

# 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.