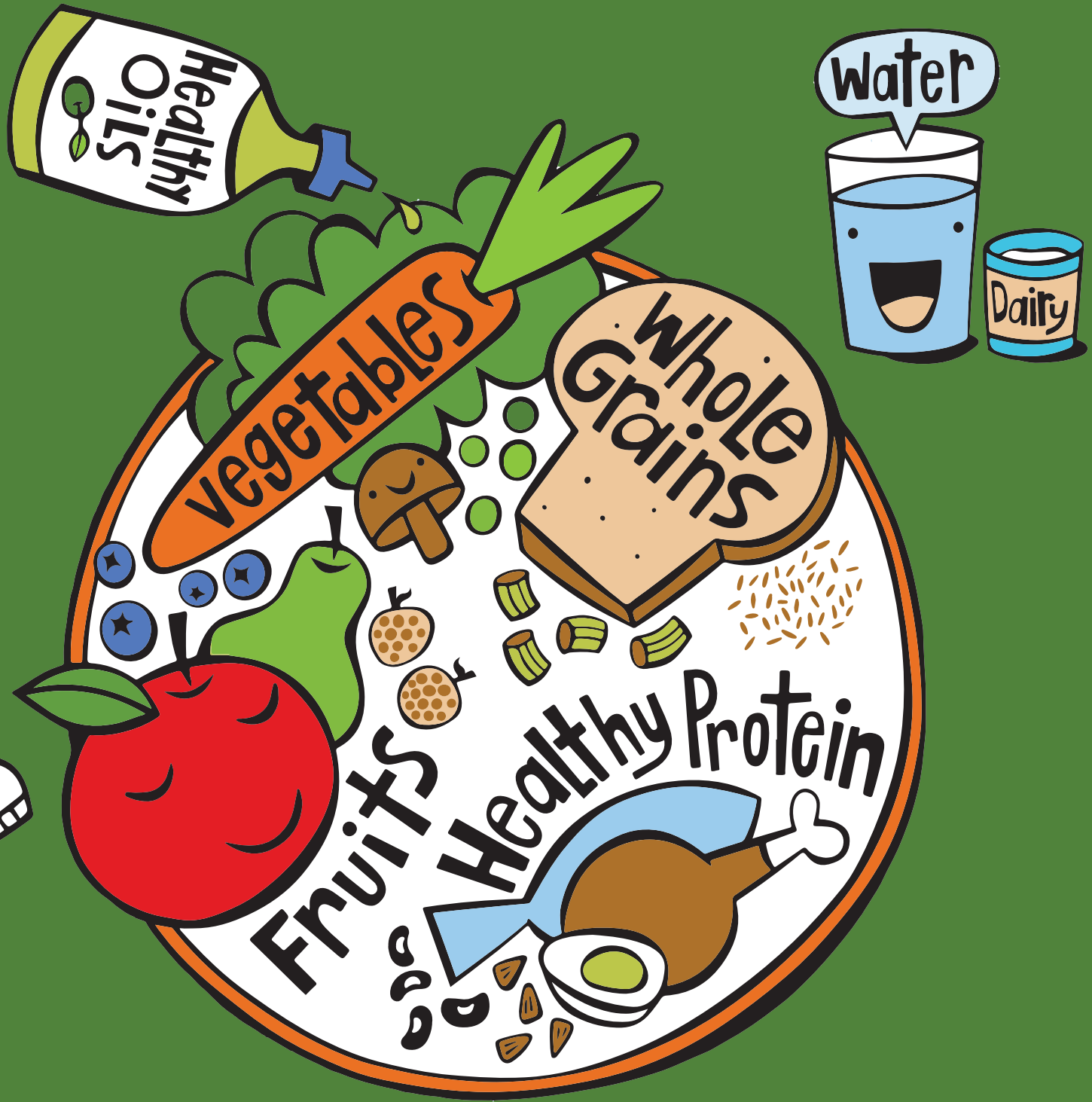


# KIDS CLUB GOOD KAI TOOLKIT



# Contents Page

KIDS CLUB Rotational Menu - page 4

KIDS CLUB Snack Recipes and Food Preparation Methods - page 5 to 19

Frequently Asked Questions - page 20

BID Food Login and Ordering Online - page 21

# Purpose

Committed to improving the health and wellbeing of our community, leisure is increasing nutrition into snacks by reducing sugar, saturated fat and portion size.

