

Resources for cooks

Resources to support cooks at Early Childhood Education and Care Services

Menu planning and reviewing

Developing and reviewing a 2-week menu video (18 min 10 sec)



Childcare menu planning for cooks

Includes the 2-week menu checklist illustrated in the menu planning video.



For more detailed information, refer to the [Caring for Children manual and resources](#).

Caring for Children manual



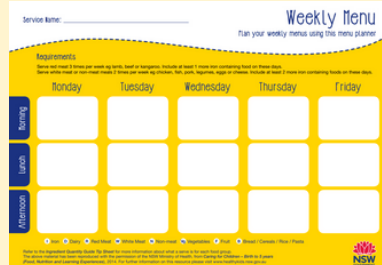
Ingredient quantity guide



Two-week menu cycle planning tool



Weekly menu template



Nutrition checklist for menu planning



Caring for Children menu planning tip sheets

- Fruit
- Vegetables
- Breakfast
- Drinks - water and milk
- Snack ideas - morning and afternoon tea
- Lunchbox ideas

Other checklists available:

- Sandwich planning
- Lunchboxes - preschool
- Lunchboxes - 2 to 5 year olds

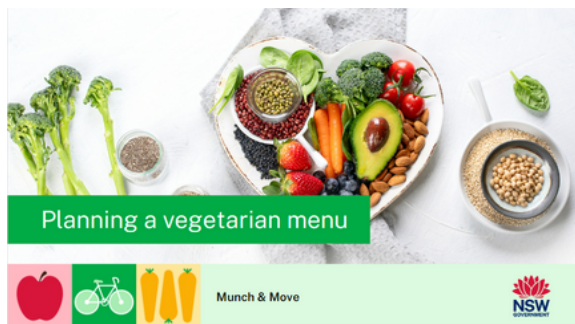
Caring for Children menu planning checklists and templates

then click on *Checklists* or *Weekly menu template*.

Resources for cooks

Vegetarian menus

Planning a vegetarian menu video (2 min 23 sec)



Creating a healthy non-meat (vegetarian) meal



Iron

Importance of iron for children video (2 min 39 sec)



Iron factsheets:

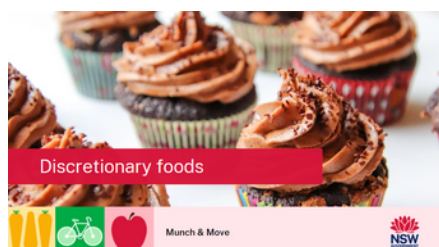


- [Iron for children factsheet](#)
- [How to include iron-containing foods on the menu](#)
- [Tips for including red meat on the menu](#)

Discretionary foods

Discretionary foods video (2 min 19 sec)

This video provides guidelines for limiting these foods on the menu and suggestions for healthier alternatives.



Snack ideas for morning and afternoon tea



Healthy birthday celebration ideas factsheet



Resources for cooks

Allergies and intolerances

Allergies and intolerances

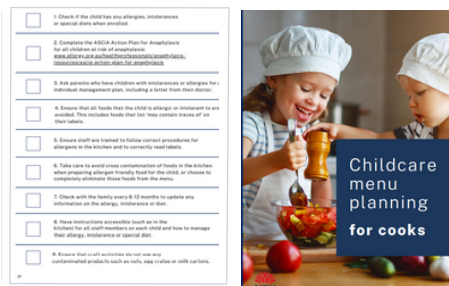
video

(3 min 3 sec)



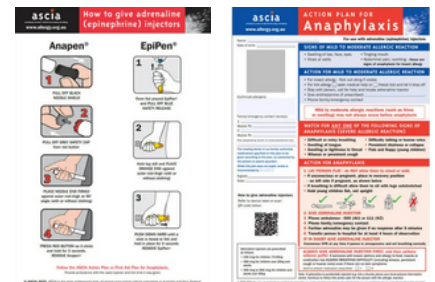
Allergy checklist

In Childcare menu planning for cooks (page 30)



Allergy action plans

Downloadable treatment plans and posters for a range of situations including how to use an adrenaline auto-injector.



Allergy resources for cooks

- [Food allergy ingredient substitution tool](#)
- [Food allergy menu matrix template](#)
- [Standardised recipe template](#)
- [Food allergy record template](#)
- [Food allergy management audit tool for CEC](#)
- [Food service form for children with special diets](#)



Allergy training courses

All about Allergens for Children's Education and Care - (1 - 1.5 hours)

A free, self-paced online course for cooks and educators to gain knowledge and understanding about food allergens, and to develop best practice procedures.



Anaphylaxis e-training

ASCIA anaphylaxis e-training for Children's Education/Care

A nationally approved qualification which meets the requirements for the Australian Children's Education and Care Quality Authority (ACECQA) under the National Quality Framework (NQF).



ASCIA Anaphylaxis e-training for first aid (community).

A course developed for people in the community, who need to know how to treat anaphylaxis in an emergency, but are not health professionals.

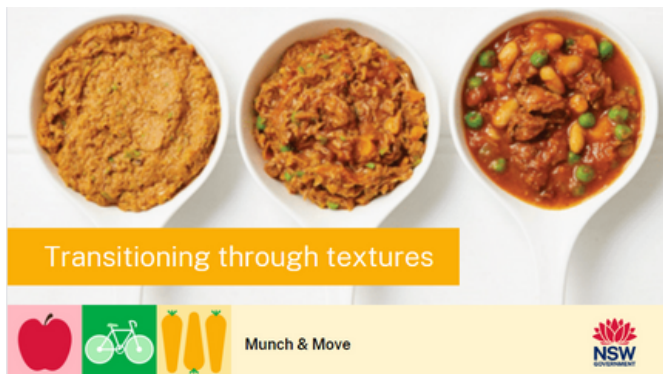


Resources for cooks

Transitioning through textures

Transitioning through textures video

(3 min 49 sec)



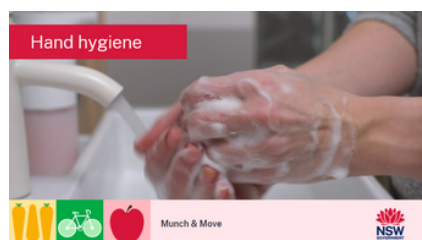
What stage is your baby at? factsheet



Hand hygiene

Hand hygiene video

(1 min 7 sec)



NSW Food Authority - handwashing factsheet



Caring for Children manual - Safe food handling and hygiene, pages 83 - 88



Munch & Move support



Email your enquiry to ISLHD-HealthPromotion@health.nsw.gov.au
(Put 'Munch & Move' in the subject line and we will be in touch.)



Call 02 4221 6728



Munch & Move

