

# THE CHILDCARE *Scoop*

Exclusive  
industry news,  
competitions  
& deals inside



# Join our *free* Webinars

RSVP  
here



## WEBINAR

### HOW SENSES AFFECT EATING IN AUTISM



**9 APRIL, 2025 @12:30PM AEST**

Did you know senses influence how people with Autism eat? Join us for our FREE webinar with our brilliant Accredited Practising Dietitian, Jamie Chui, to explore sensory processing and eating behaviours in autism.

## WEBINAR

### ARE WEIGHT LOSS INJECTIONS REALLY THE SOLUTION?



**4 JUNE, 2025 @12:30PM AEST**

Using only evidence-based facts, we discuss whether weight loss injections are really your answer and explore alternative healthy lifestyle changes to support you in your weight loss journey. You are not alone and we're here to help you make informed decision about your health.

## WEBINAR

### MASTERING THE 2/4 HOUR RULE



**17 JULY, 2025 @1:30PM AEST**

Master the 2/4 hour rule to elevate your food safety knowledge. This free webinar is ideal for all cooks and chefs for Childcare, ELC, Kindergarten and OSHCs.

# Mark these dates in your diary!

APRIL 2025						
M	T	W	TH	F	S	S
	1	2 Autism Day	3 	4 	5	6
7	8 VIRTUAL 	9  WEBINAR	10	11	12	13
14	15	16	17	18 Good Friday	19	20 Easter Sunday
21 Easter Monday 	22 WINTER MENU due for review	23	24 IN CLASS 	25 Anzac Day	26	27
28 Stop Food Waste Day 	29	30				

MAY 2025						
M	T	W	TH	F	S	S
			1 	2	3	4
5	6	7	8	9	10	11 Mother's Day
12	13 VIRTUAL 	14	15	16	17	18
19	20	21	22 IN CLASS 	23	24	25
26 Food Allergy Week 	27	28	29	30	31	

JUNE 2025						
M	T	W	TH	F	S	S
30						1
2 WINTER MENU starts today	3	4  WEBINAR	5 	6	7	8
9 King's Birthday	10 VIRTUAL 	11	12	13	14	15
16 Dietitian's Week	17	18 	19	20	21	22
23	24 	25	26 IN CLASS 	27	28	29

JULY 2025						
M	T	W	TH	F	S	S
	1	2	3 	4	5	6
7	8 VIRTUAL 	9	10	11	12	13
14	15	16	17  WEBINAR	18	19	20 
21  SPRING MENU due for review	22	23	24 IN CLASS 	25	26	27
28	29 	30	31 			

## Food Safety Training



**FOOD SAFETY LEVEL 1**  
IN CLASS & VIRTUAL SESSIONS



**BASIC FOOD HANDLING**  
IN CLASS



**FOOD SAFETY SUPERVISOR**  
IN CLASS & VIRTUAL



**FOOD SAFETY REFRESHER**  
VIRTUAL

Enrol  
HERE

## Training



**FOOD ALLERGY TRAINING**  
VIRTUAL

## Events



**HOW SENSES IN AUTISM AFFECT EATING** FREE Webinar



**ARE WEIGHT LOSS INJECTIONS REALLY THE SOLUTION?** FREE Webinar



**MASTERING THE 2/4 HOUR RULE** FREE Webinar

## Food Days



Carrot Day



Chickpea Day



World Ice Cream Day



Lamington Day



Lasagna Day



Avocado Day





## FOOD SAFETY

# How to cut & serve fresh fruit and raw vegetables as a snack for children



### MANDARIN

Peel outer skin and remove mandarin segments. Cut each segment in half for children under 2



### ORANGES

Cut into large wedges or cubes. Leave peel on for older children.



### CARROTS

Cut carrots into thin slices, sticks or grate.



### STRAWBERRIES

Remove leaves and cut strawberries into slices for young children and into quarters for older



### AVOCADO

Remove skin and seed and cut into cubes



### BANANAS

Remove peel and cut into slices.



### PEARS

Cut into thin slices or cubes for younger children. Cut fruit into quarters for older. Remove core.



### APPLES

Remove core. Slice apples into 1cm thick wedges, rings, or slices. Quarters for older children.



### GRAPES

Cut into quarters for young children, and halves for older.



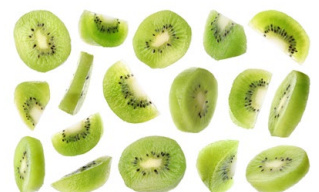
### CUCUMBER

Cut cucumbers into strips or slices. Ideally with the skin on, however some children prefer without skin



### CAPSICUM

Cut capsicum into thin sticks



### KIWI FRUIT

Peeled and cut in rings or wedges.



