

Summer Smart

Keeping kids nourished, hydrated & happy

As the days get longer and warmer, little appetites can change – but good nutrition and hydration are vital. Here are simple, summer-ready ideas to help your child stay cool, energised and well-fed all season long.

1. Keep it light (but balanced)



Children often prefer smaller, lighter meals in summer. Offer a variety of fresh, colourful foods think crisp vegetables, lean proteins and wholegrains for lasting energy. While fruit is a favourite, aim for balance across the food groups.

Try: Mini chicken and salad wraps, veggie fritters with greens, or pasta salad with colourful vegetables and herbs.

2. Keep it flowing



Children aged one to five need around 1.4–1.6 L (about five to six cups) of water each day and often more in warm weather or during play.

- Keep water available all day in jugs, cups or bottles they can reach.
- Give them a special bottle and decorate it together.
- Use an insulated bottle to keep it cool on the go.
- Avoid or limit sugary drinks and soft drinks – even 100% fruit juice should only be an occasional treat in small (or diluted) amounts.

3. Spot the signs

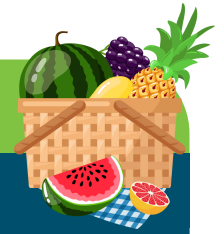


Kids can overheat quickly, and dehydration can sneak up fast. Watch for:

- Dry lips or mouth.
- Tiredness or irritability.
- Cool hands and feet.
- Fewer wet nappies or toilet trips.

Tip: Treat hydration like sunscreen: start early, refresh often, and top up throughout the day.

4. Simple swaps



Small changes can make meals lighter and more appealing:

- Swap hot porridge for overnight oats or yoghurt with fruit.
- Add cooling, water-rich sides like cucumber, cherry tomatoes and orange slices.
- Replace heavier winter meals with lighter wraps, fish tacos or fresh frittatas.
- Offer smaller, more frequent meals to suit warmer-weather appetites.
- Keep fruit salad or frozen yoghurt bites in the freezer for quick snacks.

5. Play it up



- Play “water detectives” – guess which foods have the most water.
- Read books about gardens or rain and talk about how water helps everything grow.
- Have a “tea party” with water in teacups.
- Let children help fill jugs, pour drinks, or choose fruit for infused water.
- Make sure they see you drinking water often.

Recipe: Power Pops

These hydrating pops pack a punch, with protein, calcium, natural fruit sugars and fibre. Perfect for breakfast, snacks, or post-play cool-downs.

You'll need:

- 1 cup Greek or natural yoghurt
- ½ cup fruit (e.g. berries, mango or banana)
- 1–2 tsp honey or maple syrup (optional)
- ¼ cup low-sugar granola or crushed wholegrain cereal

To make:

1. Mix yoghurt and honey.
2. Layer yoghurt and fruit in ice-pop moulds or cups.
3. Sprinkle granola on top for crunch.
4. Freeze for at least 4 hours then enjoy straight from the freezer!

Dairy-free swap: Use coconut or soy yoghurt.

Gluten-free swap: Use gluten-free granola or none at all same great taste!

From The Wellbeing Food Co

We make it easier for early learning centres, and families, to keep children nourished and thriving, with wholesome, chef-prepared meals and practical ideas that make healthy eating part of every day.