



# Lunchbox food



Toybox Community Child Care Centre

Port Lincoln 2017



This is a simple guide for families to support choices for lunchbox ingredients.

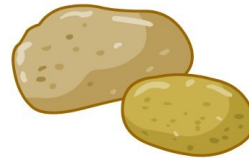
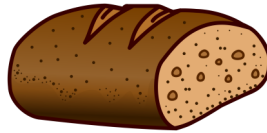
We would like to focus on the positive and great foods that families provide for children and remind families we only wish for children to have “better choices” throughout the day. We have provided guidelines of the type of food to provide. Thank you Please may we ask that you remain within the guidelines when providing a lunchbox. If there is a food item which may be deemed as an “unhealthy” choice the food will remain in the lunchbox until pick up. We will not send home notes instead we will focus on the positive ingredients that are in the lunchbox and continue to discuss healthy food options with the children.

Your child will never go without. The Centre always has food available. Please be assured that there is plenty of food offered to your child daily.

### Breads/grains, potatoes and rice

#### **Foods to provide;**

- sandwich - wholemeal, high fibre
- Sushi
- Potato salad
- Pasta salad
- Tortilla wraps
- Plain ruskies, plain Sausages, plain rice cakes, plain rice crackers
- Whole grain cereals - weetbix, cheerios
- Plain soy chips
- Baked beans
- Tinned spaghetti

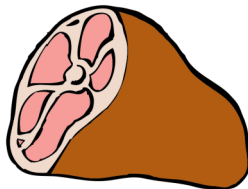


**Nothing with added salt, added sugar, preservatives or flavours**

### Fillings for sandwiches

#### **Foods to provide;**

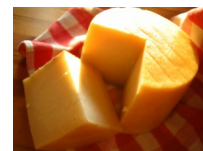
- Sliced meat - ham, beef etc
- Cooked chicken mayo
- Cheese
- Tuna
- Vegemite
- Honey
- Salads
- Banana
- Avocado
- Fritz



### Dairy

#### **Foods to provide;**

- yogurts - try and choose full fat as reduced fat yogurts have very high levels of synthetic sugars
- Natural yogurt with fruit is a better choice but flavoured yogurts are ok
- Cheese - grated, sliced, sticks or spreads
- Milk - this is offered at care
- Custard
- Dips - no nuts



### Vegetables

#### **Foods to provide;**

- Cooked veggies - YAY
- Salad items, cherry tomatoes must be cut in half
- Veggies added into foods if children are not keen on veggies;
- Mini bakes, quiches, homemade cakes ( we will need ingredients listed)
- Added into sushi, pasta or potato salads



## Fruits

### **Foods to provide;**

- all fresh fruit
- Hard fruits such as Apple and pear please blanch for under 2
- Sultanas over 2 only
- Dried fruit in baked goods Only ( softer and easier to chew and swallow)
- Fruit blended into purée ( desert) ONLY HOMEMADE
- Fruit leather ( homemade only)
- Grapes cut in half



## Meats/protein

### **Foods to provide;**

- sausage - no skin
- Sliced ham and beef
- Cooked chicken
- Tuna
- Sliced chicken
- Homemade sausage rolls
- Boiled eggs
- Hummus ( chickpea )



### **Toybox provides snacks throughout the day**

- **Dips and crackers/tortilla**
- **Fruit, fruit smoothies**
- **Cheese and crackers**
- **Savoury platters**
- **Pikelets**
- **Sao and spreads**
- **Cruskits**
- **Plain cruskits with spreads**
- **Toast**

**Fruit and Yogurt**

**Muffins—homemade**

**Homemade pizza**

**Veggie slice**

**Weetbix/porridge/other cereals**

**Pasta**

**Pancakes**

# Chocking hazards

We would like to acknowledge that so many of our families are doing an amazing job with lunchbox ideas, making the lunch enticing and interesting.

Sometimes foods that are provided may pose as a possible choking hazard. Due to the nature of our roles and ratios we have to acknowledge that we try our best to monitor safety during mealtimes. In order to best support us as educators we ask that foods such as popcorn, carrot sticks, celery sticks, peas and sweetcorn, sultanas (Under 2) sausage with skin do not get put into Lunchboxes. If they do we will leave them in the lunchbox. It is not because they are not healthy choices but because they pose a higher risk to potential choking occurrences. We thank you for your cooperation.

## Portions

Food Group	13-23 mths	2-3 yrs	4-8 yrs
Breads and cereals	4	4	4
Vegetables	2-3	2 1/2	4 1/2
Fruit	1/2	1	1 1/2
Dairy and alternatives	1-1/2	1 1/2	1 1/2 (girls) 2 (boys)
Meat and alternatives	1	1	1 1/2

Food Group	Australian Dietary Guidelines
Breads and Cereals	1 Slice bread Or 2/3 cup breakfast cereal Or 1/2 cup cooked rice Or 1/2 cup cooked pasta
Vegetables	1/2 cup vegetables - include 2-3 different types
Fruit	1 cup fresh or stewed fruit Or 2 small pieces of fruit (for example apricot, kiwi fruit, plum) Or 1 medium sized fruit (for example apple, banana, orange) Or an equivalent amount of 2 or 3 different fruits
Dairy and alternatives	250 ml milk Or 40g cheese Or 200g yoghurt Or 250ml calcium fortified soy milk
Meat and alternatives	65g cooked lean red or 80g white meat Or 100g cooked fish Or 1 cup cooked legumes (for example baked beans, chickpeas) Or 2 eggs

These are portion sizes and amounts set by the Australian Dietary guidelines. It is there to help families acknowledge that we do not need to overload children's lunchboxes in fear that they don't have enough food. Toybox will top your children up during the day if they are still hungry. :)