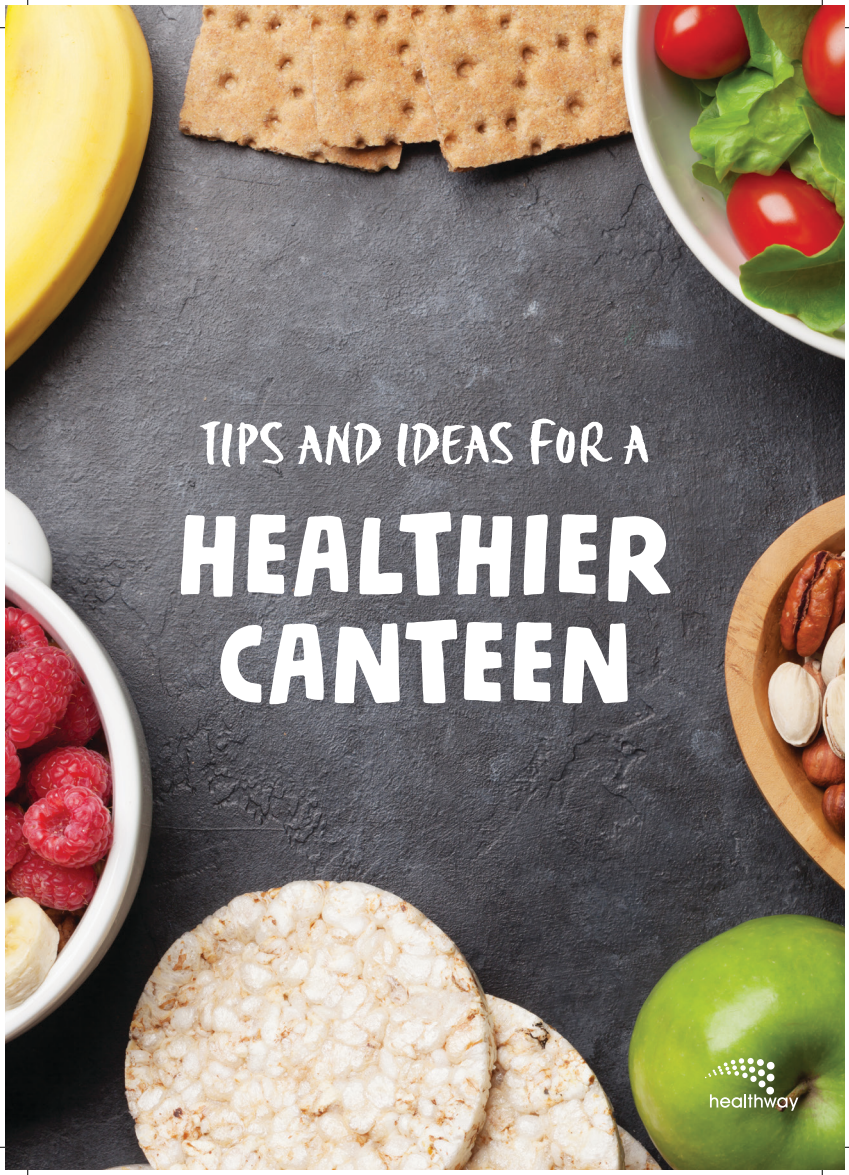


TIPS AND IDEAS FOR A

HEALTHIER CANTEEN

healthway

FUEL UP THE MENU

Canteens and community venues such as sporting clubs or recreation centres have a fantastic opportunity to promote healthy lifestyles. Give your venue the winning edge, by promoting meal deals that fuel your customers - before, during and after exercise. Meal deals are a great way to promote healthier options and avoid wastage.

'FUEL-UP' DEALS

Just like a car needs petrol to run, the body needs food and drinks for energy. Before exercise:

- ✓ water is the best choice for hydration
- ✓ the body's preferred fuel is carbohydrates e.g. wholegrain breads and cereals, fruit and vegetables
- ✓ protein and some fats are important too, but too much can have a negative impact on performance.

