salt varieties where available. Chocolate/sweet spreads, syrups and toppings – these are classified in the **RED** segment if served alone. If served with bread they are amber. Try using **GREEN** category fillings instead.

TIP: MAKE SURE YOU CAN SEE THE BREAD THROUGH THE SPREAD!

Cakes, muffins, sweet biscuits and slices: Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (eg. Reduced levels of fat or sugar and include fibre) **MAY** fit into the **AMBER** category. Choose or make varieties with added fruit and/or vegetables. Most commercially produced sweet products fall into the **RED** category.

Savoury snack foods: Flavoured popcorn – read the label for flavoured popcorn – it may be too high in saturated fat and sodium. Crisps and chips – **RED** criteria – crisps and chips are generally too high in energy(kj) and/or saturated fat and/or sodium. Savoury biscuits - many will fall into the **RED** category nutrient criteria.

Oven baked potato products: Wedges, chips, hash browns, scallops, gems – Some oven baked potato products fit into the amber segment. Check the label.

Icecreams, milk based ice confections and dairy desserts (not yoghurts): Chocolate coated. Standard, reduced and low fat ice-creams and milk based iced confections – check ingredients as some will fall into **RED** category nutrient criteria. Premium dairy desserts are often high in saturated fat and total fat.

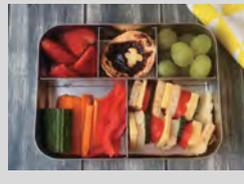
Ice blocks, water or fruit based ice confections: Those with 99% or more fruit juice. All others are red.

Confectionery: All types of confectionery fit into the **RED** spectrum.

Snack food bars: Cereal based bars, fruit bars, muesli bars, breakfast bars – many will fall into **RED** criteria.

IF YOU WOULD LIKE MORE INFORMATION ON HOW TO FIND OUT IF A CERTAIN PRODUCT FALLS INTO AMBER OR RED CRITERIA BASED ON NUTRIENTS PLEASE SEE A STAFF MEMBER AT KINDY.

HERE ARE SOME PHOTOS OF SOME HEALTHY LUNCH BOXES AT KINDY:



REMEMBER TO PICK AND MIX SOMETHING FROM EACH OF THE SIX AREAS IN THE 'HEALTHY LUNCH BOX

PICK & MIX' CHART ABOVE:

1. **FRUIT**
2. **VEGETABLES**
3. **MILK, YOGHURT, CHEESE**
4. **MEAT OR MEAT ALTERNATIVE**
5. **GRAIN AND CEREAL FOOD**
6. **WATER**

AND REMEMBER — NO RED FOOD



Australian Guide to Healthy Eating

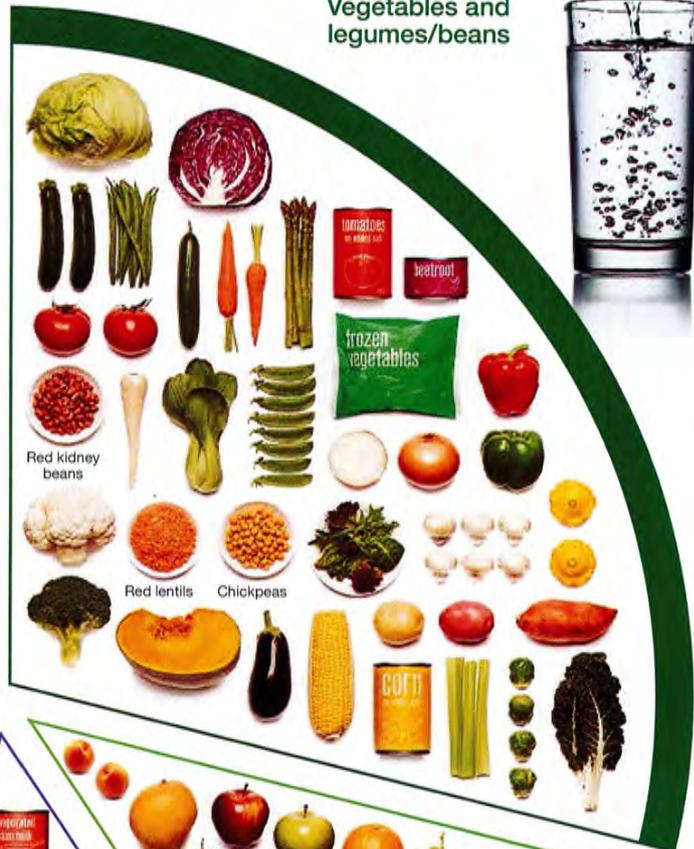
Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