This work is intended to support staff to increase access to nutritious kai and support young people to embrace healthy eating now and into the future.

# KIDS CLUB: Rotational Menu

**NOTE:** Small snacks should be topped up with a fruit plater i.e. halved banana, quarter oranges, apples and pears.

Snack	Week 1	Week 2	Week 3	Week 4
<b>MONDAY</b>	<b>Banana Muffin</b> <i>Also contains: sweet muffin mix, oil, milk or water, cinnamon</i>	<b>Blueberry Muffin</b> <i>Also contains: sweet muffin mix, oil, milk or water, cinnamon</i>	<b>Cheese &amp; Spinach Scone</b> <i>Also contains: scone mix, oil spray, water, oil</i>	<b>Date Scone</b> <i>Also contains: scone mix, oil spray, water, oil</i>
<b>TUESDAY</b>	<b>Spaghetti Bread Cases</b> <i>Also contains: olivani spread, cheese, carrot</i>	<b>Pizza Pita Pockets</b> <i>Also contains: tomato paste, diced tomato, cheese, corn, oi</i>	<b>Marmite &amp; Cheese Rolls</b> <i>Also contains: olivani spread</i>	<b>Pizza Pita Pockets</b> <i>Also contains: tomato paste, diced tomato, cheese, corn, oil</i>
<b>WEDNESDAY</b>	<b>Yoghurt Fruit Cup</b> <i>Also contains: vanilla essence, sliced banana OR (tinned) fruit</i>	<b>Yoghurt Fruit Cup</b> <i>Also contains: vanilla essence, sliced banana OR (tinned) fruit</i>	<b>Custard Fruit Cup</b> <i>Also contains: sliced banana OR (tinned) fruit</i>	<b>Custard Fruit Cup</b> <i>Also contains: sliced banana OR (tinned) fruit</i>
<b>THURSDAY</b>	<b>Vege Noodle Stir Fry</b> <i>Also contains: oil, vege booster, water, salt and pepper</i>	<b>Vege Noodle Stir Fry</b> <i>Also contains: oil, vege booster, water, salt and pepper</i>	<b>Vege Pasta Soup</b> <i>Also contains: oil, vege booster, water, salt and pepper</i>	<b>Vege Pasta Soup</b> <i>Also contains: oil, vege booster, water, salt and pepper</i>
<b>FRIDAY</b>	<b>Vege Frittata</b> <i>Also contains: quiche mix, cheese, oil spray</i>	<b>Sausage Sizzle</b> <i>Also contains: olivani spread, oil, (optional – onion, lite tomato sauce)</i>	<b>Vege Frittata</b> <i>Also contains: quiche mix, cheese, oil spray</i>	<b>Sausage Sizzle</b> <i>Also contains: olivani spread, oil, (optional – onion, lite tomato sauce)</i>



# KIDS CLUB: Snack Recipes and Food Preparation Methods



## KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Vegetable Frittata



### You need:

- Quiche mix
- Vegetable mix
- Grated cheese
- Oil spray to grease muffin tins

### Equipment:

- Small muffin molds
- Chopping board and knife
- Mixing bowl (if you don't have pouring jug)
- Cup to pour mix into molds