'TOP-UP' DEALS

For exercise that is less than 90 minutes, extra energy from food during exercise is not generally required. It is important to stay hydrated and water is the best choice! Promote 'pre-game water' on your menu.

For those who are peckish during exercise, offer pieces of seasonal fruit in individual serves or team packs.

'SPECTATOR SPECIALS'

Spectators are bound to feel peckish, even on the sidelines.

For parents, grandparents and other adults, tea and coffee made with reduced fat milk is always a winner, especially if it is teamed with a mini fruit muffin.

For siblings, offer a 'supporter pack' with a bottle of water and freshly popped popcorn, or cheese and cracker packs.

'RECOVERY' DEALS

After training, playing a game or other forms of activity, it's important to refuel and hydrate with water.

Promoting menu items that are rich in carbohydrates and protein are best for recovery e.g. sushi; rice paper rolls; reduced fat yoghurt and muesli; sandwiches, rolls and wraps; salads.

GREEN UP YOUR MENU WITH THESE IDEAS

GREEN

Best choice

AMBER

Choose carefully

RED

Limit consumption

Aim to reduce RED foods and drinks on menus by using:

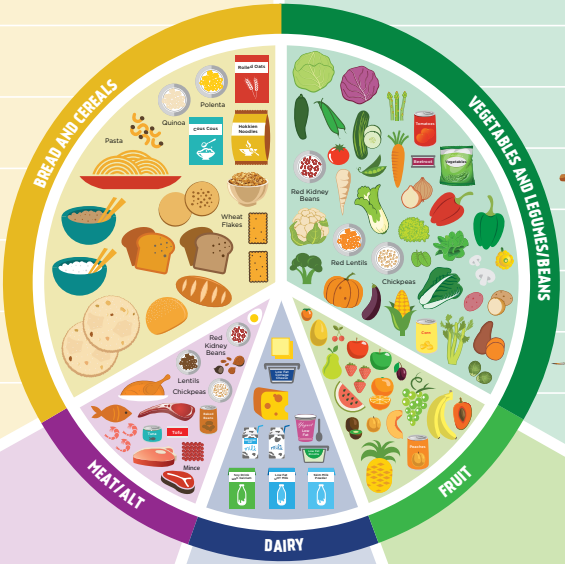
- ✓ lower fat
- ✓ lower sodium choices
- ✓ and minimise your confectionery

ADD MORE GRAINS

- Wholegrain bread for sandwiches/rolls/wraps
- Corn/rice crackers with reduced fat dip or reduced fat cheese
- Wholemeal breakfast cereal cups with reduced fat milk
- Wholegrain pizza with vegetables and lean meat
- Plain popcorn snack packs
- Pasta/rice salads
- Raisin bread

ADD MORE LEAN MEAT / FISH / POULTRY / ALT

- Egg and lean ham breakfast rolls on wholemeal bread
- Chicken or lean meat soups or hot dishes
- Lean roast meat wholemeal rolls
- Grilled fish burger on wholemeal buns
- Lean meat kebabs



ADD MORE VEGETABLES, BEANS & LEGUMES

- Salad in sandwich/ rolls/wraps
- Vegetable soup
- Salad boxes
- Bbq corn cobbs
- Steak sandwich with salad
- Vegetable snack packs
- BBQ kebabs with vegetables
- Bean nachos

