



A nutrition newsletter for carers of children under five

ISSUE 17

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Fussy Eating insert included to copy and distribute or multiple copies available from SA Dental Service

Summer/Autumn 2005



## Budget ideas for cooks

By Emma Donaghey, Dietitian, Inner Southern Community Health Service with many thanks to Helen Gilgen (Cook, Margaret Ives Children's Centre, Norwood) for all her fantastic tips and ideas.

A cook's job in a child care centre can be a tricky balancing act. Not only do you need to provide good nutrition for the children, but also keep within a tight budget. This article will look at some ways to be smarter with the food dollar without cutting back on the nutrition!

### Smart shopping tips

- Buy brands on special or 'no-name' brands such as 'no-name' canola oil, polyunsaturated margarine, wholemeal bread, cheese and milk.
- Shop by phone and have the goods delivered. Use the time saved to make nutritious snacks for morning and afternoon tea.
- Purchase all groceries, meat, milk and bread through a buying group. Prices can be negotiated for a given period, usually 12 months. On the other hand you may be able to negotiate milk supply at a good price through your local vendor.
  - To make further savings try using UHT or powdered milk instead of fresh milk. Make sure you measure powdered milk carefully or you may end up using more milk powder and so defeat the goal of cutting costs. Long life milk may be an easier option and is also available in a reduced

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## Welcome

to issue 17 of Food Matters. This edition of Food Matters is bursting with ideas and practical tips on providing healthy, budget conscious food for children.

Some great budget ideas for cooks are provided as well as advice on meeting the nutrition planning guidelines. You will find some simple and effective ways to manage the budget in your child care service without compromising on nutrition.

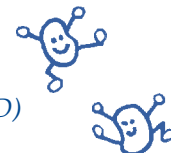
We help you develop children's healthy attitude to food with some practical ideas to get children involved in food-based activities.

Training dates for the 'Start Right Eat Right Award for Child Care Centres' have been released for 2005. This one and a half day accredited nutrition course will be run in both metropolitan and rural locations. See the "What's Happening" section for more details.

Find out about a new book to encourage child care cooks to include foods from a variety of cultures within their centres. We have also included some helpful resources for parents and caregivers on fussy eating.

We hope you enjoy this edition of Food Matters.

Paula Nash  
Editor and Dietitian (APD)  
Department of Nutrition  
Women's & Children's Hospital



fat version which is suitable for children over two years of age.

- Buy tomato paste and pizza sauce in A10 cans (eg 3kg net weight cans) and freeze in a volume suitable for your needs, ie 500ml containers for later use.
- Purchase only the quantity of vegetables required for the meal.
- Buy large potatoes and carrots, as they are easier to peel if required.

## Planning a lower cost menu

*For dairy foods:*

- Dairy foods are an important part of the menu and should be offered three times a day.
- Sometimes dairy foods are cut down in the menu to save money. Use the time you save with phone shopping to make milk based desserts using UHT milk. This can often be a nutritious, lower cost alternative to buying yoghurt or other desserts.
- Try making sago, rice or semolina puddings, junket, custard or blancmange. Blancmange can be made by mixing cornflour with a small amount of milk and then adding it to milk you have heated in the microwave. Return to the microwave for 3 minutes. Remove and whisk the mixture. Repeat this until the starch is cooked. Cover with cling wrap.

*For vegetables:*

- Vegetables need to be included in the menu daily. Buy seasonal vegetables such as:
  - broccoli, brussels sprouts and parsnip in winter
  - green beans, cabbage and carrots in spring
  - lettuce, corn and capsicum in summer
  - cauliflower, cucumber and silverbeet in autumn.

- Frozen or canned (no added salt) vegetables are also a good choice.
- Purchase only the amount of vegetables that you need for the meal. Try to use all parts of the vegetable. For example, make julienne strips of broccoli stems in stir-fry or wash, top and tail carrots ready for use – there is no need to peel them.
- Store all vegetables in plastic bags to keep them fresh for longer.