### Portion size:

- 2 small frittatas per child
- Top up the snack with a fruit platter

### METHOD:

1. Pre heat oven to 180C
2. **Wash your hands**
3. Lightly spray muffin mold with oil spray
4. Prep frozen vegetable mix – if it is a chunky mix roughly chop into smaller pieces to fit into your muffin mold
5. Divide the vegetable mix evenly into the muffin mold and do the same with the grated cheese
6. Pour the quiche mix to fill the mold
7. Place in oven for 10-12minutes or until the egg tops are golden brown

### Note:

If using a silicon muffin mold, put a tray under to stop the mix from spilling

# KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Yoghurt Fruit Cup



### You need:

- Plain yoghurt
- Vanilla essence

### Topping Options:

- Sliced banana OR fruit salad

### Equipment:

- Small cups and spoons
- Mixing bowl

### Portion size:

- 1 fruit cup per child
- You can top up this snack with one of the smaller savory items i.e. vege frittata

### METHOD:

1. **Wash your hands**
2. Prepare equipment
3. Mix plain yoghurt and vanilla essence together
4. Choose topping
5. Once yoghurt and vanilla essence is mixed evenly distribute in to cups
6. Add your selected topping on to the yoghurt mix

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Cheese and Spinach Scone



### You need:

- Scone Mix
- Grated Cheese
- Spinach
- Spray of Oil
- Water (add till the consistency is doughy)
- Oil

### Variations:

- Plain or cheese scones

### Equipment:

- Oven
- Small muffin molds
- Spoon and knife
- Cooling tray
- Serving tray

### Portion size:

- 2 per child
- Top up the snack with a fruit platter

### METHOD:

1. Preheat oven on 180 degrees
2. **Wash your hands**
3. In a large bowl, pour in SCONE MIX
4. Add the GRATED CHEESE & SPINACH into the same bowl and mix through
5. Add your OIL and 1 CUP of WATER to your bowl and mix through. Slowly add the last CUP OF WATER just until it has that doughy consistency
6. Spray your molds with OIL
7. Scoop mixture into molds
8. Put into your preheated oven for 20mins or until nice and fluffy
9. Let it set for 2 minutes then enjoy



# KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Pizza Pita Pockets



### You need:

- Tomato paste
- Tomatoes (diced)
- Grated cheese
- Frozen corn
- Oil
- Pita bread

### Topping Options:

- Cheese
- Ham
- Tomato
- Corn
- Pineapple

### Equipment:

- Oven
- Oven Tray
- Mixing bowl and spoon

### Portion size:

- 1 large per child
- If required, top up the snack with a fruit platter

### METHOD:

1. Pre heat oven to 180c
2. **Wash your hands**
3. Prepare sauce by mixing oil and tomato paste together
4. Lay out pita bread on oven trays
5. Spread a thin layer of sauce on each pita bread
6. Add diced tomatoes and corn
7. Sprinkle with cheese
8. Put in oven for 7-10 minutes (or until golden brown)

### Note:

- Toppings can be changed depending on the veges available.

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Custard Fruit Cup



### You need:

- Readymade custard

### Topping Options:

- Sliced banana OR fruit salad

### Equipment:

- Small cups and spoons

### Portion size:

- 1 cup per child
- You can top up this snack with one of the smaller savory items i.e. vegemite and cheese roll

### METHOD:

1. *Wash your hands*
2. Prepare equipment
3. Evenly distribute custard into cups
4. Add your selected topping

# KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Spaghetti Bread Cases



### You need:

- Bread
- Olivani spread
- Spaghetti
- Grated cheese
- Grated carrot

### Equipment:

- Oven
- Knife and spoon
- Muffin tin

### Portion size:

- 1 bread case per child
- Top up the snack with a fruit platter

### METHOD:

1. Heat oven at 180C
2. **Wash your hands**
3. Trim the crust from bread (optional)
4. Add olivani spread on one side of the bread
5. Push the bread slices (buttered side) down into muffin tin
6. Mix grated carrot into spaghetti
7. Fill the cases evenly with a spoonful of spaghetti and carrot mix
8. Top each bread case with grated cheese
9. Bake at 180C for 15 minutes until the cheese has melted

