

EVERYDAY FOODS AWAY FROM HOME



For
Parents/
Carers

Tips for busy parents

Plan ahead with healthy snacks and tap water from home

If you're going to be out when your preschooler might get hungry, bring along a lunchbox with healthy, everyday foods from home. Try 'finger foods' that are easy for your child to eat. Bring along a water bottle too - tap water is good for growing teeth and it's a cheaper, healthy option. Remember to pack cold food with an ice pack, especially in warm weather.

On-the-go easy snack ideas - what to pack

- **Soft fruit** like banana, mandarin or berries
- **Rice cakes**, plain or with thin topping like avocado
- **Plain pikelets or raisin bread**, cut into pieces

Pack with a frozen ice pack to keep cool and fresh:

- **Hard-boiled eggs**, peeled
- **Cheese**, cut into sticks or bite sized cubes
- **Tasty dip like hummus**, to offer with soft vegie sticks



Healthier food and drinks when eating out

- At a cafe - slice of raisin bread or toast, cut into fingers or cheese sandwich
- From a bakery - plain fruit bun or bread roll
- At the fruit shop/supermarket - piece of soft fruit (no seeds or pips), wash if needed
- From a bistro - kids meal with plenty of salad or cooked vegies like stir-fry noodles
- Dining in - pasta or spaghetti with tomato-based sauce like bolognaise

Tip: Choose tap water as a drink



Healthy Takeaway Options for Preschoolers

Sushi	Sandwich/wrap	Salad/ rice bowl	Kids burger	Pizza slice
<p>Opt for sushi with cooked salmon, tuna, chicken, or veg, with at least one vegetable (e.g. cucumber).</p> <p>Tip: Cut into small pieces to reduce choking risks and avoid raw seafood.</p>	<p>Go for options with salad or vegetables with lean meats, cooked fish or egg.</p> <p>Limit processed meats like salami.</p>	<p>Choose lean meat or tofu, rice, vegetables and avocado.</p> <p>Tip: Avoid spicy foods for preschoolers.</p>	<p>Include burger fillings of salad and grilled meats like chicken and fish.</p> <p>Limit deep-fried sides like chips.</p>	<p>Try thin crust over thick and favourite toppings like pineapple, mushrooms and other vegies.</p> <p>Tip: Add a side salad to balance the meal.</p>

Aim for a balanced approach and limit “sometimes foods” for your preschooler, if eating away from home often.

Sometimes foods have lots of sugar, salt, and unhealthy fat, but not many vitamins or minerals. These foods include chips, chocolate, cakes, pastries & lollies, as well as soft drinks, juice, and fast food.

Food safety for preschoolers when eating out

Food safety and hygiene tips:

- Before touching food, wash hands or use sanitising hand gel
- Keep cold foods cold using an insulated lunch bag, with a frozen water bottle or ice pack.
- Wash raw fruit and vegetables before you pack them, avoid hard, raw vegetables or cut up fruit if your child is at risk of choking - see below

Ways to reducing choking risk, especially for children under 4 years

- Avoid foods that are difficult to chew such as: whole nuts and seeds, popcorn, hard crackers, stringy foods like celery and hard vegetables like raw carrot.
- Avoid whole grapes and whole cherry tomatoes - cut these in half instead
- Supervise your child when they're eating.
- Encourage your child to chew well before swallowing their food.
- Know how to perform first aid.

If you have any concerns about your child, contact your local [Child and Family Health Service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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