

MEDIA RELEASE



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Nutrition for children

It is important for parents and carers to encourage children over the age of 12 months to eat a variety of foods from the main food groups. Children will vary from day-to-day in how much food they eat, depending on their activity level, how tired they feel, if they are not well and their stage of growth and development.

Dietary guidelines for children and adolescents in Australia recommend children and adolescents consume sufficient nutritious food to grow and develop normally. They are encouraged to enjoy a wide range of nutritious foods, eat plenty of vegetables, legumes and fruits and cereals. Lean meat, fish, poultry and or alternatives should be included, as should milk and yoghurts. Water should always be the first choice as a drink.

Most children at some stage become fussy about their food, and mealtimes can be seen as interruptions to all the other exciting discoveries and games they are exploring. If children seem to be eating little but growing, developing, sleeping well, meeting development milestones and are generally happy and healthy, then you should be able to relax. Look carefully at what they eat over the week and compare it to the amounts that are recommended to quickly decide if they are eating enough to meet their needs. If you are concerned, check with your doctor.

At Withcott Early Childhood Centre we have a cook that supplies nutritional and balanced meals that cover all the main food groups. We encourage the children to try different food types and textures, and make it an enjoyable part of our mealtimes. We introduce new foods to the children over time as it takes children 8-9 times of trying a new food to decide whether they like it or not. We have regular meal times including morning tea, where the children can come and have a seasonal variety of fruit when they are ready; lunch is a group activity where each group sits together at tables and enjoys an interactive time while eating either a cooked meal or a variety of sandwiches. Afternoon tea is a time where children can come when they are ready and have seasonal fruit and a changing menu of cakes, slices and savoury platters. We offer the children milk or water with their meals. All meals are prepared and served safely for the children.

Withcott Early Childhood Centre is currently taking enrolments for 2011. If you have any enquiries, would like to enroll your child or would like more information, please contact the centre on (07) 4630 3722.

Information taken from Nutrition Australia.

For further information, please contact:

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About Churches of Christ Care

Churches of Christ Care is a division of Churches of Christ in Queensland—a group of churches that is part of the worldwide Christian church.

We strive to create an inclusive, caring, compassionate environment that meets its clients' needs without discrimination or prejudice. Everyone is welcome to call on our help regardless of their religious background.

Churches of Christ Care is one of Queensland's leading providers of early childhood, child protection, affordable housing, retirement living and aged care services. We are a not-for-profit organisation that supports more than 27,000 clients each year in urban, rural and remote areas.

We operate 137 services throughout Queensland with the support of more than 2,800 staff and over 700 volunteers.

Churches of Christ Care is built on a foundation of Christian values, commitment to quality care, and trust and respect for clients and the community.