### Note:

- If you are prepping for later, the cases can be cooked and kept in an airtight container
- If you are cooking the whole bread case for later keep food in the warmer

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Vegetable Noodle Stir Fry



### You need:

- Noodles
- Frozen veges
- Boiling hot water to soak the noodles
- Boiling hot water for stock mix
- Vege booster
- Oil

### Equipment:

- Jug or pot (boil water)
- Mixing bowl
- Scissors
- Fry pan

### Portion size:

- Remember it's a snack not a meal

### METHOD:

1. ***Wash your hands***
2. Cover and soak noodles in boiling hot water - soak noodles until soft
3. Using scissors that are just for cooking, cut long noodles
4. Combine vege booster and water, set aside
5. Put oil into fry pan and heat pan on low
6. Drain the water out of the noodles
7. Fry veges till crisp
8. Then add the noodles
9. Then add the vege booster stock
10. Fry for 5 minutes then let simmer for another 10minutes
11. Add salt and pepper to taste

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Vegetable Pasta Soup



### You need:

- Pasta macaroni elbows (small)
- Frozen vegetable
- Vege booster
- Hot water
- Oil

### Equipment:

- Fry pan
- Spoon
- Jug or pot to heat water

### Portion size:

- Remember it's a snack not a meal

### METHOD:

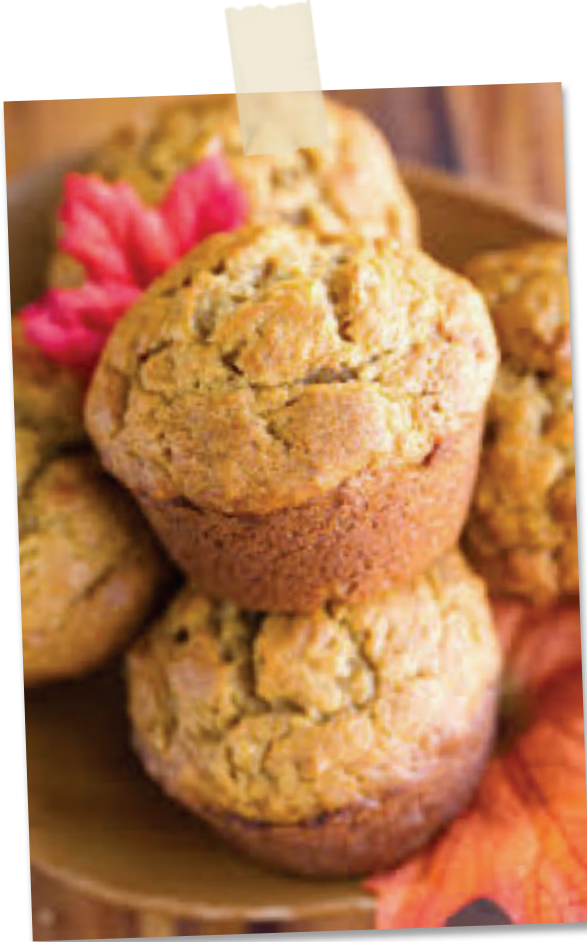
1. **Wash your hands**
2. Add water to a pot (i.e. 500ml per 10 kids) - let it boil
3. When pot of water is boiling add the pasta (or noodles)
4. Add oil to the pan and heat
5. Add frozen veges to the pan - fry 5 minutes
6. Add vege booster and hot water together, mix well then add to the veges in the pan
7. Let it simmer until cooked

### Note:

- If you have a lot of noodles in storage you can replace pasta with noodles
- Salt and pepper to taste (optional)

