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9264 5096

# Fuel to GO GO GO

Your Guide to Providing Healthier Food and Drinks in Sport, Recreation and Entertainment Venues



## 19<sup>th</sup> Annual Canteen Conference and Healthy Choice Food Expo



Friday 22<sup>nd</sup> July 2011 marked the 19<sup>th</sup> Annual Canteen Conference and Healthy Choice Food Expo of the WA School Canteen Association Inc. (WASCA). The Fuel to Go Team held a 'Club Information and Networking Session' for all interested sporting clubs, recreation centres, entertainment venues and health professionals followed by the Healthy Choice Food Expo.

Richard Crane, Senior Health Promotion Coordinator from the South Metropolitan Public Health Unit (SMPHU) presented on the key findings of the Healthy Junior Football Club Project in the South Fremantle District. Richard reported that nutrition was rated as a top priority for the 15 clubs who were surveyed.



*Richard Crane presenting on the Healthy Junior Football Club Project.*

Following this, Keith Petersen, the Canteen Manager of South Coogee Junior Football Club presented on the success of his club canteen and the changes he has made since attending a Fuel to Go Workshop in 2010. Keith attended this workshop as a part of the SMPHU Healthy Junior Football Club Project and since then he has offered more healthy choices and modified many of his menu items to meet the 'green' criteria. Adding more salad to burgers, offering chicken schnitzel rolls with salad and switching to lean ham and reduced-fat cheese are just some of the changes that has seen a boost in the percentage of green products on Keith's menu. The South Coogee JFC Canteen menu boasts 40% green items. Following his presentation, Keith was presented with new Fuel to Go merchandise for his efforts. Please see page 5 for information on new merchandise.



*The Fuel to Go Go 'Canteen' the Healthy Choice Food Expo.*

This session was followed by the Healthy Choice Food Expo. This year the expo featured 66 food and beverage displays where participants sampled healthy and delicious food and drinks.

The Fuel to Go stand in the Expo was set up as a 'club canteen' with a display fridge full of green food and beverages that are appropriate for sports clubs, recreation centres and entertainment venues. We also had a sample menu board on display with a list of green and amber products. If you would like your menu made into an A3 menu board, contact the Fuel to Go Team at WASCA or see page 5 for more information.



Thank you to Healthway for their kind sponsorship of the entry cost of the first 50 clubs to register for this event.



Thank you to Brownes for donating and stocking the Fuel to Go fridge with green products at the Healthy Choice Food Expo.

# Fremantle City Dockers Junior Football Club - Go Go Go

Canteen managers, Fran and Nancy are doing a fantastic job of offering a range of fresh, healthy food and drinks at the Fremantle City Dockers Junior Football Club.

The Fuel to Go team recently visited the club on game day to find a huge selection of fresh rolls, sandwiches, hamburgers, fresh soup and sushi – many of which were almost sold out due to popularity. On return to the office, we completed an assessment of the menu and found that Fran and Nancy are offering a great percentage of green food and drinks:

**38% of items are green**

**21% of items are amber**

**40% of items are red**



They are well on their way to the target percentages of minimum 40% green and a maximum of 30% red. There are also a great range of 'green' drinks on offer including water, flavoured milk and carbonated fruit juice.

Since taking over the canteen in 2010, the canteen has made more profit per week than it previously made in a month. This is a huge success for the club.

Congratulations to Fran and Nancy for all of their hard work!

## Fran and Nancy's Pumpkin Soup

This recipe is rated as **GREEN**

### Makes 25 x 250mL Serves

2 Cloves Garlic

1 Medium Brown Onion

1 Queensland Blue/Kent Pumpkin (approx 3kg)

1 Large Orange Sweet Potato

4 Potatoes

2L Chicken or Vegetable Stock (salt-reduced)



### Method:

1. Peel and finely chop onion and garlic.
2. Peel and chunky chop the pumpkin, sweet potato and potatoes.
3. Spray bottom of soup pot with a small amount of canola oil.
4. Fry onion and garlic until onion is soft.
5. Add the pumpkin, sweet potato and potatoes.
6. Add the salt-reduced stock.
7. Cook until all vegetables are soft.
8. Blend the soup until smooth.