ADD MORE DAIRY

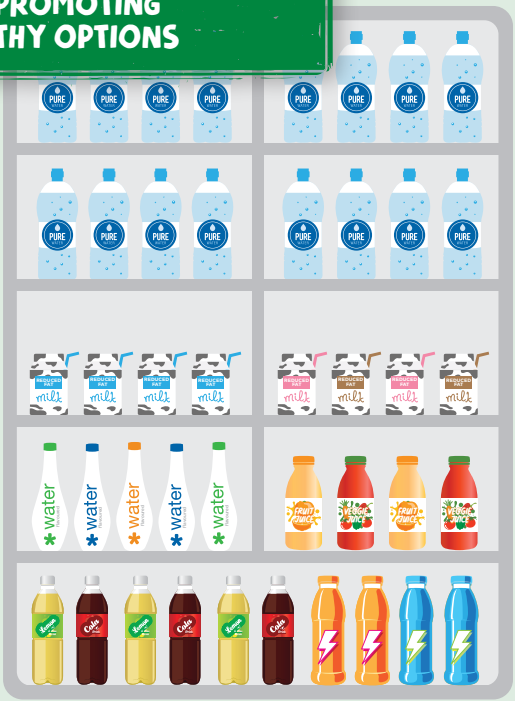
- Reduced fat plain/ flavoured milk drinks
- Reduced fat cheese to salads or sandwiches/toasties
- Reduced fat smoothies
- Reduced fat yoghurt tubs
- Reduced fat hot chocolate cups

ADD MORE FRUIT

- Fresh whole fruit
- Fruit tubs in natural juice
- Frozen fruit pieces
- Diced fresh fruit cups
- Fruit kebabs

FRIDGE LAYOUT

FOR PROMOTING HEALTHY OPTIONS



Place Green and Amber items at the top of the fridge to increase visibility and sales. Items such as water, reduced fat plain and flavoured milk (<300mL) and 99% fruit and vege juice should be displayed in the top four shelves. Red items (Soft drink and Sports drink) should be placed on the bottom shelf, out of sight.

Celebrate the 'small wins' as gradual changes create a positive step towards your healthier canteen!

BETTER BBQS

SAUSAGE SIZZLES

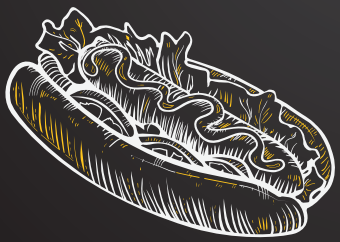
A good old barbeque is an essential part of the Aussie lifestyle and is readily used in both the home and community.

As a cooking method, barbequing is a healthy choice. It often falls down when high fat sausages and greasy burgers are used; not to mention the high salt sauces.

We know sausage sizzles are a crowd favourite.

Make your next sizzle a healthy one by using:

- ✓ reduced fat sausages - aim for 5g or less saturated fat per 100g
- ✓ chicken sausages
- ✓ wholemeal rolls and/or bread



HOT TIP

✓ try themed toppings which pack extra flavour and a nutritious punch:

MEXICAN
homemade salsa (diced tomato, capsicum, red onion and coriander or mint)

MEDITERRANEAN
add grated carrot and/or sliced capsicum to the barbecued onions

FRESH 'N' CRUNCHY
top with crunchy coleslaw.

GOING FOR MORE THAN A SAUSAGE SIZZE?

Next time you are hosting a barbeque at your community venue try something new and tasty.

CUT THE FAT

- Choose leaner cut of meats and trim any visible fat e.g. minute steak for steak sandwiches
- Opt for lean, skinless poultry (chicken, turkey)
- Select reduced fat and salt sausages and burger patties
- Kebabs with skewered lean meat, vegetables and fruit add colour and variety.

GO WHOLEGRAIN

- Swap white bread for wholegrain, wholemeal or multigrain varieties
- Keep a few gluten-free rolls or wraps on hand
- Avoid serving margarine or butter.

SERVE WITH SIDES

- Salads are a good way to bulk up what's on offer while also encouraging vegetable consumption
- Choose meat free salads and reduced fat dressings.

VEGETARIAN OPTIONS

- Always include vegetarian options such as zucchini burgers, lentil patties, vegetarian sausages, grilled vegetables.