*For fats and oils:*

- Spread margarine lightly using a rubber spatula.

*For breads and cereals:*

- Include breads and cereals on the menu twice a day.
- Use bread crusts for rusks for older babies. Cut bread crusts by three and oven dry rather than buying commercial rusks.
- Make fresh breadcrumbs from frozen crusts - thaw and crumb using a food processor.
- Use rolled oats for binding meat loaf and rissoles.

*For fruit:*

- Offer fruit daily on the menu. Buy fresh fruit that is in season such as:
  - apples, kiwifruit and mandarins in winter
  - bananas, rockmelon and oranges in spring
  - apricots, strawberries and watermelon in summer
  - grapes and pears in autumn
- Canned fruit is also nutritious and economical.
  - apples are around half the price of peaches or apricots
  - use pie apples, peaches and apricots as there is no syrup
  - mix peaches with apple to extend them.
- Try pie apple or apple slices packaged in plastic pouches from New Zealand.

- Freeze left over bananas for later use in pancakes, muffins or cakes.

*For meat and meat alternatives:*

- It is often tempting to cut back on more costly menu items such as meat. For good nutrition, the menu must have four red meat and three white meat meals each fortnight.
- Use savings made on other menu items to purchase lean meat such as chicken (skin-off), beef or lamb (trimmed).
- The menu should also contain two vegetarian meals each fortnight with vegetable protein such as lentils. Make up and freeze a supply of lentil patties. Use these for a vegetarian meal or for when a child is not having the meal of the day.

*Other ideas:*

- Freeze chopped parsley, chives, coriander and other fresh herbs.
- Dried garlic stores well.
- Use powdered coconut milk blended with a little meat juice to add to a curry at the end of cooking.
- When making Asian meals make sauces from fresh or frozen herbs, garlic, minced ginger, soy sauce and a little sesame oil. Avoid buying pre-made sauces as they are often costly and leftover sauce may be wasted.

## Still not able to meet the budget?

You may have already tried to be smarter with your food dollar but are still struggling to meet the nutrition needs of the children. You may then want to discuss this with your manager and argue for a larger food budget. Ask your local community health dietitian for support in outlining the nutrition needs of your centre's children to your manager.

# Encouraging and supporting healthy eating in Family Day Care

By Robyn Wilson, Family Day Care (FDC)

It is well known that good nutrition in early life is an important factor for growth and development and for health later on in life. A healthy eating pattern is a foundation for good health throughout life and that is why it is so important to set off on the right track.

A nutrition policy called 'The Healthy Food Choice in Family Day Care' was put into practice in January 2004 after consultation with:

- FDC staff and Careproviders (qualified carers who provide care for children in their own homes)
- Families using FDC
- Nutritionists.



The policy states that every child in care should be offered a wide variety of nutritious foods from the five food groups. The food and drink provided should follow the Australian Dietary Guidelines for Children and Adolescents.

*Children should be encouraged to:*

- Eat plenty of vegetables, legumes (eg baked beans, 3-bean mix) and fruits.
- Eat plenty of cereal products (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry (eg chicken, turkey) and alternatives such as legumes.

- Include dairy foods (reduced fat after two years of age) and/or alternatives such as calcium enriched soy products.
- Choose water as a drink.

Many pamphlets were developed for carers and families including:

- Healthy Lunch Box Ideas
- Food Refusal and Fussy Eaters
- Safe Eating for Children
- Food Allergy and Intolerance



Many staff have become involved in food-based activities. These expose children to a large variety of foods and can help children develop a healthy attitude to food. Some of these ideas include:

- Using food in play:
  - 'fishing for food' where long sticks are used to pick up magnetic parts
  - asking children to gather foods and place them into their food groups.
- Discussions: such as theme tasting days, where different sorts of foods are sampled, eg cheeses.
- Cooking: this is creative, raises children's self esteem and not only improves gross and fine motor skills but also language, speech, team work and numeracy skills.

