

LENNOX HEAD PRE-SCHOOL HEALTHY FOOD GUIDE

PROTEIN (LEAN MEAT AND POULTRY, FISH, EGGS, TOFU, SEEDS AND LEGUMES)

(Daily Req - 1 ½ serves)
 1 serve = 65g red meat (90-100g raw)
 OR 80g poultry (100g raw)
 OR 100g cooked fish (115g raw)
 OR 1 cup cooked legumes
 (lentils, chickpeas or split peas),
 OR 2 large eggs
 OR 170g Tofu
 OR 30g nuts, seeds or nut butter/seed
 spread

VEGETABLES AND LEGUMES/BEANS

(Daily req - 4 ½ serves)
 1 serve = approx. 75g
 vegetables /salad
 e.g. ½ cup of green or
 orange vegetables
 (broccoli, spinach,
 pumpkin, carrot)
 ½ cup beans, peas
 1 cup green leafy or raw
 salad vegetables

WHOLEGRAIN CEREAL FOODS AND BREADS

(Daily Req - 4 serves)
 1 serve = 1 slice bread
 OR ½ medium roll or flat bread
 OR 3 crisp breads
 OR 1/2 to cup cooked rice,
 pasta, noodles, buckwheat,
 polenta, quinoa
 OR ½ cup porridge
 OR ¼ cup muesli

FRUIT

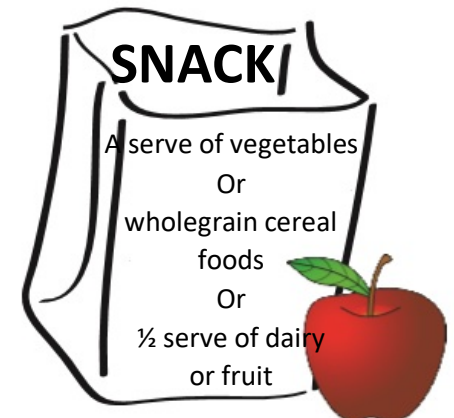
(Daily Req – 1 ½ serves)
 1 serve = 150 g
 1 medium apple, pear,
 banana or orange
 OR 1 cup tinned fruit (no
 added sugar)
 OR 2 small apricots,
 plums or kiwis

DAIRY (MILK, YOGHURT, CHEESE AND ALTERNATIVES)

(Daily Req – 1 ½ - 2 serves)
 1 serve = 1 cup milk
 OR 40g cheese
 or ¾ cup yoghurt
 OR ½ cup of ricotta cheese
 OR 1 cup soy, rice or milk
 alternative with added calcium



Crunch 'n' sip is for 2-day children



- The preschool is working towards being a plastic free environment. Please use non-insulated lunch boxes to keep things fresh.
- Food is eaten as it would be at meal times at home – the main meal first followed by dairy, fruit and vegetables
- Items that require cold storage are usually encouraged to be eaten before other items.
- Fresh water (both cold and room temperature) are available at all time. Therefore there is no need to provide a drink bottle
- Please refer to the 'what is preschool food' guide for suitable foods for preschool.
- Foods that are high in sugar are not good 'always' food choices as they increase the risk of tooth decay. Please keep high sugar food for a sometimes food.
- The preschool provides food for children if they need a little extra. This will be identified with the family if there is a need to provide extra food. (there is fruit, crisp breads and yoghurt available)
- Birthday cakes are exempt for special occasions. If your child has specific dietary requirements, please discuss this with the staff.
- Please organise a meeting with your room leader to discuss any concerns. (Please refer to the communication policy for the communication processes and procedures.

What is preschool food

Preschool Lunchbox

Sandwiches/Wraps

Vegetables/ salad

Left over meals (not to be heated)

Plain Crackers

Plain Rice Cakes

Plain corn Thins

*Tinned fish

Cheese

Fruit yogurt

Plain Milk

Fresh fruit

Fresh Fruit Sticks

Tinned fruit (no added sugar)

Dried fruit

Fruit/Savoury muffins

Home food

("sometimes foods")

Dried fruit bars

Muesli Bars

Chips

Oven baked biscuits

Two-minute noodles

Chocolates and lollies

Cordial and soft drinks

Dip Biscuits

Flavoured dairy desserts

Sweet Biscuits

Fruit Juices

Chocolate/sweetened muffin

Packaged Foods

No Packaged foods removed from
packaging

- ***Tuna, spaghetti etc. needs to be de-canned from a tin for a safety measure.**
- Please see group Teacher re food queries and your child's dietary needs. Use the communication method of the preschool or phone before 8.30 or after 3.30 for a short chat or to organize a time if urgent.