



CATERING GUIDELINES

Contents

- 3 Introduction
- 4 Traffic Light System
- 5 Breakfast for Brunch
- 6 Light Bites
- 7 Sandwich Selections
- 8 Salad Sensations
- 9 Better BBQ's
- 10 Sweet Delights
- 11 Drinks
- 12 Australian Dietary Guidelines/
Dietary Requirements
- 13 Simple Menu Swaps

Acknowledgements

This resource was developed by Fuel to Go & Play® and adapted from the Healthy Choices Healthy Futures resource 'Healthier Catering: A guide to assist workplaces.' Healthy Choices Healthy Futures© State of Western Australia 2017 reproduced with permission.



Introduction

Catering can be so much more than a deep fried spring roll or a salad drowned in dressing. **Small changes** can make a **big difference**.

Community events and sporting clubs represent a great opportunity to promote and support healthy eating for community members in attendance. Catering has the potential to contribute positively to our health when coupled with consistent healthy messages.

Providing healthier catering at events is a great way to promote health and wellbeing by supporting the community in making healthier choices.



The Catering Guidelines for Community Events has been developed to provide suggestions and advice about how to achieve a healthy balance. These ideas can be presented to external or internal caterers to encourage healthier options.

This guide serves up some inspiration and lots of ideas on how to provide healthier catering at your next function or event. All of the suggestions provided assume the use of ingredients that are consistent with the Australian Dietary Guidelines (www.eatforhealth.gov.au), which seeks to promote health and wellbeing and reduce the risk of chronic disease.

The ideas in this guide have been colour coded as 'green' and 'amber' using the 'Traffic light' system, which is based on the Australian Dietary Guidelines (see table below).

For more inspiration and healthy recipes, visit:

- » www.waschoolcanteens.org.au
- » www.fueltogether.com



Traffic Light System

Fill the menu

Green food and drinks

- Fill the menu
- Excellent source of important nutrients
- low in saturated fat, added sugar and salt



Select carefully

Amber food and drinks

- Some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt, which can contribute to excess energy (kilojoule) intake.
- chosen carefully and eaten in moderation.



Off the menu

Red food and drinks

- Energy dense and have little nutritional value
- Most are high in saturated fat, added sugar and/or salt, which contributes to excess energy (kilojoule) intake.
- These should only be eaten sometimes and in small amounts.



Breakfast or brunch

The importance of breakfast cannot be underestimated. After a period of rest, we need to 'break the fast' and provide our bodies with the energy to get through the day.

● Green Choices ● Amber Choices

Breakfast burritos or wraps filled with

- An omelette with mushrooms and tomato relish
- Beans in a spicy tomato sauce, cheese and a mix of tinned corn and fresh capsicum
- Feta and spinach
- Scrambled eggs, tomato chives and cheese

Cereal served with milk/ yoghurt

- Bircher muesli*
- Untoasted muesli*
- Wheat flakes or wheat breakfast biscuits

**breakfast cereal with no added dried fruit*

Mini rolls or bagels filled with

- Cheese, spinach and tomato
- Smoked salmon

Fruit

- Fresh fruit salad cups or fruit platter
- Stewed spiced fruit cups with yoghurt

Frittata

- Baked ricotta
- Chicken & vegetable
- Vegetable and feta cheese

Mushroom

- Field mushroom baked with pesto and ricotta cheese
- Button mushrooms with chives and polenta toast (with milk or water and cheese)

Toast (wholegrain or plain)

- With 100% fruit jam (15g serve)
- Fruit bread
- With pesto and avocado or tomato and basil

English muffin or crumpets topped with

- Baked beans and cheese
- Egg
- Spiced ricotta and stewed apple
- Tomato & cheese

Smoothies, using plain milk and yoghurt

- Banana – frozen or very ripe give the best results
- Berry – use frozen berries and reduced fat strawberry yoghurt



Tip – adding oats or wheat cereals helps to thicken smoothies and transforms them into a substantial breakfast option



If using milk alternatives be sure they are calcium fortified 100mL/100g

Light Bites

The trick is to keep snacks small, light and healthy to maintain energy levels and overall alertness.