## FOOD SAFETY

# Cooking with eggs

The humble egg is a delicious and versatile kitchen staple. From buttery scrambled eggs, hearty quiches, birthday cakes, eggs are key to so many recipes. However, improper handling, storage, and cooking of eggs can pose risks of foodborne illnesses.

Eggs are essential in Childcare Centres, to support those growing little bodies. However, if we stop and think about where an egg comes from, we quickly realise the importance of food safety around this handy ingredient. Therefore, extra care is required when storing, preparing, and serving eggs or food containing eggs. Our Food Safety team explains how to be safe around eggs.



## NEVER BUY OR USE CRACKED, DAMAGED OR DIRTY EGGS

Do not buy cracked or dirty eggs. Bacteria on the outside of the egg may enter the egg through the cracks – some cracks may be too fine to see. Once bacteria is inside the egg, it can grow quickly and increase the risk of illness.

## KEEP YOUR EGGS IN THE EGG CARTON

Store eggs in the fridge in the carton. This will not only keep them fresh longer, but you'll also be able to check the 'best before' date on the box. The egg carton/box prevents condensation forming on the eggshells too.

## SEPARATING EGGS

It is best not to use the eggshell to separate the egg white from the egg yolk. Instead, use a sanitised egg separator to minimise cross contamination.

## REMOVING BROKEN SHELL FROM YOUR EGG WHITES

It's happened to us all, a fragment of eggshell has fallen into the cracked egg. If this is case, remove the shell pieces with a clean spoon or fork.

## IS IT SAFE FOR CHILDREN TO RAW EGGS?

Consuming raw eggs is not safe for vulnerable people such as children under the age of 5. For Childcare centres consider using pasteurized eggs for recipes that call for raw or lightly cooked egg, for example homemade mayonnaise and pavlova.

## WASH YOUR HANDS

Use soap and running water to wash your hands and dry thoroughly before and after handling eggs. This is to reduce the risk of contaminating other food when handling eggs.

[www.oscarcaregroup.com.au/post/egg-safety](http://www.oscarcaregroup.com.au/post/egg-safety)



COMPETITION

Two winners  
drawn each  
month!

# WIN MEDALLION CLUB FOOTY TICKETS\*

*The best seats in the house*

Win two Medallion Club tickets for a upcoming 2025 Premiership AFL game of your choice\*

Win tickets to reward an amazing educator, the chef, centre manager or to say thanks to a special family – it's up to you! These tickets are fully transferrable.

Watch your team win or lose in the style of Medallion Club. Winners will enjoy this exclusive level 2 reserved seating with the best views on ground.

Open to all Childcare & Aged Care staff to enter. Winners will be drawn and notified on the 1st of each month up until August 2025.

Would you like to see **Carlton v GWS Giants**? Or how about **Essendon v Sydney Swans**? Select your preferred team when you enter. This won't guarantee tickets to their games but additional winners may be announced should certain games not have any other interest.

#### EACH WINNER WINNERS WILL RECEIVE

- Two Medallion Club tickets, Level 2 at Marvel Stadium for a 2025 AFL game
- One VIP parking ticket
- Access to Medallion Club Dining (please note, this is access only. Dining is an additional cost)

#### HOW TO ENTER

Enter your details via our competition form ↗

[www.oscarcaregroup.com.au/medallion-club-competition](http://www.oscarcaregroup.com.au/medallion-club-competition)

#### Terms and Conditions

Competition runs between April 1, 2025 until August 1, 2025. Two winners will be drawn and notified on the 1st Monday of each month for the months of May to August. A total of 8 winners during this period. Competition is only open to all Australian Childcare, Aged Care Homes, Early Learning Centres, Kindergartens, Outside of School Hour Care programs. Multiple entries are welcome. Each winner will receive two tickets for exclusive Medallion Club level 2 reserved seating at Marvel Stadium, one VIP parking ticket and access to the Medallion Club dining. The Medallion Club Dining is available to purchase at a cost and is not included as part of the prize. Children are permitted to enter the Medallion Club accompanied by an adult. Smart casual is the minimum dress standards for the Medallion Club. Selecting a preferred game/s upon entry is not a guarantee to win tickets for those games. Games will be given to winners on a first-in basis. Tickets cannot be redeemed for cash or any OSCAR Care Group's products or services.