- Drama: role playing and acting with fruit and vegetable parts and names.
- Stories: provide the children with knowledge about how food affects their body and support children to share their food experiences.
- Shopping: children role play a supermarket visit and talk about where the different foods come from.
- Gardening:
  - growing sprouts in a jar
  - buying seedlings from a nursery and planting and caring for them
  - collecting herbs and vegetables from the garden.
- Show Bags: using orange string bags that can be sewn into shapes and filled with foods.

The Healthy Food Choice in Family Day Care policy ensures both Careproviders and staff play an important role in encouraging healthy eating in children. This leads to personal, social and economic benefits for many families across South Australia.

Copies of the policy can be obtained by phoning Heather Dunn on 8226 7900 or emailing [dunn.heather@saugov.sa.gov.au](mailto:dunn.heather@saugov.sa.gov.au).



# Meeting the Nutrition Checklist for Planning Long Day Care Menus

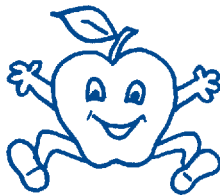
By Sandra Andreassen, Lecturer, Community Food Services, TAFE SA

One of the more challenging aspects of working as a childcare cook is meeting the 'Nutrition Checklist for Planning Long Day Care Menus' guidelines often within a very tight budget. This can be a difficult task for even the most experienced of cooks.

Standard recipes, although time consuming to establish, provide many benefits. They enable a consistent quantity and quality of product each time with minimal wastage. Each recipe can be individually costed which allows the total cost of daily and weekly menus to be calculated ahead of time. In addition, the amount of food provided for every child from each of the food groups can easily be calculated.

## Menu

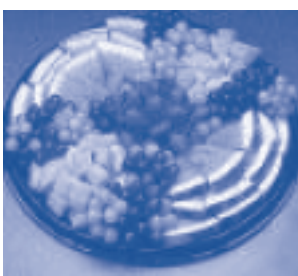
**Morning tea**  
Fruit platter  
Milk



**Lunch**  
Tuna pie  
Rice  
Wholemeal bread  
Fruit juice



**Afternoon tea**  
Fruit muffins  
Water



## Standard recipes

This is an example of how to write a standard recipe. You do not have to cost each item, this is optional.

<b>Morning tea: Fruit platter and milk</b>		
<i>Ingredients</i>	<i>Quantity for 40</i>	<i>Cost for 40</i>
Oranges	1 kg	\$2.78
Bananas	1 kg	\$2.98
Apples	500 gm	\$1.80
Rockmelon	500 gm	\$0.75
<b>Total fruit supplied</b>	3 kg	
Milk, fresh	4 litres	\$4.40
<b>Total cost</b>		<b>\$12.71 (\$0.31 per child)</b>

<b>Lunch: Tuna pie</b>		
<i>Ingredients</i>	<i>Quantity for 40</i>	<i>Cost for 40</i>
Cornflour	120 g	\$0.38
Milk, UHT	2 litres	\$2.10
Tuna, drained and flaked	2.2 kg (7x440 gm tins)	\$13.51
Frozen peas & sweet corn mix	800gm	\$3.92
Spring onions, sliced	1½ bunch	\$2.40
Cheese, grated	600 gm	\$3.57
Mustard or curry powder	1 Tblspn	\$0.20
Parsley, chopped	2 Tblspn	\$0.20
Potatoes	2 kg	\$2.80
Sweet potato	800 gm	\$3.98
Margarine	80 gm (4 Tblspn)	\$0.17
Milk, UHT	250 ml	\$0.26
Extra cheese, grated	200 gm	\$1.92
<b>Total cost</b>		<b>\$35.41 (\$0.88 per child)</b>

### Method

- Microwave or steam peas and sweet corn until tender.
- Mix the cornflour with 1 cup of the milk and mix to a smooth paste.
- Heat remaining milk in a large saucepan till quite warm, but not boiling.
- Gradually stir in cornflour mixture and bring to the boil, stirring constantly until mixture boils and thickens.
- Add tuna, peas and corn, spring onions, first quantity of cheese, mustard and parsley.
- Pour into greased baking dishes.
- Peel and cut potatoes, cover with cold water, bring to the boil and cook until tender.
- Drain then mash with margarine and milk.
- Spread potato over tuna mixture. Sprinkle with extra cheese.
- Bake for 30 minutes at 180°C.

