



Healthier Vendor Guide

SPRING 2021



YOUR GUIDE TO SELECTING
HEALTHIER VENDORS

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HEALTHIER COMMUNITY EVENTS

Local events offer a great opportunity for families and communities to get together for entertainment, increase skills, keep active, network with other people in the area as well as service providers.

You can make a positive difference to the health and wellbeing of your community by choosing the food vendors at events wisely and by encouraging the availability of healthier food options.

ABOUT THE HEALTHIER VENDOR GUIDE

The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

The HVG is produced by the team at the Western Australian School Canteen Association Inc. (WASCA). WASCA is a not-for-profit health promotion charity that assists food services to provide and promote healthy choices in schools, workplaces, hospitals and in the community. WASCA works in partnership with many Healthway sponsored organisations to provide them with advice to increase healthy food and drinks options at events.

To be included in the HVG, WASCA determines the suitability of the products on the vendor's menu using the 'Traffic light' system. The 'Traffic light' system is based on the Australian Dietary Guidelines and Department of Health's - 'Healthy Options WA' Food and nutrition policy. It categorises products as 'green', 'amber', and 'red'. There are two HVG categories:

1. 'Food and beverage vendor'

- Sells predominantly food with some beverages available
- Meets traffic light criteria of >40% 'green' and <30% 'red' menu items.



2. 'Beverage only vendor'

- Only sells beverages (e.g fresh fruit juice)
- Meets traffic light criteria of only 'green' and/or 'amber' beverage items.



'TRAFFIC LIGHT' SYSTEM

The 'Traffic light' system is based on the Australian Dietary Guidelines. Examples include:

| GREEN Fill the menu | AMBER Select carefully | RED Only occasionally |
|--|--|---|
| <p>These are the healthiest choices because they are excellent sources of important nutrients and represent one or more of the five food groups needed for optimum health and wellbeing. They are low in saturated fat, added sugar and salt. Fill the menu with mostly green options.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » bottle plain/sparkling water » fruit, vegetables and legumes » Breads, pastas and rice » plain milk (300mL or less) » soup and vegetable based meals e.g. pasta and rice. » Lean meat, fish and poultry | <p>These have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can contribute to excess energy intake. These need to be chosen carefully and eaten in moderation.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » 99% fruit juice (<300mL) » Artificially flavoured drinks e.g diet drinks (600mL) » small fruit muffins(<60g) » Red meat with visible fat » Dairy free milks with no added calcium | <p>These are energy dense and have little nutritional value. Most are high in saturated fat, added sugar and/or salt and can contribute to excess energy intake. These should only be eaten sometimes and in small amounts.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » all deep fried food » soft / energy / sports drinks » chocolates and lollies » iced cakes » premium ice-creams (e.g. chocolate coated). » processed meats (e.g. lean ham & bacon) » sour cream |

HEALTHIER VENDOR GUIDE

Food and beverage list

Chocolate Chilli Pork Company

| | | |
|----------------------|---|-------------------------------------|
| Cuisine | Hot Meals | |
| Contact Person | Melbourne Simpson | |
| Phone | 0468 543 798 | |
| Email | chefmade@bigpond.net.au | |
| Facebook/Website | facebook.com/chocolatechilliporkcompany | |
| Regions | Perth Metropolitan South West Great Southern | Wheatbelt Goldfields Mid-West |
| Healthier menu items | Mushroom burgers | |

Coffee Cabana

| | | |
|----------------------|--|-----------|
| Cuisine | Toasted sandwiches & coffee | |
| Contact Person | Liz Smith | |
| Phone | 0448 680 111 | |
| Email | coffeecabana100@gmail.com | |
| Facebook/Website | | |
| Regions | Perth Metropolitan South West Great Southern | Wheatbelt |
| Healthier menu items | Toasted sandwiches | |



Fresh Turkish Gozleme

| | |
|----------------------|---|
| Cuisine | Turkish |
| Contact Person | Basak Candemir |
| Phone | 0422 288 602 |
| Email | danyal_kadir@hotmail.com |
| Facebook/Website | facebook.com/FreshTurkishGozleme |
| Regions | Perth Metropolitan |
| Healthier menu items | Various gozlemes |

Ma La Dumplings

| | |
|----------------------|--|
| Cuisine | Chinese |
| Contact Person | Teesh Law |
| Phone | 0458 887 878 |
| Email | info@margaretriverdumplings.com |
| Facebook/website | facebook.com/maladumplings.com |
| Regions | South West Perth Metropolitan |
| Healthier menu items | Dumplings Noodles Salads |