**Fran and Nancy suggest serving the soup with a multi-grain dinner roll.**

# Handle with Care!

To ensure that food and drinks have been prepared correctly and are safe for children to consume, we suggest the following steps:

## Step 1:

Prepare food and drinks as per manufacturer's instructions to maintain the integrity of the product. For example, if the instructions specify to prepare the product with boiling water, use boiling water.

## Step 2:

Test the temperature of the food or drink using a probe thermometer. Ensure items are heated and held at 60°C or higher.

## Step 3:

Comply with the Food Act 2008 and Food Regulations 2009. Observe the 4 hour/2 hour rule (see below). i.e. serve within 2 hours of making.

## Step 4:




Serve food or drinks to students at an appropriate temperature. (See WASCA experiment below). Ensure that the container can be handled without the risk of burns to students or persons serving the food. Use tongs/oven mitts/gloves when removing containers from the oven.

**WASCA Experiment:** Using a probe thermometer we took the temperature of a hot chocolate drink which was prepared to 65°C. Approximately 15 minutes later, when the drink had cooled, the temperature was tested again and was 45°C. At this point, the hot chocolate was cool enough to drink and touch without risk of burning either mouth or skin. Note that a denser food, e.g. macaroni cheese or similar, may take longer to cool to the same temperature.

## 4 Hour / 2 Hour Rule

After cooking, food must be used immediately, refrigerated for later use, or thrown away depending on the time since cooking. To ensure food does not become hazardous and unsafe, use the table as a general rule.

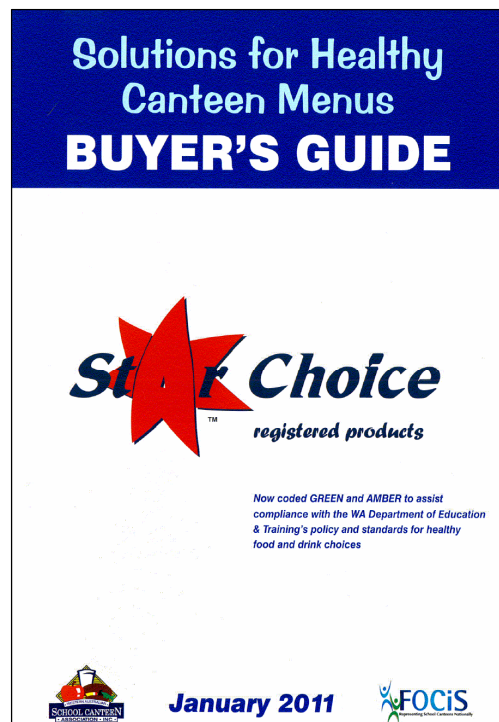
Remember to include the total time food is at room temperature including preparation time, resting and cooling time after being heated to 60°C and the time before it is consumed by the customer.

|                                                                                                        |                                      |
|--------------------------------------------------------------------------------------------------------|--------------------------------------|
| <br>under 2 hours | Use immediately or refrigerate       |
| <br>2-4 hours     | Use immediately – do not refrigerate |
| <br>over 4 hours  | Throw away!                          |

**NOTE:** It is impossible to give a definitive time to allow food and drinks to cool to make them safe to serve that can be applied in every situation. Therefore if in doubt, test the internal temperature of the food using your probe thermometer.

# The July 2011 edition of the Star Choice™ Buyer's Guide is here!

If you would like to order your **free** copy of the updated Star Choice™ Buyer's Guide, please contact Michelle or Claire at WASCA:  
**Email:** [fueltogether@det.wa.edu.au](mailto:fueltogether@det.wa.edu.au)  
**Phone:** 9264 5096



The Star Choice™ Buyer's Guide provides a huge list of suppliers and distributors of food and beverage products – all of which are conveniently colour-coded as green or amber. The Buyer's Guide lists many popular items for sporting clubs and recreation centres such as burger patties, pies, sausage rolls, muffins, sushi, carbonated fruit juice and slushies.