● Green Choices

● Amber Choices

Dips

Serve with vegetables sticks and plain crackers

- Carrot and cumin
- Tomato Salsa
- Guacamole
- Hummus
- Mango Salsa
- Pesto
- Ricotta and mint
- Roasted capsicum
- Rocket salsa
- Tzatziki with yoghurt and cucumber

Filo pastry parcels filled with

- Chicken and pesto
- Spinach and ricotta
- Moroccan-spiced beef, using a spice mix of ground cumin, coriander, cinnamon and ginger
- Marinated mushrooms

Lean meat-based dishes

- Beef or chicken skewers served with a minted plain yoghurt
- Beef, lamb or chicken meatballs served with tomato relish

Pita Bread

- Oven-baked with a sprinkle of lemon pepper, serve with dips

Frittata

- Chicken and vegetable
- Vegetable and small amount of feta

Sushi, nigiri or sashimi

- Choose plain seafood, vegetable and lean meat varieties

Rice paper roll with

- Chicken and vegetable
- Prawn and vegetable
- Vegetarian

Wonton Cups (baked) filled with

- Tomato and basil salsa
- Chicken, avocado and pesto

Popcorn

- Plain air popped popcorn
- Try adding, rice crackers; baked chickpeas or a few pretzels



Sandwich Selections

A sandwich can be so much more than soggy tomato and limp lettuce. With the enormous variety of breads, rolls and wraps available, there is bound to be a combination to suit even the fussiest of eaters.

Try to serve different types of bread such as wholemeal, wholegrain, multigrain, soy and linseed, rye or high-fibre white options.

● Green Choices

● Amber Choices

Cheese with

- Tomato and lettuce
- Marinated vegetables drained of oil

Chicken with

- Avocado
- Salad
- Roasted capsicum and rocket
- Pesto and sundried tomato

Egg with

- Curry powder
- Lettuce

Smoked Salmon with

- Dill and cream cheese
- Herbed ricotta

Tuna with

- Spring onion and cheese
- Cream cheese and chives
- Salad

Vegetarian with

- Roast vegetables and rocket
- Hummus and sundried tomatoes

Turkey with

- Cranberry sauce and greens
- Cranberry sauce, cream cheese and avocado

TOP TIP!

If using spreads, opt for a mono or polyunsaturated margarine, reduced-fat mayonnaise, avocado, mustard, pesto or mustard pickle.



Salad Sensations

Salads add colour and variety to catering while boosting the Green percentage on catering menus. Try the following salad suggestions:

● Green Choices ● Amber Choices

Beetroot

- Lentil, spinach, feta and walnut

Coleslaw

- Cabbage, carrots, shallots, capsicum and vingerette dressing
- Spanish inspired purple cabbage, carrot and smoked paprika

Corn

- Tomato, coriander, red onion, avocado and lime

Couscous

- Chickpeas, currants, orange and spring onions with lemon juice and vinegar
- Roasted vegetable and ricotta

Fattoush

- Cucumber, lettuce, tomato, fresh mint and sumac served with oven baked pita bread and yoghurt

Potato

- With an oil and mustard vinaigrette
- Yoghurt dressing

Pasta or noodle

- Rissoni with pesto and roast vegetables
- Smoked salmon

Mushroom

- Field mushroom baked with pesto and ricotta cheese
- Hokkein noodles with chicken, vegetables and a reduced salt hoisin sauce dressing

Rice (brown)

- Currants, tomatoes, snow peas, spring onions with a reduced salt soy and sesame oil dressing

Tabbouleh

- Burghul, parsley and tomato
- Quinoa, mint, tomato and cucumber

Watermelon

- Feta, red onion and fresh mint

Zucchini

- Roasted with ricotta and lemon



Better BBQ's

Hosting an event is a great opportunity to offer a fundraising sausage sizzle. This is also an opportunity to think beyond a 'sausage in a bun' and put some other healthy items on the BBQ. This will attract more customers!



1

Use reduced fat & salt sausages - aim for 5g or less saturated fat per 100g

2

Make it a 'meal deal' - sell your sausage sizzle with water

3

Cut the fat

- Choose leaner cuts of meats and trim any visible fat
- Opt for lean, skinless poultry (e.g. chicken or turkey)

4

Go for wholegrains

- Swap white bread/rolls for wholegrain or multigrain varieties

5

Make vegetables the hero

- Corn on the cob
- Fruit and veg skewers
- Grilled capsicum, carrots, eggplant, zucchini and mushrooms



Mains

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

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

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

Sides

Corn on the cob

Drinks

600mL water

6

Serve with salads

- Coleslaw with a tangy greek yoghurt dressing
- Salsa - tomato, capsicum, red onion & basil

7

Swap the sauce

- Add herbs and spices for flavour
- Select no added salt /salt reduced varieties of sauce.

Sweet Delights

Offering a selection of sweet options will cater to everyone's taste.

● Green Choices ● Amber Choices

Date and nut balls

- Use a combination of dates and nuts to create these snacks
- Any combination of dried fruit and nuts will work
- Ginger adds a zesty edge while cocoa can provide a 'chocolate' hit

Fruit

Fruit is always a fantastic go-to choice. Try these suggestions:

- Rockmelon, watermelon and honeydew fruit skewers
- Frozen grapes
- Pineapple pieces with small amount of spiced honey
- Banana dipped in reduced fat vanilla yoghurt and frozen
- Whole fruit – bananas, mandarins, stone fruit or grapes

Fruit Salad

- Strawberries, fresh mint, black pepper and lemon juice
- Cut up fresh fruit in season and squeeze lemon juice to keep colours bright and fresh

Mini fruit muffins, - store brought only (<60g serve)

Over time, muffins have become enormous in size and are often high in energy - choose mini muffins (<60g) which will provide less energy and are cheaper too!

