At the Nuriootpa Community Children’s Centre we want to provide your child with the best care possible which will be enjoyable and also foster your child’s growth and development. Something very important to children is what they eat. Food habits and attitudes towards eating develop in early childhood and affect children’s health and wellbeing both when they are young and as adults.

What children eat is important for healthy growth and development and how they eat is important for setting up healthy attitudes towards eating and avoiding food behaviour problems.

For these reasons we have a Healthy Food Policy for children and families.

**At the Nuriootpa Community Children’s Centre you can be sure:**
- Staff promote healthy food and positive eating behaviour to your child.
- Eating is enjoyable and your child learns about food and their own health.
- Staff will talk with you about the food that your child has while in care.
- Food is provided in a safe and hygienic manner.

**By choosing our Centre for your child, you have a responsibility to:**
- Follow our guidelines about food.
- Talk with staff about your child’s needs.
- Ask staff for help if you have any problems.

**For more information about:**
- The Centre Food Policy
- Food and Nutrition Guidelines
- Guidelines for a Healthy Focus on food

You can ask staff for a copy of these documents. We also have lots of other information and resources (e.g. fact sheets, books, websites and support organizations) available to help families learn about food.

**How much food should I pack?**

For children in full-time care (8 hours or more per day) it is important that they get a range of foods which will help ensure that they will receive at least half their daily recommended intake for key nutrients such as iron, calcium, B-vitamins, vitamin C and enough fibre.

Here are some guidelines to help you know how much of what foods to pack.

These are minimum amounts, so if your child is particularly hungry or older, please pack more. If your child attends part-time, you can still use these guidelines for ideas.

Each day, a child in care should be offered food that meets at least half of their daily requirements for key nutrients.
This means packing at least:

- 1 serve of vegetables or salad (1 serve = ½ cup cooked vegetables or 1 cup salad vegetables) – vegetables can be fresh, chopped, cooked, canned or frozen and
- 1 serve of fruit (1 serve = 1 medium piece of fruit or 1 cup of diced fruit) – fruit can be fresh, chopped, grated, canned or dried and
- 3 child size dairy serves (1 serve = 1 slice/15g cheese, 100mls milk, 100mls calcium enriched soy milk, 100g yogurt, ½ cup custard) and
- 2 serves of cereal products (1 serve = 1 slice bread, ½ cup breakfast cereal, 1/3 cup cooked rice, ½ cup cooked pasta) and
- 1 child size serve of meat or meat alternatives (1 serve = 1/3 sup or 45g of poultry [chicken, turkey], fish, legumes, [e.g. baked beans, chickpeas, kidney beans, lentils], red meat [mince, beef, lamb, kangaroo], cold lean meats [lean ham, lean bacon], tofu or egg).

What food should I pack?
Our preference is for food to be healthy and come from the five food groups and please ensure all foods provided do not contain traces of any nut/nut products.

**Breads & Cereals:**
Sandwiches with white, wholemeal or multigrain bread, pinwheel sandwiches, ribbon sandwiches, jaffles, fruit bread, scones, pikelets, rolls, pita bread, lavish bread, bagels, foccacia, crispbreads, crackers, ryebread, rice cakes.

**Vegetables and Fruit:**
Seasonal vegetables, e.g. mushrooms, cherry tomatoes, cucumber, bean sprouts, shredded lettuce or cabbage.
Fresh fruit, e.g. banana, mandarins, sliced grapes, pears, strawberries, melon, an orange (peeled and wrapped).
Dried fruit e.g. sultanas, apple rings, pears, figs, dates, banana, prunes.

**Meat & Meat Alternatives:**
Lean meat, sliced chicken, small can tuna, baked beans.

**Dairy Foods:**
Hard cheese, cheese sticks, mini cheeses (e.g. edam), yoghurts, custards, dairy desserts, plain milk.

**Drinks:**
There is no need to pack anything other than water or diluted fruit juice. Plain milk is excellent too.

What food should I not pack?
Foods which are high in fat, sugar, or salt and low in other nutrients are best left for special occasions as treats.
Our preference is not to pack food such as:
- Foods that contain nuts or may contain traces of nuts.
- Chocolate bars, fruit leather straps, confectionery.
- Potato crisps, corn chips or similar snack foods, high fat crackers.
- Pies, pasties, sausage rolls, frankfurts, fritz, salami, metwerst, other preserved meats.
- Chocolate/cream biscuits, donuts, sweet breakfast cereals.
- Soft drink, cordial, energy drinks.
Read food labels to choose the healthier option for pre-packaged foods.

Thank You.