## Featured Products

### Homestyle Salads

Creating fresh and healthy hamburgers, sandwiches, rolls and wraps with lots of salad are always a hit on the menu. When volunteers are limited on busy game days, washing and preparing large quantities of salad items to make these products can take up some of your valuable time. However, Homestyle Salads provide a solution! Homestyle is a Western Australian business who currently supplies to a range sporting clubs throughout the state.

Homestyle offer a number of products perfect for the canteen or kiosk at sporting clubs, recreation centres and entertainment venues including:

- Sliced onions
- Shredded Lettuce
- Shredded Carrot
- Garden Salad mixes
- Pumpkin portions – perfect for creating pumpkin soup



See page 59 of the Star Choice™ Buyer's Guide for more information.

### Brownes Chill Fuel

Brownes have recently created 'Chill Fuel' which is a fresh milk product low in fat, high in calcium and fibre as well as being a source of protein and energy. It's available in a 250mL size in Vanilla, Berry and Banana flavours. It's also classified as green, see page 50 of the Star Choice™ Buyer's Guide for more information.



### Sushi

The Buyer's Guide lists a range both fresh and frozen varieties of sushi as well as platters which are ideal for functions. All sushi listed on page 60 of the Buyer's Guide is classified as green.

# Taking Fuel to Go to Bunbury



In April, the Fuel to Go Team made a trip from Perth to Bunbury to hold a workshop for clubs and recreation centres who were interested in making healthy changes to their menus. The workshop was held at the City of Bunbury Surf Life Saving Club who kindly allowed us complimentary use of their venue. We had a great turnout and met with lots of new clubs who were keen to try new things at their club's canteen or kiosk. Many of the clubs we met are already offering a range of healthy options which is a great achievement. Attending a Fuel to Go workshop is a great opportunity to network with other clubs and share ideas.

If you are interested in holding a Fuel to Go workshop at your club, please contact us on 9264 5096 or email [fuelto go@det.wa.edu.au](mailto:fuelto go@det.wa.edu.au)

## NEW! Fuel to Go Merchandise

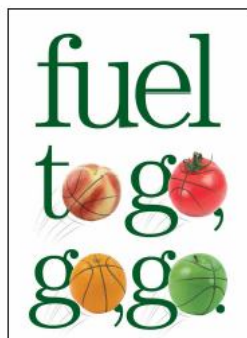
The Fuel to Go Team has recently created new promotional merchandise and resources for successful clubs. Clubs who meet a minimum of 40% green items and a maximum of 30% red items on their menu will receive a complimentary Fuel to Go apron and a roll of 100 Fuel to Go stickers for their efforts. The Fuel to Go Stickers are bright green in colour, perfect for sticking onto your great green menu items! We can also print an A3 menu board with your green and amber choices, for clubs who are interested in promoting these items. If you are interested in receiving any of this **free** merchandise for your club, simply send your menu to [fuelto go@det.wa.edu.au](mailto:fuelto go@det.wa.edu.au) or PO Box 25, HILLARYS WA 6923.



| FUEL TO MAKE YOU |                                                                                 |    |
|------------------|---------------------------------------------------------------------------------|----|
| g,go,go          |                                                                                 |    |
|                  | Bacon & Egg Burger                                                              | \$ |
|                  | Ham & Salad Roll                                                                | \$ |
|                  | Chicken & Salad Wrap                                                            | \$ |
|                  | Hamburger                                                                       | \$ |
|                  | <small>with pulled chicken, lettuce, tomato, grated carrot &amp; bunnet</small> |    |
|                  | Toasted Ham & Cheese Sandwich                                                   | \$ |
|                  | Toasted Chicken & Cheese Sandwich                                               | \$ |
|                  | Hot Dog Meal Deal                                                               | \$ |
|                  | Mini Fruit Muffins                                                              | \$ |
|                  | Fresh Fruit Salad                                                               | \$ |

## Fuel to GO Posters

Would you like some **free** posters to display in your club's canteen, kiosk or food service?



If you would like to order free copies of these posters, please contact us:

Email: [fuelto go@det.wa.edu.au](mailto:fuelto go@det.wa.edu.au)

Phone: 9264 5096