Mattia's Italian Vibes

| | |
|----------------------|---|
| Cuisine | French/Italian |
| Contact Person | Tracey Huang |
| Phone | 0474 152 827 |
| Email | mattaitalianvibes@gmail.com |
| Facebook/Website | facebook.com/MattaitalianVibes |
| Regions | South West |
| Healthier menu items | Buckwheat wraps filled with fresh fillings |



Mary's Spud Wagon

| | |
|----------------------|--|
| Cuisine | Baked potatoes |
| Contact Person | Mary Laity |
| Phone | 08 9581 4430 or 0402 637 620 |
| Email | spudladywa@gmail.com |
| Facebook/Website | |
| Regions | Perth Metropolitan South West |
| Healthier menu items | Baked potatoes with various hot and cold fillings |

Paella on the Move

| | |
|----------------------|--|
| Cuisine | Spanish |
| Contact Person | Mirco Bortolozzo |
| Phone | 0412 018 341 |
| Email | paellaonthemove@gmail.com |
| Facebook/Website | facebook.com/paitumaca |
| Regions | Perth Metropolitan South West Great Southern |
| Healthier menu items | Chicken or kale and mushroom paella |

Pizza Joe's Woodfired Pizza

| | |
|----------------------|---|
| Cuisine | Pizza |
| Contact Person | Joe Gurgone |
| Phone | 0433 858 776 |
| Email | pizzajoeswoodfiredpizza@outlook.com |
| Facebook/website | facebook.com/pizzajoeswoodfiredpizzaandcatering |
| Regions | Perth Metropolitan |
| Healthier menu items | Woodfired pizza |



Porta Pizza

| | |
|----------------------|--|
| Cuisine | Pizza |
| Contact Person | Oliver Lemke |
| Phone | 0419 868 489 |
| Email | info@portapizza.com.au |
| Facebook/Website | portapizza.com.au |
| Regions | Perth Metropolitan South West |
| Healthier menu items | Woodfired pizza |

Rob's Stuffed Spud

| | | | |
|----------------------|--|-------------------------------------|---------------------|
| Cuisine | Baked Potatoes | | |
| Contact Person | Patricia Lewin | | |
| Phone | 0488 110 192 | | |
| Email | robsbakedpotatoes@hotmail.com | | |
| Facebook/Website | | | |
| Regions | Perth Metropolitan South West Great Southern | Wheatbelt Goldfields Mid-West | Gascoyne Pilbara |
| Healthier menu items | Baked potatoes with various hot and cold fillings | | |

Satay Satay

| | |
|----------------------|---|
| Cuisine | Asian |
| Contact Person | Alvin Kang |
| Phone | 0414 981 368 |
| Email | sataysatayaus@gmail.com |
| Facebook/Website | facebook.com/sataysatay |
| Regions | Perth Metropolitan South West Great Southern |
| Healthier menu items | Satay sticks Steamed buns |



The Stuffed Spud

| | |
|----------------------|--|
| Cuisine | Baked Potatoes |
| Contact Person | Brett Herron |
| Phone | 0414 947 052 |
| Email | herron@highway1.com.au |
| Facebook/website | stuffedspud.com |
| Regions | Perth Metropolitan South West Great Southern Wheatbelt |
| Healthier menu items | Stuffed potatoes with various toppings |

Tomato & Basil

| | |
|----------------------|--|
| Cuisine | Pizza |
| Contact Person | Giorgio Chiera |
| Phone | 0416 433 878 |
| Email | info@tomatoandbasil.com.au |
| Facebook/Website | facebook.com/tomatonbasilpizzeria/ tomatoandbasil.com.au |
| Regions | Perth Metropolitan |
| Healthier menu items | Woodfired pizzas |

Turkish Hotplate

| | |
|----------------------|---|
| Cuisine | Turkish gozlemes |
| Contact Person | Birgul Candemir |
| Phone | 0411 304 411 |
| Email | birgul_candemir@hotmail.com |
| Facebook/website | facebook.com/Turkishhotplate |
| Regions | Perth Metropolitan South West |
| Healthier menu items | Gozlemes |



Two Queens Pizza Queens

| | |
|----------------------|---|
| Cuisine | Pizza, Spanish |
| Contact Person | Jules Colson and Izabel Machese |
| Phone | 0416 008 514 or 0430 920 440 |
| Email | Jules@twoqueens.com.au ; Izabel@twoqueens.com.au |
| Facebook/website | facebook.com/PizzaQueensWoodfiredStreetPizza twoqueens.com.au |
| Regions | Perth Metropolitan South West Great Southern Wheatbelt |
| Healthier menu items | Woodfired pizzas & Paella |

WA Spit Roast

| | |
|----------------------|---|
| Cuisine | Roast meat |
| Contact Person | Sean Powers |
| Phone | 08 9331 4100 or 0419 531 644 |
| Email | sean.p@inet.net.au |
| Facebook/Website | facebook.com/waspitroast waspitroast.com.au |
| Regions | Perth Metropolitan |
| Healthier menu items | Roasted meats and vegetables & salads |