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Banana Muffin



### You need:

- Sweet muffin mix
- Frozen bananas (mashed)
- Cinnamon (optional)
- Milk
- Oil

### Equipment:

- Oven
- Small muffin mold
- Flour sift
- Large bowl
- Large spoon

### Portion size:

- 2 small muffins per child
- Top up the snack with a fruit platter

### METHOD:

1. Preheat oven to 180 degrees C
2. ***Wash your hands***
3. Spray muffin molds with oil
4. Sift together the flour and cinnamon - set aside
5. Combine mashed bananas and oil in a large bowl
6. Fold in muffin mix until smooth
7. Spoon evenly into muffin mold
8. Bake in preheated oven for 25-30 minutes or until muffins spring back when lightly tapped

### Note:

- Add milk or water if batter is too dry

# KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Blueberry Muffin



### You need:

- Sweet muffin mix
- Frozen blueberries
- Cinnamon (optional)
- Milk
- Oil

### Equipment:

- Oven
- Small muffin mold
- Flour sift
- Large bowl
- Large spoon

### Portion size:

- 2 small muffins per child
- Top up the snack with a fruit platter

### METHOD:

1. Preheat oven to 180 degrees C
2. ***Wash your hands***
3. Spray muffin molds with oil
4. Sift together the flour and cinnamon - set aside
5. Combine blueberries and oil in a large bowl
6. Fold in muffin mix until smooth
7. Spoon evenly into muffin mold
8. Bake in preheated oven for 25-30 minutes or until muffins spring back when lightly tapped

### Note:

- Add milk or water if batter is too dry

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Marmite and Cheese Rolls



### You need:

- Marmite
- Cheese
- Olivani spread
- Bread

### Equipment:

- Oven
- Knife
- Clean work surface
- Oven Tray

### Portion size:

- 2 rolls per child
- Top up the snack with a fruit platter

### METHOD:

1. Preheat oven to 180 degrees
2. ***Wash your hands***
3. Lightly butter all your breads and then lightly spread your marmite
4. Sprinkle cheese onto the breads (optional – roll)
5. Place all the breads/rolls onto a tray
6. Place tray into the oven and cook until cheese is melted or golden



# KIDS CLUB: Snack Recipes and Food Preparation Methods

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Sausage Sizzle



### You need:

- Bread
- Olivani spread
- Oil
- Sausages

### Optional:

- Tomato sauce (lite)

### Equipment:

- Oven or electric fry pan
- Chopping board
- Knife and fork

### Portion size:

- 1 per child
- If required, top up the snack with a fruit platter

### METHOD:

1. ***Wash your hands***
2. Cook the sausages for 10 minutes, turning regularly
3. Butter the bread slices and arrange the sausages on slices of bread
4. Top with a drizzle of tomato sauce (optional)

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

## Date Scone



### You need:

- Scone Mix
- Dates
- Spray of Oil
- Water
- Oil

### Variations:

- Plain or cheese scones

### Equipment:

- Oven
- Small muffin molds
- Spoon and knife
- Cooling tray
- Serving tray

### Portion size:

- 1 large or 2 small per child
- Top up the snack with a fruit platter

### METHOD:

1. Preheat oven on 180 degrees
2. **Wash your hands**
3. In a large bowl, pour in SCONE MIX
4. Add DATES into the same bowl and mix through
5. Add your OIL and 1 CUP of WATER to your bowl and mix through (2 cups of water for every 12 scones)
6. Slowly add the last CUP OF WATER just until it has that doughy consistency
7. Spray your molds with OIL
8. Scoop mixture into molds
9. Put it into your preheated oven for 20mins or until nice and fluffy
10. Let it set for 2 minutes then enjoy

**Note:** Children can choke on food at any age, but the risk is higher in children under 5 years.

# Baked Beans on Toast



### You need:

- Bread
- Baked beans

### Optional:

- Olivani spread
- Cheese

### Equipment:

- Oven
- Oven tray
- Knife and spoon

### Portion size:

- 1 whole toast per child
- If required, top up the snack with a fruit platter

### METHOD:

1. Preheat oven grill at 150
2. Wash your hands
3. Lay bread on the oven tray
4. Place tray in oven to toast the bread on both sides
5. Bring the toasted bread out of the oven
6. Spoon x2 tablespoons of baked beans onto each toast and spread evenly over the toast
7. Sprinkle some cheese on top (optional) - place tray back into the oven until cheese is melted
8. Cut in half and serve

