

At the end of the season, it is important to celebrate all the achievements both on and off the field.

We also know that it's a time for parents and volunteers to hang up their aprons and join in with the festivities. Use our end of season wind up factsheet and keep the healthy eating momentum going, even if you are ordering in!

Drinks:

Water is the best choice. It contributes no excess energy or sugar, won't damage teeth and keeps everyone hydrated, especially on warm days.

- Offer water, flavoured milks (300 mL) and 99% fruit juices (250 mL) instead of sugary drinks.

Ordering food in?

Hot Food

- **Pizzas:** make sure there is a variety on offer including vegetarian options and where possible add extra veg to the toppings
- **Pies and Sausage rolls:** if offering pies and sausage rolls, choose reduced fat and salt varieties
- **Rotisserie chickens:** add colourful side salads to bulk up what's on offer.

Cold Food

- **Sandwiches, wraps and rolls:** offer a variety with healthy fillings and choose wholegrain or wholemeal bread options.
- **Sushi or rice paper rolls**
- **Vegetables:** Offer vegetable sticks, cheese and healthy dips instead of bowls of crisps for guest to snack on.



Popular fillings for sandwiches, wraps and rolls

- Beef with tomato and lettuce
- Chicken and avocado
- Tuna with red onion and lettuce
- Cheese and tomato
- Roast vegetables, feta and rocket
- Hummus and sun-dried tomatoes
- Curried egg and reduced fat mayonnaise.



See the Fuel to Go & Play® website for recipes

Onslow Tennis club - providing their members with a range of salads.

Barbeques & sausage sizzles

A barbeque is a quick and easy way to cater for a crowd. As a cooking method, barbequing can be a healthy choice. It often falls down when high fat sausages and greasy burgers are used.

- Make your next sizzle a healthy one by using:
- Reduced fat beef or chicken sausages – aim for 3.5g or less per 100g of saturated fat and 400mg or less per 100g of salt**
- Burgers loaded with salad
- Beef, chicken or vegetable skewers
- Vegetable sides, such as grilled corn on the cob, mixed vegetable kebabs or coleslaw.



Something sweet

Keep it simple and order in:

- A platter of seasonal fruit
- Fruit salad cups with yoghurt
- Small portions of un-iced cakes, scrolls or slices that contain fruit, vegetables or nuts that are made on site - there are lots of tasty recipes on the [Fuel to Go & Play Website](#)



*Fruit platter
Aqua attack award nights*

Unsure where to order from?

Contact the Fuel to Go & Play team to receive a copy of the ***Star's Choices™ Buyers Guide** - A list of suppliers with **GREEN** and **AMBER** food and drink products.

*For more information about the Star Choice® Buyer's Guide, please visit www.waschoolcanteens.org.au/star-choice-program/registered-products/

** All food and drinks have been assessed based on their nutrient values and colour coded according to the Western Australian Department of Health's Healthy Options WA Food and Nutrition Policy © State of Western Australia 2018 used with permission.