

## **Choosing the healthier alternatives:**

**At St Columba's OSHC we endeavour to choose the healthiest options that we can for our ingredients. Our food choices are guided by the Australian Dietary Guidelines published by the Australian Government Department of Health.**

**We serve small portions as we are only providing a snack, and a fruit platter is served alongside every afternoon tea with at least 6 different fruit choices provided each day.**

**The majority of our afternoon teas each week are chosen from our "healthier options list". Less often we will have something from our "consume in moderation" list.**

**Here are some examples of the choices that we make when purchasing our food for the children's snacks with us.**

**Crackers – wholegrain rice crackers**

**English muffins for pizza bases – wholemeal**

**Vegemite – salt reduced**

**Jelly – reduced sugar**

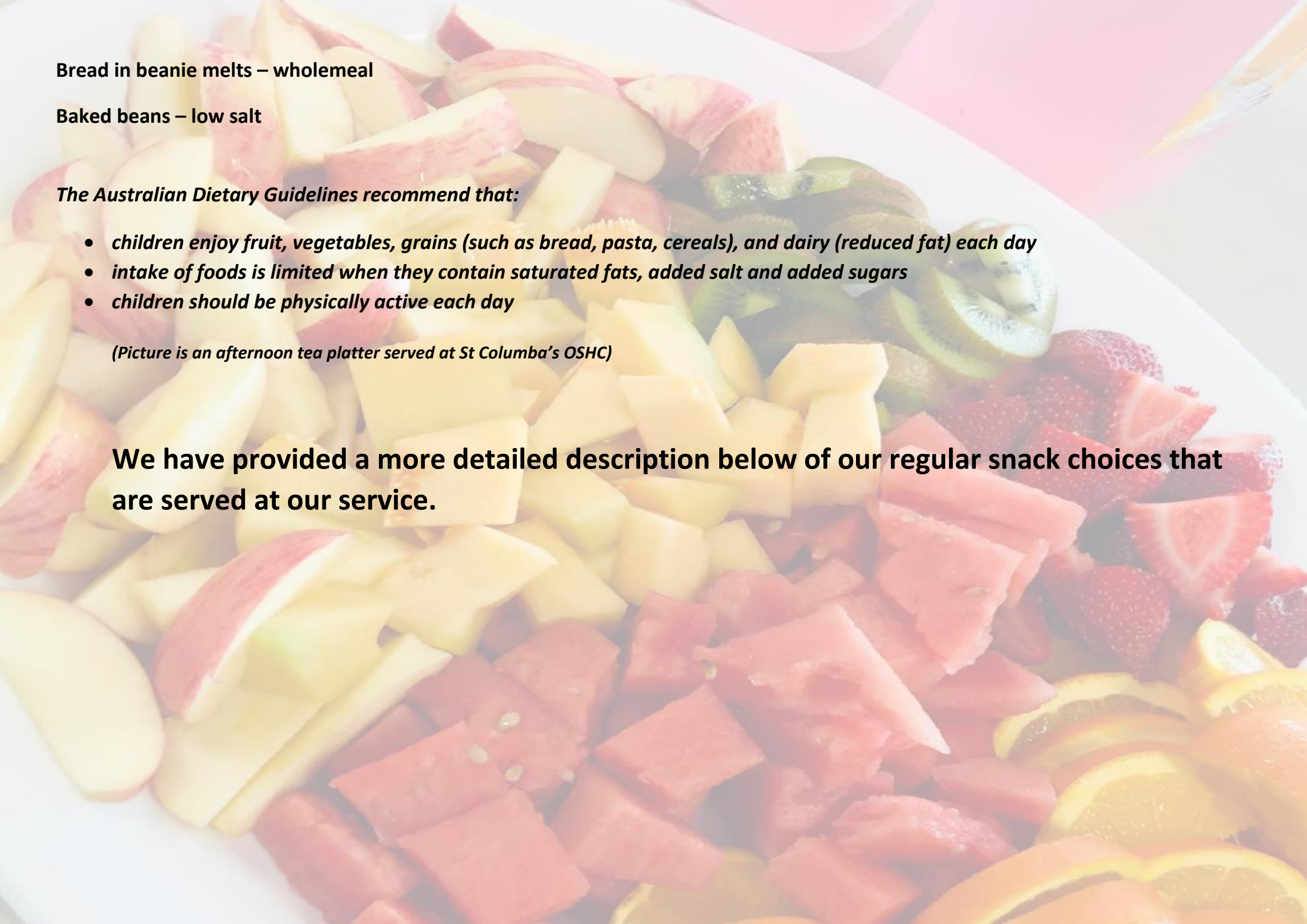
**Cordial – Low sugar (less than 0.5g per serve), no artificial colours or flavours**

**Cheese – low fat**

**Milk – low fat**

**Pastry – reduced fat**





**Bread in beanie melts – wholemeal**

**Baked beans – low salt**

***The Australian Dietary Guidelines recommend that:***

- ***children enjoy fruit, vegetables, grains (such as bread, pasta, cereals), and dairy (reduced fat) each day***
- ***intake of foods is limited when they contain saturated fats, added salt and added sugars***
- ***children should be physically active each day***

***(Picture is an afternoon tea platter served at St Columba's OSHC)***

**We have provided a more detailed description below of our regular snack choices that are served at our service.**

**Fresh fruit platter which would contain some of the following:  
Apple, orange, grapes, watermelon, rock melon, pineapple, carrots,  
cucumber, kiwi fruit, sultanas, raisins, strawberries**



**Dip, Veggie Sticks & Crackers: Dips, rice crackers, capsicum, cucumber,  
celery, carrot**



**Milo: Milo and hi-lo long life milk**



**Popcorn: buttered flavoured microwave popcorn**



**Rice Crackers with Butter, jam & vegemite (served in morning)**



**Macaroni Cheese: Macaroni served with grated low fat cheese or  
plain macaroni**



**Mini Pizzas:** Half an English muffin with pasta sauce, low fat cheese and Ham (some are provided without ham and others without cheese)



**Pasta & Sauce:** Penne pasta and a jar of pasta tomato sauce with added low-fat cheese as an option



**Beanie Melts:** Low fat puff pastry with baked beans and low fat cheese (some served without cheese and some without beans)



**Jelly & Custard:** Reduced sugar jelly served with custard



**Oven Baked Vegetable Spring Rolls**



**Frozen Yoghurt Slice:** Frozen greek yoghurt with granola mixed, with choices of flavours or chocolate chips



**Homemade Sausage Rolls: Sausage meat in low fat puff pastry, with optional bbq and tomato sauces**



**Pikelets: Homemade, with flour, egg, hi low milk, vanilla and variety of extras including chocolate chips or berries (maple syrup as topping)**



**Pastry Scrolls: reduce fat puff pastry with jam, vegemite or reduced fat cheese**



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**Custard in Cones: UHT custard or low-fat yoghurt served in ice cream cone**



**Scones: Homemade scones with flour, egg, butter, milk and jam and butter and spread options**



**Garlic Bread: Frozen garlic bread**



**Nachos: can choose from gluten free plain nachos, low-fat sour cream, guacamole dip, low-fat cheese and mince with tomatoes and nacho seasoning**



**Spaghetti Bolognese: spaghetti, with mince, tomato, bolognese seasoning served separately and low-fat cheese and mince with tomatoes and nacho seasoning**



**Chicken Nuggets: Frozen chicken nuggets baked in oven**