# Frequently Asked Questions

**1. Who can I talk to for any login issues?**

- Contact Bid Food directly on 09 5208050

**2. Who are our leisure site contacts for Bid Food account?**

ACC - KIDS CLUB PAPATOETOE	Faatuai Start
ACC - KIDS CLUB OTARA	Epi Pelenato
ACC - KIDS CLUB CLENDON	Rangi Joseph
ACC - KIDS CLUB MANUREWA	Leigh Paitai
ACC – KIDS CLUB NATHAN HOMESTEAD	Frances Nicholas
ACC - KIDS CLUB WESTWAVE	Rosemary Ramage
ACC - KIDS CLUB MANGERE	Koa Takai

**3. Can we order fresh bread through Bid Food?**

- It is not possible for BID Food to stock fresh bread. When ordering (frozen) bread, order a day in advance

**4. What if there are items i.e. lite tomato sauce that we want but are not available through Bidfood?**

- Additional items i.e. lite tomato sauce you will need to buy separate for your site as Bidfood do not currently have it available

**5. When should I submit my order?**

- All orders should be submitted online before 11pm for a following day delivery

- Delivery time to site 11am (before 12pm)

**6. What about summer menu options?**

- Replace items like vege soup and vege stir fry with Dips, Crackers and Vege Platter OR Fruit Platter

**7. Over stock of ingredients?**

- Before you make your order, you should check your storage to see what's already in stock

- If you already have an overstock of an item(s) you can remove that item(s) from your shopping list order

# Bidfood Login And Ordering

1. Log in to your BID FOOD account using your LOGIN details

2. Click on MY RECIPES

(Right-hand top corner) and click on recipes from the drop-down choices

3. Click on UNDEFINED (17) option

4. Choose the MENU ITEM from the list - click on it

5. Enter the number of SERVINGS

(Number of children you are cooking for)

6. Click on the LOAD TO BASKET option next to the servings

7. Click on FINISH

Repeat steps 2 to 7 if you would like to order another menu item OR go to MY BASKET (TOP RIGHT-HAND CORNER) and click on it to check your items.

- You can add and delete quantity and items depending on what you need or how much
- Click on GO TO CHECKOUT once finished shopping
- Enter REFERENCE NUMBER
- Select DELIVERY DATE
- Click SUBMIT
- PRINT YOUR ORDER

Sort by:

PRODUCT DETAILS	PRICE	RECIPE UOM	RECIPE QTY	ORDER UOM	ORDER QTY
Essence Flavoured Vanilla - DRY - 12X500ML (HANSELLS ) [80632] Baking Supplies   Essences & Concentrates	\$9.12 /Bottle	ML	6	Bottle	1
Yoghurt Plain Unsweetened - CHILL - 2X4KG (DEWINKEL) [47441] Dairy Products   Yoghurt	\$13.71 /Tub	G	1080	Tub	1
Banana Slices Individually Quick Frozen - FRZN - 10X1KG (SMART CHOICE) [172940] Fruit   Fruit - Frozen	\$5.92 /Packet	G	240	Packet	1
Fruit Salad Clear Juice - DRY - 12X820G (WATTIES ) [65993] Fruit   Fruit - Shelf Stable	\$4.62 /Tin	G	0	Tin	0

Cooking Instructions

---

Fruit Yoghurt cup

# Notes

A series of horizontal dotted lines for writing notes.

# Notes

A series of horizontal dotted lines for writing notes.

KIDS CLUB  
GOOD KAI  
TOOLKIT