Yahava Koffee Works Mobile Express Van

| | |
|----------------------|--|
| Cuisine | Coffee |
| Contact Person | Fran Sheffield |
| Phone | 0418 914 446 |
| Email | fran@yahava.com.au |
| Facebook/Website | yahava.com.au/content/109-mobile |
| Regions | South West |
| Healthier menu items | Coffee made with reduced-fat milk Herbal tea |



Zab Salad Authentic Indian Food

| | |
|----------------------|---|
| Cuisine | Indian |
| Contact Person | Umair Ahmed |
| Phone | 0403 418 924 |
| Email | ahmedumair18@gmail.com |
| Facebook/Website | facebook.com/indian4142 |
| Regions | Perth Metropolitan |
| Healthier menu items | Curry and rice |



HEALTHIER VENDOR GUIDE

Beverage list

Fruit Junkeeze

| | |
|----------------------|--|
| Cuisine | Juices & Smoothies |
| Contact Person | Jaz and Alina |
| Phone | 0419 962 916 |
| Email | satayrest@yahoo.com |
| Facebook/Website | |
| Regions | Perth Metropolitan South West Great Southern |
| Healthier menu items | Juices & Smoothies |

Juice Station

| | |
|----------------------|---|
| Cuisine | Juices |
| Contact Person | Pahnan Sungsinlert |
| Phone | 0481 534 075 |
| Email | info@juicestation.com.au |
| Facebook/Website | https://www.juicestation.com.au/ |
| Regions | Perth Metropolitan |
| Healthier menu items | Juices |



Raw Life Juice Bar

| | |
|----------------------|---|
| Cuisine | Cold pressed juices |
| Contact Person | Kylie Johnston |
| Phone | 0409 984 001 |
| Email | rawlifejuice@mail.com |
| Facebook/Website | https://www.rawlifejuice.com.au/ |
| Regions | South West |
| Healthier menu items | Cold pressed juices & icy poles |



HEALTHIER VENDOR GUIDE

PERTH METROPOLITAN

| Vendor | Products | Name | Phone | Email |
|---|----------------------------------|--------------------|--------------|--|
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Coffee Cabana | Toasted sandwiches & coffee | Liz Smith | 0448 680 111 | coffeecabana100@gmail.com |
| Fresh Turkish Gozleme | Gozleme | Basak Candemir | 0422 288 602 | danyal_kadir@hotmail.com |
| Fruit Junkeeze | Juices & Smoothies | Jaz and Alina | 0419 962 916 | satayrest@yahoo.com |
| Josie's Baked Potatoes | Baked Potatoes, various fillings | Josie Pascoe | 0407 214 697 | jkpascoe@iprimus.com.au |
| Juice Station | Juices | Pahnan Sungsinlert | 0481 534 075 | info@juicestation.com.au |
| Ma La Dumplings | Dumplings, noodles and salads | Teesh Law | 0458 887 878 | info@margaretriverdumplings.com |
| Mary's Spud Wagon | Stuffed potatoes | Mary Laity | 0402 637 620 | spudladywa@gmail.com |
| Paella on the Move | Paella | Mirco Bortolozzo | 0412 018 341 | paellaonthemove@gmail.com |
| Pizza Joe's Woodfired Pizza | Wood fired Pizza | Joe Gurgone | 0433 858 776 | pizzajoeswoodfiredpizza@outlook.com |
| Porta Pizza | Wood fired Pizza | Oliver Lemke | 0419 868 489 | info@portapizza.com.au |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |
| Satay Satay | Satay Sticks, steamed buns | Alvin Kang | 0414 981 368 | sataysatayaus@gmail.com |



PERTH METROPOLITAN

| Vendor | Products | Name | Phone | Email |
|---|---------------------------------|--------------------------------|------------------------------|--|
| The Stuffed Spud | Stuffed potatoes | Brett Herron | 0419 947 052 | herron@highway1.com.au |
| Tomato & Basil | Pizza | Giorgio Chiera | 0416 433 878 | info@tomatoandbasil.com.au |
| Turkish Hotplate | Gozleme | Birgul Candemir | 0411 304 411 | birgul_candemir@hotmail.com |
| Two Queens Pizza Queens | pizza, paella, BBQ, fresh fruit | Jules Colson Izabel Machese | 0416 008 514 0430 920 440 | Jules@twoqueens.com.au Izabel@twoqueens.com.au |
| WA Spit Roast | Roast meats, salads, rolls | Sean Powers | 0419 531 644 | sean.p@iinet.net.au |
| Zab Salad Authentic Indian Food | Indian Curries | Umair Ahmed | 0403 418 924 | ahmedumair18@gmail.com |