- Banana
- Apple cinnamon

Scones (<60g serve)

Often available from the local bakery. Serve plain or with a very thin spread of mono or polyunsaturated margarine.

- Date
- Sultana
- Plain
- Pumpkin and cinnamon

Sweet Popcorn

Serve in individual containers, paper bags or stripped boxes just like the movie theatre.

- Plain, unflavoured popcorn teamed with sultanas, dried apples, apricots and dates



Water

Don't let drinks lead to unnecessary sugar and energy (kilojoules) intake.
Instead, offer the following:

Water

- Plain water, sparkling and soda water
- Add lemon or orange slices to jugs of water

Tea and coffee

- Offer a variety of coffee and tea options, including decaffeinated and herbal teas

Small servings of 99% fruit juice

- Fruit juice has the potential to add unnecessary sugar to the diet. Choose small servings, 250mL or less and 99% varieties

Diet soft Drink varieties

- Soft drink adds significant sugar to the diet. If provided, offer diet low-kilojoule or sugar-free options

● Green Choices

● Amber Choices

Alcohol

If alcohol is available, always ensure the responsible serving of alcohol. For more information visit: AlcoholThinkAgain.com.



Australian Dietary Guidelines

The Australian Dietary Guidelines relevant to catering are:

Enjoy a wide variety of nutritious foods:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Enjoy fruit
- Grain (cereal) foods, mostly wholegrain, and/or high fibre cereal varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meat and poultry, fish, eggs, nuts and seeds and alternatives such as legumes/beans
- Reduced fat milk, yoghurt, cheese and/or their alternatives e.g. soy
- Drink plenty of water



Limit intake of discretionary foods and drinks containing:

- Saturated fat
- Added salt
- Added sugar
- Alcohol

Examples include biscuits, cakes, confectionery, deep fried foods, soft drink, sports drinks

There are a number of factors to consider when organising catering such as budget, time and specific request for health, cultural and dietary requirements.

Please consider:

• Dietary Requirements

If dietary requirements are not known, ensure you have a range of options including vegetarian and gluten free options

• Allergens

With the incidence of food allergy on the rise, food services and catering staff need to be familiar with foods and ingredients that may cause an allergic reaction. The most common allergens are shown here.

Caterers, service staff and volunteers are encouraged to complete All about allergens training.

• Food Safety

All food service and catering facilities are required to fulfil their regulatory responsibilities for food supply under the Food Act 2008 and Food Regulations 2009. Always supply tongs and other serving utensils with catering. Ensure hot food is kept hot (above 60°C) and cold food is kept cold (below 5°C). For additional food safety information visit: the WA Food Regulation website

Sample Menu Swaps

A simple swap from a standard red menu item to healthier green or amber menu item can make a big difference. Below are suggested simple swaps.

● Green Choices ● Amber Choices

Standard red items	Healthier green and amber options
Breakfast cereals e.g. corn flakes, rice puffs, sugar, coated cereals	<ul style="list-style-type: none"> ● High fibre, wholegrain breakfast cereals e.g. wheat biscuits, bran flakes ● Fruit crumble cups ● Porridge ● Bircher muesli cups, untoasted dried fruit-free muesli
Biscuits, cakes, muffins, pastries, slices	<ul style="list-style-type: none"> ● Un-iced mini muffins (<60g) ● Fruit scones with margarine
White bread served with butter and condiments	<ul style="list-style-type: none"> ● Wholegrain, wholemeal, multi-grain, high-fibre white, rye, sourdough, served with margarine, pesto or hummus ● Crumpets served with margarine, pesto or hummus ● Fruit bread (40g serve) served with margarine or Greek yoghurt
Pastries (sweet or savoury)	<ul style="list-style-type: none"> ● Mini sweet or savoury muffins e.g. 60g or less ● Toasted sandwiches with reduced fat fillings
Pies, sausage rolls and pasties	<ul style="list-style-type: none"> ● Reduced fat and salt varieties in small serve sizes ● Cheese & crackers
Deep fried potato chips, wedges and spring rolls	<ul style="list-style-type: none"> ● Toasted pita bread with salsa, guacamole, pesto or bean based dips ● Mini toast with bruschetta toppings ● Sushi with lean, uncoated fillings ● Vietnamese rice paper rolls
Quiche made with cream and pastry	<ul style="list-style-type: none"> ● Vegetable frittata