## NUTRITION

# No Added Salt A guide for Childcare Chefs

Salt is one of the most fundamental ingredients in cooking, playing a key role in flavour enhancement, food preservation, and cooking techniques across different cuisines. For chefs and cooks, understanding the proper use of salt is essential not only for preparing traditional dishes but also for adapting to meals to dietary needs. Such as the 'no added salt' guidelines within childcare centres, this can be confronting and confusing for chefs to grasp.

With the help of our Dietitians, experienced chefs and food safety experts, let us help guide you in the reason behind the no added salt when preparing and serving food for young children within care.

### No Added salt in childcare

Unfortunately, over 70% of Australian children eat too much salt daily. According to the Australian Dietary Guidelines and Australia Guide to Healthy Eating, added salt should be limited. The reason for this is that high salt consumption increases their risk of having high blood pressure in childhood, their risk of developing heart disease later in life and children develop a preference for salty flavours early in life.

Sauces can be very high in salt and can be harmful in large amounts, particularly for young children. Salty sauces include pasta sauce, regular tomato sauce, curry paste, fish sauce and soy sauce. As well as sauces, salt is often added to foods that are processed, preserved, cooked in salty solutions and foods that have added flavours added. Processed foods with added salt are some cereals and bread. Preserved foods with added salt include ham, smoked foods and tuna in brine. Some sauces and stocks are cooked in salty solutions and foods with added flavours can include pasta sauces and savoury biscuits.

### HOW TO LOWER THE SALT CONTENT OF YOUR CHILDCARE MEALS

Limiting children's salt intake gives their taste buds an opportunity to value other flavours and they'll have a greater chance of enjoying healthier foods for life. Not adding salt when cooking is the first step to lower the salt content and here are some further tips to reduce salt from childcare meals.

- 1 Choose reduced salt sauces, and use in small amounts.
- 2 Purchase and use 'salt reduced' soy sauce while cooking
- 3 Choosing low salt or salt reduced items such as legumes (lentils & chickpeas) and drain and rinse canned foods.
- 4 Choose wholegrain bread items and crispbreads that are lower in salt
- 5 Choose fish canned in spring water rather than brine.
- 6 Salt should not be available at the table
- 7 Swap salt for healthier alternatives to add flavour
- 8 Salty spreads (such as Vegemite) should not be offered every day, or used sparingly



[www.oscarcaregroup.com.au/post/no-added-salt-a-guide-for-childcare-chefs](http://www.oscarcaregroup.com.au/post/no-added-salt-a-guide-for-childcare-chefs)





## FOOD SAFETY

# Surprising Foods that May Contain Peanuts

In a world where peanuts are widely used in cuisines and snacks, the mention of them can send shivers down the spine of those living with peanut allergies. A peanut allergy requires diligence. Understanding the implications of a peanut allergy, food safety and managing nutrition is crucial for children and families living with allergies and for the people preparing and serving food for them. Meticulous care is required when preparing and serving food to a child with a peanut allergy especially within a care environment such as childcare.

### Peanuts can hide in unexpected places

Always check food labels for peanuts as it may depend on the brand and the size of the packet to whether peanuts are within. Unexpected sources of peanuts to be aware of are...

#### ASIAN DISHES

Some Asian cuisines use peanuts, peanut sauce or peanut oil as a common ingredient. Dishes like satay, pad Thai, stir fry, Indian sweets or certain curries may contain peanuts or peanut-based sauces.

#### SALAD DRESSINGS

Check the labels of salad dressings, as some varieties may use peanut oil or peanut-based ingredients for added flavour and crunch.

#### CEREAL AND MUESLI BARS

Mixed cereals or Muesli bars can sometimes contain peanuts or peanut butter as part of the ingredients. Most of these cereals are made on the same production line as peanut containing products such as Cornflakes, Kellogg's Crunchy Nut, Sultana Bran and Rice Bubbles.

#### BAKED GOODS

Certain pastries, cookies, and cakes might use peanut flour, peanut butter, or peanut oil. Always inquire about ingredients and cross-contamination at the bakery.

#### SOUP

Some commercially prepared soups, especially those with a nutty flavour profile, may include peanuts or peanut products.

#### VEGETARIAN/VEGAN SUBSTITUTES

Veggie burgers, meat substitutes, vegan cheese and certain vegetarian products may contain peanuts or peanut-based ingredients for added protein.

#### ICE CREAM AND FROZEN TREATS

Check the labels on ice cream and frozen desserts, as some may contain peanut pieces, peanut butter swirls, or peanut-based toppings. Smoothies may also contain peanut butter or peanut-based protein powders.

