

Platters are very common in OSHC settings and a great way to include a wide variety of foods at snack times where children can serve themselves.

There is often the perception that a fruit platter is the most cost-effective platter type for settings. In the example below, you can see that the cost for a fruit platter vs a mixed platter (fruit, vegetables and cheese) is the same, with the additional benefits of the mixed platter providing vegetable and dairy serves in addition to fruit serves.

This is something to consider with your budgeting and menu planning.



Fruit platter		Mixed platter	
24 bananas	(4kg edible portion)	12 bananas	(2kg edible portion)
20 apples	(2kg edible portion)	20 apples	(2kg edible portion)
8kg watermelon	(4kg edible portion)	4kg watermelon	(2kg edible portion)
18 oranges	(2kg edible portion)	9 oranges	(1kg edible portion)
		1kg cheese cubes	
		3kg carrot	(2.3kg edible portion)
		1kg cucumber	(1kg edible portion)
		0.8kg cherry tomatoes	(2 punnets, cut in half, all edible portion)
<b>Fruit: 80 serves</b>		<b>Fruit: 47 serves</b>	
		<b>Milk, yoghurt cheese: 25 serves</b>	
		<b>Vegetables: 54 serves</b>	
<b>\$53</b>		<b>\$53</b>	

Calculations based on edible portion of produce. Prices from Coles online on 12.5.20

1 fruit serve = 150g edible portion, 1 vegetable serve = 75g edible portion, 1 dairy serve = 40g cheese