

# Drinks



Water and milk are the best drinks

1-2 years old - full cream milk  
From 2 years - reduced fat milk

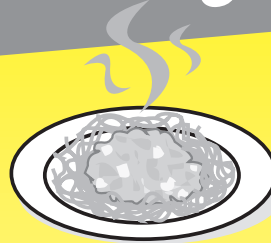
By 10 months your child  
can use a cup

They can  
learn on a  
sipper cup



# Food Safety

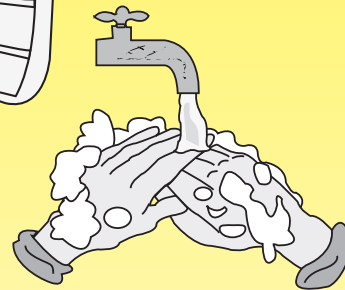
Keep hot  
foods hot



Keep cold  
foods cold



Wash hands  
before eating



## Choking

Children under 4 can choke on foods  
such as apple, carrot, nuts and lollies.

**Avoid small hard bits of food.**

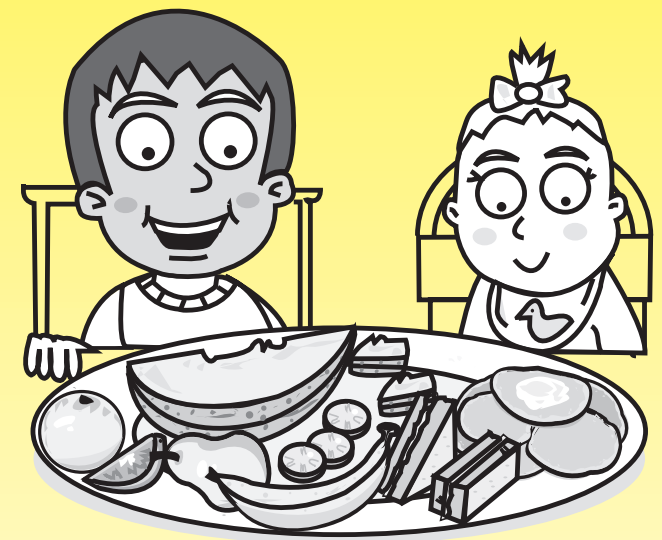


## For more information

**WCH Health Information Centre 8161 6875**  
**24 Hour Parent Helpline 1300 364 100**

*This pamphlet was produced for the  
SA Child Care Nutrition Partnership  
by the Women's and Children's Hospital  
and supported by the  
Government of South Australia.*

# Snacks for Children aged 1 year and over

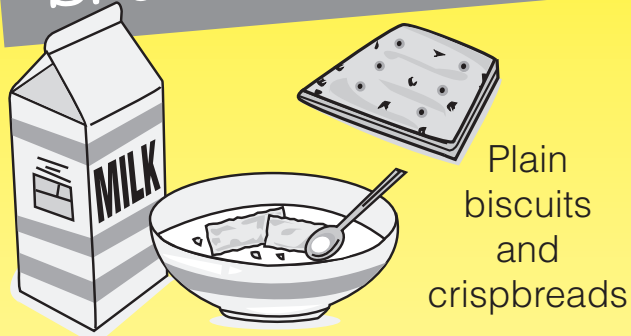


food for child care, kindy,  
school, home and outings

Children need a range  
of healthy foods to grow,  
learn and play

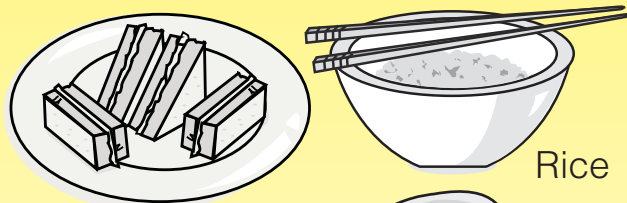
# Some easy ideas for healthy snacks

## bread & cereals



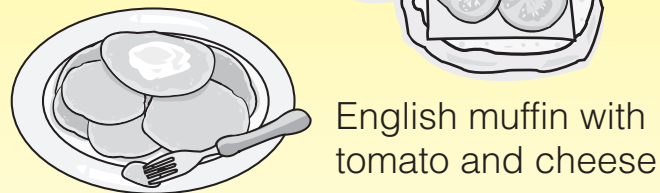
Plain biscuits and crispbread

Breakfast cereals & milk



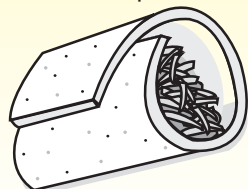
Cheese sandwich

Rice

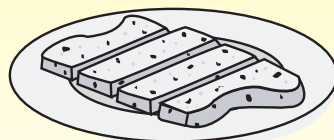


Pikelets with spread

English muffin with tomato and cheese



Flat bread with salad



Raisin toast

## fruits & vegetables



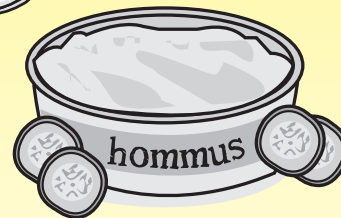
Fresh fruit



Tinned fruit



Hommus / vegetable dips

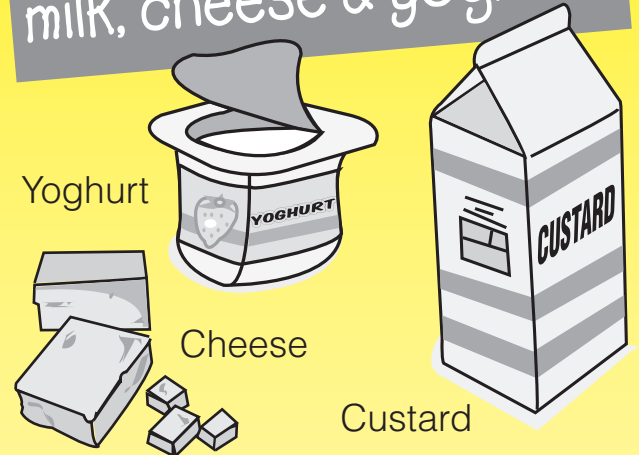


hommus



Vegetables

## milk, cheese & yoghurt

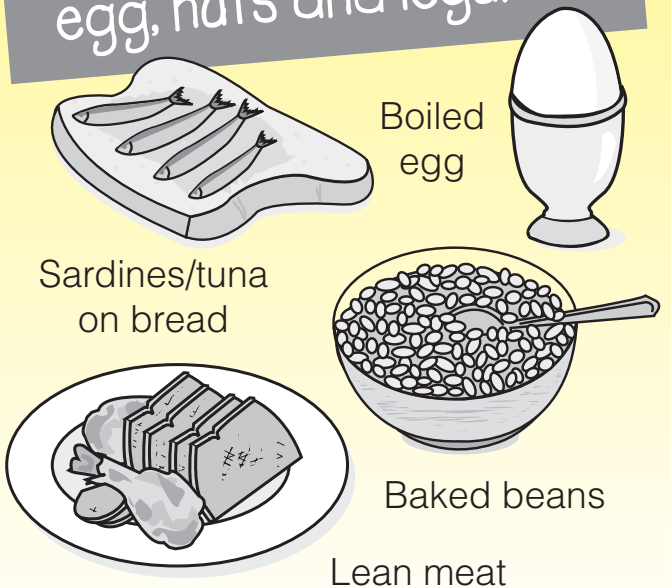


Yoghurt

Cheese

Custard

## lean meats, fish, poultry, egg, nuts and legumes



Sardines/tuna on bread

Boiled egg

Baked beans

Lean meat