WINNING MENU

MAINS

Tasty beef burger - with lettuce, tomato, carrot, onion and beetroot

Grilled chicken burger - with lettuce, tomato, carrot, onion and beetroot

Mixed vegetable kebab - with onion, mushroom, capsicum, zucchini

SIDES

Grilled corn on the cob

Coleslaw

DRINKS

600mL water

300mL flavoured milk

For recipes and ideas visit:

livelighter.com.au
waschoolcanteens.org.au

SAUCES

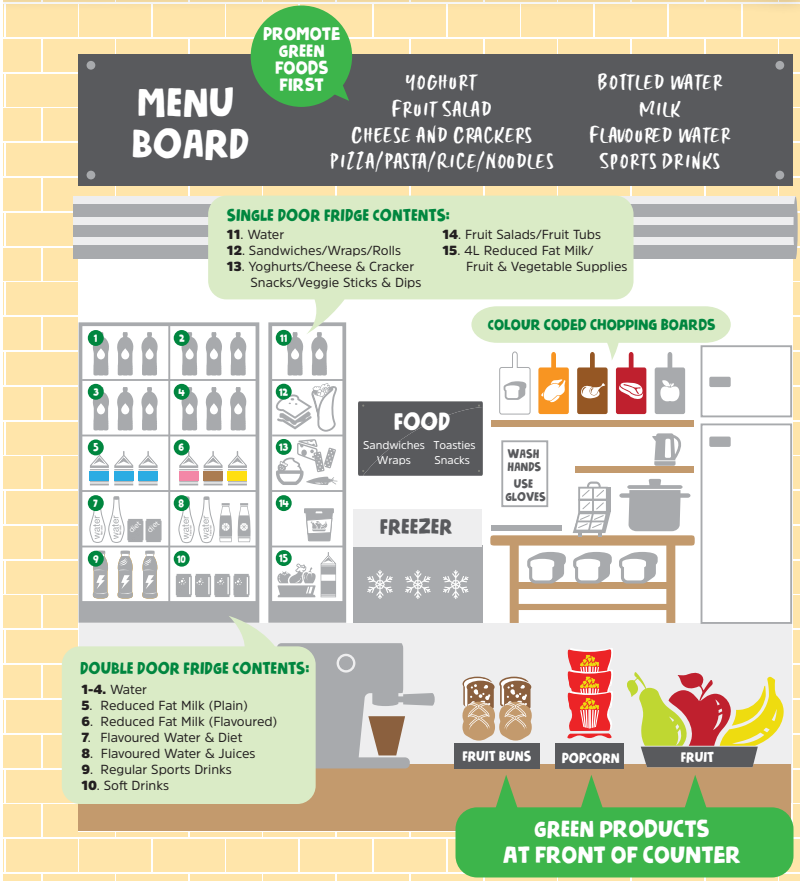
- Use only a small amount of mono or polyunsaturated spray oil such as canola, olive or sunflower oil (be careful using oil sprays near an open flame)
- Use herbs and spices for flavour, think pepper, paprika, garlic, chilli, lemon or lime juice If sauce and mustard is a must, serve no added salt varieties
- Or serve on the side.

SET-UP FOR SUCCESS!

It's much easier to keep up with demand when you have all ingredients ready to go. Preparation is key!
Before service:

- ✓ ensure barbeque is extra clean – top tip, using halved lemons on a hot barbeque works a treat!
- ✓ prepare salads; keep dressing (if using) on the side
- ✓ pre-chop, grate, slice vegetables
- ✓ pre-slice rolls, ready for filling
- ✓ thread meat/vegetables onto skewers ready for barbecuing.

HEALTHY CANTEEN LAYOUT



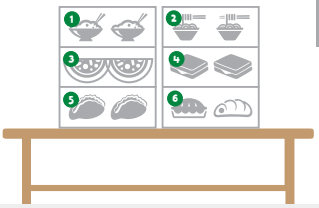
PROMOTE GREEN FOODS FIRST

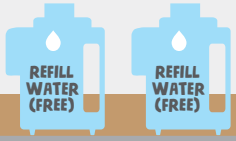
SANDWICHES

SALAD WITH HAM/CHICKEN/MAYO
HAM AND CHEESE
CHICKEN AND CHEESE
CHEESE AND TOMATO

PIE WARMER CONTENTS:

1. Rice Dishes
2. Pasta/Noodle Dishes
3. Pizza Pockolls
4. Jaffles
5. Pasties
6. Pies/Sausage Rolls





GREEN PRODUCTS AT FRONT OF COUNTER

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