### Side serves

<i>Ingredients</i>	<i>Quantity for 40</i>	<i>Cost for 40</i>
Rice	600 gm	\$0.63
Wholemeal bread	20 slices	\$2.50
Fruit juice, UHT, unsweetened	2.5 litre	\$2.86
<b>Total cost</b>		<b>\$5.99 (\$0.14 per child)</b>

# What's Happening

Compiled by Jane Taylor,  
Centre for Health Promotion,  
Women's & Children's Hospital

**Start Right Eat  
Right Award for  
Child Care Centres**



The Start Right Eat Right award recognises centres that have:

- a nutritionally adequate menu
- all staff trained in food safety
- a supportive and enjoyable environment for children.

The accredited nutrition course is run over one and a half days and is attended by Directors and Cooks. The course includes food safety training and visits from a Nutritionist and an Environmental Health Officer.

### 2005 dates and venues:

- March 10 & 31, Sefton Park
- May 10 & 31, Sefton Park
- June 9 & 23, Clovelly Park
- June 16 & July 17, Thebarton
- August 4 & 18, Thebarton
- Two rural courses will also be run, dates and venues to be advised.

For more information contact the Start Right Eat Right Project Officer on 8325 8100.

### For more information

For enquiries about any aspect of Food Matters, including mailing list details phone (08) 8161 7777. For general information about children's health and nutrition, contact the Children, Youth and Women's Health Service, Health Information Centre, phone (08) 8161 6875.

Paula Nash  
Editor, Food Matters



Afternoon tea		
Ingredients	Quantity for 40	Cost for 40
Self Raising flour	825 g (5 1/2 cups)	\$0.71
Wholemeal SR flour	225 g (1 1/2 cups)	\$0.19
Baking powder	2 tsp	\$0.12
Brown sugar	200g (1 cup)	\$0.43
Mixed spice or cinnamon	1 Tblspn	\$0.20
Margarine	250 g (1 cup)	\$0.54
Sultanas	360 g (2 cups)	\$1.47
Currants	360 g (2 cups)	\$2.19
Egg	4	\$0.69
Milk, UHT	750 ml (3 cups)	\$0.75
<b>Total cost</b>		<b>\$7.28 (\$0.18 per child)</b>
<b>Method</b> <ul style="list-style-type: none"> <li>• Place all dry ingredients into a large bowl and stir together.</li> <li>• Stir through dried fruit.</li> <li>• Melt margarine in a microwave, whisk the eggs, vanilla and milk.</li> <li>• Make a well in centre of flour, pour in milk mixture and stir to combine, do not beat.</li> <li>• Spoon into muffin tins.</li> <li>• Bake at 180°C for 15-20 minutes.</li> </ul>		

## Meeting the Nutrition Checklist

Using the quantities given in the standard recipes, the total food provided per child and for 40 children can be calculated. In this example, the number of serves from each food group has met all guidelines in the Nutrition Checklist for Planning Long Day Care Menus. If one food group is too low then it is simply a matter of increasing the quantity of an ingredient. As an example, rice was added to lunch as the menu was initially low in the breads, cereals, rice, pasta, noodles food group.

