

Healthy food swaps

Outside school hours care

Small changes can make a big difference!

Try swapping some ingredients or meals on your menu for these healthier alternatives, to make the foods and drinks available more nutritious for the children in your care.

Swap these foods...	...for these healthier options
Salami, kabana, Strasburg, Devon or middle bacon	Lean ham, canned fish in spring water, sliced chicken or turkey breast
Sausages and sausage mince, frankfurts and hot dogs	Lean burgers, lean beef or lamb mince, lean beef
Sausage rolls and pies	Baked beans on toast, mini pizza faces, toasted sandwiches
Jelly	Fruit yoghurt, fruit platter, canned fruit or custard
Chips	Plain popcorn, baked pita wedges

Healthy food swaps

Early childhood services

Swap these foods...	...for these healthier options
Cakes and sweet biscuits	Fruit toast with ricotta and berries, pikelets, wholemeal muffins
Potato gems	Jacket potatoes, sweet corn, falafel
Ice creams and icy poles	Frozen fruit pieces, fruit smoothies, fruit yoghurt
Juice and cordial	Water, plain milk
Cream, sour cream or coconut cream	Reduced fat coconut milk, evaporated milk, ricotta cheese or natural yoghurt
Butter, copha, ghee or lard	Mono- or poly-unsaturated oil, margarine