#### CHOCOLATE AND BISCUITS

Chocolate bars and blocks, cooking chocolate, Biscuits, crackers, and Crispbreads contain or may contain peanuts. It depends on the brand and packet size, therefore, always check the food label.

### How many of these did you know about?

This is a massive list and there could easily be more that contain peanuts. This can be daunting for parents, families and chefs within Childcare when preparing nutritious foods for children with a peanut allergy. The safest option is to always read the food label. Develop the habit of reading food labels diligently to identify potential peanut-containing products. Even if you have purchased / consumed a product before, always read the food label. Allergens are constantly updated.

Learn to prepare and serve food safely for children with allergies. Join one of our monthly food allergy training sessions.

See upcoming dates on page 3

[www.oscarcaregroup.com.au/food-allergy-training](http://www.oscarcaregroup.com.au/food-allergy-training)

**REGISTER  
HERE**





## RECIPE

# Cheesy Sweet Potato & Spinach Muffins

Muffins can be a great snack that kids love. They are convenient can be prepared in bulk and popular in Childcare and even school lunch boxes. This recipe is extra special as it uses wholemeal flour and features 3 veggies: corn, spinach and sweet potato – all so full of nutrients!

INGREDIENTS	
MAKES 16 MUFFINS	
1 cup	Plain flour
1 cup	Wholemeal Flour
1 Tbsp	Bicarb Soda
2 cups (90g)	Fresh Spinach leaves, finely chopped
100g	Feta Cheese, crumbed
500g	Sweet potato, peeled and cubed
3	Eggs, lightly beaten
2/3 cup	Plain Greek Yoghurt
200g	Creamed Corn, canned
60g	Butter, melted
1 cup	Light Tasty Cheese, grated

**CONTAINS Milk, Wheat, Egg**

## METHOD

1. Preheat oven to 200°C/180°C fan forced. Lightly grease a muffin pan.
2. Steam sweet potatoes until soft, then puree until smooth and allow to cool down.
3. Steam spinach leaves slightly until just wilted.
4. Sift flours and bicarbonate of soda together in a large bowl. Stir in spinach and 70g of feta.
5. Combine sweet potato puree with egg, yoghurt, creamed corn, melted butter and tasty cheese into a separate bowl and whisk well.
6. Fold sweet potato and flours mixtures together until just combined. Spoon into prepared cases and sprinkle with remaining feta.
7. Bake for 15 – 20 minutes or until cooked when tested with a skewer
8. Allow to cool, serve warm

## STORAGE

Keep refrigerated at ≤5°C. Ensure packaging is sealed tightly to maintain freshness. Consume within 3 days. Discard, if left at room temperature for more than 4 hours. For Best texture, do not freeze.

NUTRITIONAL INFORMATION	PER SERVE (83G)	PER 100G
Energy (kJ)	615	737
Protein (g)	7	8
Total Fat (g)	6	7
Saturated Fat (g)	3	4
Carbohydrate (g)	16	19
Sugars (g)	3	4
Dietary Fibre (g)	2	2
Sodium (mg)	341	409

Contact our  
**FOOD SAFETY  
TEAM** to find  
out more



## FOOD SAFETY

# Food Standard Code 3.2.2A

Under Food Standard Code 3.2.2A, businesses that serve or handle food for vulnerable people will fall into two categories. This new category system will run concurrently with the current Class 1 & Class 2 system that is state based and relevant to your local council.

Meaning for all Childcare Centres, you will continue to be a Class 1 centre and you will also be a Category One business under Food Standard Code 3.2.2A.

This does not mean you require a new Food Safety Program, only a few updates to reflect the new changes. An external 3rd Party Food Safety annual audit will still be required. Speak to your local council for more information about your auditing requirements.

What is the Category One food Safety changes for Childcare Centres?

1

### FOOD SAFETY TRAINING FOR ALL FOOD HANDLERS

As a Category One Food Business, all food handlers must be trained in Food Safety by the time the new 3.2.2A Standard comes into effect. This means all staff within your Childcare centre who are involved in food preparation and handling need to be trained.

This is more than the cook! Educators who serve breakfast to the children early in the morning and who hand out crackers in the afternoon must be trained too.

These staff require a minimum training of a Food Safety Level 1 or equivalent. With all training records to be kept on site for 3 years. The training must cover the following topics as a minimum:

- Safe food handling
- Understanding of food contamination
- Cleaning and sanitising of food premises and equipment
- Personal hygiene

Do Food Safely, is a free option provided by the Victoria Department of Health or our food safety expert and trainer can train your staff for you for a more in-depth training.

