

Clubs often coordinate a morning tea roster between parents and volunteers to supply food for training and game days. It is the perfect opportunity to promote and support healthy eating for community members. Mix and match some of these healthy options to fuel adults and children alike at your next sporting event.

Safety first!

Sandwiches, salads, dips and fruit need to be refrigerated - keep them in an esky with some ice if no fridge is available. Always use tongs to serve food and keep utensils separate. Don't forget to wash your hands thoroughly before preparing food, wear a hair net and always use a clean workstation.



Fruit

Seasonal fruit is a great option. Not only is it packed full of energy and nutrients - it comes individually wrapped (think bananas, oranges and kiwifruit)! If you have more time at hand, whole fruit can be sliced and presented on a platter; mixed and supplied in cups as fruit salad; or placed on skewers as single serve fruit kebabs.



Sandwiches and wraps

Get creative with the fillings. There are some great suggestions in this [WASCA sandwiches and wraps recipe](#). Otherwise, try some of these!

- Curry powder with egg and lettuce
- Chicken and avocado
- Tuna and salad
- Cheese and Vegemite
- Beef with wholegrain mustard and cucumber
- Smoked salmon and cream cheese
- Roast veggies and rocket
- Sweet potato and ricotta
- Pesto, avocado and chicken
- Cream cheese, sundried tomatoes and spinach
- Beetroot, hummus and rocket.

Popcorn

Use a popcorn machine to air-pop a big bowl and separate into brown paper bags for individual players. Popcorn is full of fibre and smells amazing. Try WASCA'S [popcorn many ways recipe](#).



Dips

Serve with veggie sticks and plain crackers

- [Pita crisps and hummus](#)
- [Guacamole](#)
- Tzatziki - yoghurt and cucumber
- Roasted capsicum
- Tomato salsa
- Ricotta, pea and mint.



Salads

Salads can be prepared in a large bowl and served using tongs onto a paper plate for individual serves.

Try these WASCA recipes:

- [Lentils, spinach, feta and tomatoes](#)
- [Pumpkin and butter bean salad](#)
- [Rainbow pasta salad](#)
- [Thai noodle salad](#)
- [Brown rice salad](#)
- [Chickpea and cous cous salad.](#)

Or try one of these delicious combinations:

- Purple cabbage, carrot, spring onion, capsicum and mayonnaise
- Tomato, black olives, red onion, cucumber, feta
- Beetroot, lentil, spinach, feta and walnuts
- Corn, tomato, coriander, red onion, avocado and a squeeze of lime juice.

Scones or pikelets

Scones can be frozen after cooking and defrosted right before eating. No need for toppings.

- [Date, fruit or sultana](#)
- Plain
- [Pumpkin and cinnamon.](#)

Pikelets can be made ahead and brought along in a container. Use tongs to serve on a paper plate with sliced bananas or berries and a dollop of Greek yoghurt, if there are refrigeration facilities.

[Try WASCA's pikelet recipe.](#)



Drinks

Water is always the best choice for hydration, especially when playing sports. Make sure you supply water for people to refill their own refillable bottle.