SOUTH WEST

| Vendor | Products | Name | Phone | Email |
|---|--------------------------------|-------------------|--------------|--|
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Coffee Cabana | Toasted sandwiches & coffee | Liz Smith | 0448 680 111 | coffeecabana100@gmail.com |
| Fruit Junkeeze | Juices & smoothies | Jaz and Alina | 0419 962 916 | satayrest@yahoo.com |
| Ma La Dumplings | Dumplings, noodles and salads | Teesh Law | 0458 887 878 | info@margaretriverdumplings.com |
| Mary's Spud Wagon | Stuffed potatoes | Mary Laity | 0402 637 620 | spudladywa@gmail.com |
| Mattia's Italian Vibes | Buckwheat wraps | Tracey Huang | 0474 152 827 | mattiaitalianvibes@gmail.com |
| Paella on the Move | Paella | Mirco Bortolozzo | 0412 018 341 | paellaonthemove@gmail.com |
| Porta Pizza | Woodfired Pizza | Oliver Lemke | 0419 868 489 | info@portapizza.com.au |
| Raw Life Juice Bar | Cold pressed juice & icy poles | Kylie Johnston | 0409 984 001 | rawlifejuice@mail.com |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |
| Satay Satay | Satay Sticks, steamed buns | Alvin Kang | 0414 981 368 | sataysatayaus@gmail.com |
| The Stuffed Spud | Stuffed potatoes | Brett Herron | 0419 947 052 | herron@highway1.com.au |
| Turkish Hotplate | Gozleme | Birgul Candemir | 0411 304 411 | birgul_candemir@hotmail.com |



| Vendor | Products | Name | Phone | Email |
|---|---------------------------------|--------------------------------|------------------------------|--|
| Two Queens Pizza Queens | Pizza, paella, BBQ, fresh fruit | Jules Colson Izabel Machese | 0416 008 514 0430 920 440 | Jules@twoqueens.com.au Izabel@twoqueens.com.au |
| Yahava Koffee | Coffee | Fran Sheffield | 0418 914 446 | fran@yahava.com.au |

GREAT SOUTHERN

| Vendor | Products | Name | Phone | Email |
|---|----------------------------------|--------------------------------|------------------------------|--|
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Coffee Cabana | Toasted sandwiches & coffee | Liz Smith | 0448 680 111 | coffeecabana100@gmail.com |
| Fruit Junkeeze | Juices & Smoothies | Jaz and Alina | 0419 962 916 | satayrest@yahoo.com |
| Josie's Baked Potatoes | Baked Potatoes, various fillings | Josie Pascoe | 0407 214 697 | jkpascoe@iprimus.com.au |
| Paella on the Move | Paella | Mirco Bortolozzo | 0412 018 341 | paellaonthemove@gmail.com |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |
| Satay Satay | Satay Sticks, steamed buns | Alvin Kang | 0414 981 368 | sataysatayaus@gmail.com |
| The Stuffed Spud | Stuffed potatoes | Brett Herron | 0419 947 052 | herron@highway1.com.au |
| Turkish Hotplate | Gozleme | Birgul Candemir | 0411 304 411 | birgul_candemir@hotmail.com |
| Two Queens Pizza Queens | pizza, paella, BBQ, fresh fruit | Jules Colson Izabel Machese | 0416 008 514 0430 920 440 | Jules@twoqueens.com.au Izabel@twoqueens.com.au |



WHEATBELT

| Vendor | Products | Name | Phone | Email |
|---|----------------------------------|-------------------|--------------|--|
| Coffee Cabana | Toasted sandwiches & coffee | Liz Smith | 0448 680 111 | coffeecabana100@gmail.com |
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Josie's Baked Potatoes | Baked Potatoes, various fillings | Josie Pascoe | 0407 214 697 | jkpascoe@iprimus.com.au |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |
| The Stuffed Spud | Stuffed potatoes | Brett Herron | 0419 947 052 | herron@highway1.com.au |

GOLDFIELDS

| Vendor | Products | Name | Phone | Email |
|---|------------------|-------------------|--------------|--|
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |



MIDWEST

| Vendor | Products | Name | Phone | Email |
|---|----------------------------------|-------------------|--------------|--|
| Chocolate Chilli Pork Company | Burgers & rolls | Melbourne Simpson | 0468 543 798 | chefmade@bigpond.net.au |
| Josie's Baked Potatoes | Baked potatoes, various fillings | Josie Pascoe | 0407 214 697 | jkpascoe@iprimus.com.au |
| Robs' Baked Potatoes | Stuffed potatoes | Patricia Lewin | 0488 110 192 | robsbakedpotatoes@hotmail.com |





Healthier Vendor Guide

SPRING 2021

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