2

### FOOD SAFETY SUPERVISOR ONSITE AT ALL TIMES

All Childcare centres will be required to have a Food Safety Supervisor (FSS) on site or reasonably available at all times at all times to manage the food operations and handling of the centre. Businesses should nominate a Primary and Secondary FSS for each site and detail this in the Food Safety Program accordingly.

The Food Safety Supervisor certificate is now a national requirement for all Childcare centres across Australia, this is an accredited course, and the certificate is now valid for 5 years.

3

### RECORD KEEPING IS CRITICAL

Under the new Food Standards Code 3.2.2A, all Category 1 food premises must be able to demonstrate that records are kept for safely receiving, storing, processing, displaying and transporting potentially hazardous food and for cleaning and sanitising.

The good news is, that as a Class 1 food premise, your current Food Safety Program within your Childcare centre is already meeting the record keeping requirements under the new standards. So, keep doing what you're doing!

The only amendment required for childcare centres is to update your Food Safety Program's Training Matrix to ensure all staff that are trained are captured. All Training certificates for all staff must be valid and available to be viewed and accessed within your Food Safety Program.

For a simpler way to keep your records together, we have workbooks customised to match your Food Safety Program records forms. Our Workbooks simplify your daily / weekly documents to ensure nothing gets lost as well streamlines the process for staff. Every form you require to complete within a month is bound together, it's part of our practical approach to food safety!



[www.oscarcaregroup.com.au/post/childcare-centres-food-standard-code-3-2-2a](http://www.oscarcaregroup.com.au/post/childcare-centres-food-standard-code-3-2-2a)



# NEW

## Basic Food Handling Course

### YOU ASKED, WE LISTENED.

With the introduction of Food Safety Act 3.2.2A requiring all food handlers to have a basic level of food safety training, many of our customers found the free courses around were not enough for their team. So, we've created an **affordable food safety training course**, covering food safety basics in order to keep Children safe and keep the team compliant.

This course is presented by our Food Safety Auditor and Trainer within our training room, providing the opportunity to learn face-to-face, ask questions and feel confident with your basic food safety knowledge.



**REGISTER  
HERE**



Wednesday 18 June 2025



8:30am-12pm



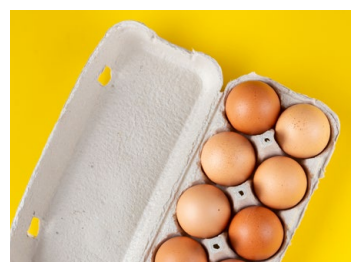
OSCAR Care Group  
Level 4D, 88 Ricketts Road  
Mount Waverley Victoria



\$55 per person  
or \$176 for a group of 4

[www.oscarcaregroup.com.au/event-details/basic-food-handling-course-18-june-2025](http://www.oscarcaregroup.com.au/event-details/basic-food-handling-course-18-june-2025)

If you're interested in this but are regional or interstate, we'll hold another session virtually. Express your interest for a virtual session by emailing [info@oscarcaregroup.com.au](mailto:info@oscarcaregroup.com.au) and if we get enough numbers we'll set virtual date soon







OSCAR Care Group are proud to be members of the Australian Childcare Alliance in Victoria, New South Wales and Queensland!

(03) 9560 1844 | [info@oscarcaregroup.com.au](mailto:info@oscarcaregroup.com.au) | [www.oscarcaregroup.com.au](http://www.oscarcaregroup.com.au)

#### ABOUT US

## We're your secret ingredient to nurture and protect growing bodies

We make it our business to know all food related legislative requirements for Childcare Centres to ensure you meet your compliance needs. Our Food Safety experts, Auditors, Dietitians and Speech Pathologists are here to support you raise healthy little ones. We have proudly done so since 2008.

#### FOOD SAFETY PROGRAMS

Stay compliant with our food safety program.

#### MENU DEVELOPMENT & REVIEWS

Our menus meet nutritional guidelines. Our Dietitians can review your menu or we can develop one for you.

#### RECIPES

Dietically assessed recipes for lunch and snacks that children will love.

#### AUDITING

Book in your annual food safety audit or organise for a gap audit anytime to ensure you meet regulations.

#### FOOD SAFETY TRAINING

Anyone who handles food requires food safety training! Our suite of accredited courses are tailored to the childcare industry.

#### FOOD ALLERGY TRAINING

Everything you need to know when preparing food for children with a allergy.

#### RESOURCES

Early Childhood Nutrition and Food Safety Resources available to download.

#### EVENTS

Webinars and events for the Early Learning Centres, Childcare Centres, parents and families.