Food group recommendation	Menu provides for 40 children	Menu provides for each child
<b>White meat</b> 1 serve (55 gms)	2.2 kg tuna	55 g <b>Total = 1 serve</b>
<b>Vegetables</b>	800 g peas/corn 2.5 kg potato after peeling	20 g = 1/4 serve 60 g = 3/4 serve <b>Total = 1 serve</b>
<b>Fruit</b> 1 serve	3 kg fruit 2.5 litre fruit juice 720 g dried fruit	75 g = 1/2 serve 62 ml = 1/2 serve 18 g = 1/2 serve <b>Total = 1 1/2 serves</b>
<b>Dairy</b> 1 serve	4 litres fresh milk 3 litre UHT milk 800 g cheese	100 ml = 1 serve 75 ml = 3/4 serve 20 g = 1 1/3 serve <b>Total = 3 serves</b>
<b>Breads and Cereals</b> 2 serves	20 slices 600 g rice 1.2 kg flour total	1/2 slice = 1/2 serve 15 g = 1/2 serve 25 g = 1 serve <b>Total = 2 serves</b>

# Resources

Compiled by Jane Taylor, Centre for Health Promotion,  
Women's & Children's Hospital

## Cultures, Cuisines and Child Care ... More Than Just Nutrition

This book is a multicultural resource for childcare centres.

It is designed to encourage cooks to include foods and flavours from different cultures. The book also provides:

- brief information on each culture
- descriptions of common ingredients and how to use them in the centre
- how meals are traditionally served
- foods in religious and special occasions.

The book covers the following cultures:

- Arabic
- Chinese
- Greek
- Italian
- Latin American
- Vietnamese

Cost: \$11.00 plus p&h.

Contact: The Dietetics Department,  
Liverpool Health Service,  
(02) 9828 4844.



## Fussy eating

This pamphlet has been developed for parents and childcare services. It provides tips on how to manage fussy eating.

You can get more copies for parents by phoning the SA Dental Service on (08) 8350 3730.



## Toddlers and fussy eating fact sheet

This fact sheet has been developed by the Better Health Channel, which is part of the Victorian Department of Human Services.

It provides tips on a range of fussy eating issues which include:

- some of the reasons behind fussy eating
- keeping calm
- dealing with mealtimes
- children's eating habits
- other reasons why a child may not want to eat.

This fact sheet can be found on the Better Health Channel website:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/\(Pages\)/Toddlers\\_and\\_fussy\\_eating?OpenDocument](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/(Pages)/Toddlers_and_fussy_eating?OpenDocument).



## The Panicky Parents Guide to Fussy Eaters

Nutrition Australia has developed a fact sheet for worried parents of fussy eaters. It includes '10 tips to keep you sane' when it comes to fussy eaters. Tips for parents include:

- being a good role model
- not using 'bribes' or 'rewards'
- not filling children up on drinks before a meal
- keep offering foods.

This fact sheet can be found on the Nutrition Australia website:

[http://www.nutritionaustralia.org/Nutrition\\_for\\_all\\_ages/Children/panicky\\_parents\\_guide\\_to\\_fussy\\_eaters\\_fs.asp](http://www.nutritionaustralia.org/Nutrition_for_all_ages/Children/panicky_parents_guide_to_fussy_eaters_fs.asp) .



## The SA Child Care Nutrition Partnership aims to promote good nutrition for all South Australian children in early childhood services.

Partners include representatives from Child Care Associations, Department of Education and Children's Services, TAFE, Gowrie Training Centre, SA Dental Service, child care centre cooks, Children, Youth and Women's Health Service (Women's & Children's Hospital), The Cancer Council South Australia, Noarlunga and Inner Southern Community Health Services and Department of Health.

## Editorial Policy

Food Matters aims to promote good nutrition in early childhood by providing nutrition information, advice and support to carers of young children and showcasing child care food and nutrition initiatives. While every effort is made to include articles which meet these objectives, inclusion does not necessarily imply endorsement by the SA Child Care Nutrition Partnership. This newsletter may be copied for educational and non-profit purposes with acknowledgement.

*Food Matters is a publication of the South Australian Child Care Nutrition Partnership. It is sponsored by the Children, Youth and Women's Health Service (Centre for Health Promotion and Department of Nutrition), Cancer Council South Australia and the Department of Health.*



*The distribution of Food Matters is supported by the Department of Education and Children's Services.*