



BETTER BBQ'S

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.

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 lemon



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](http://AlcoholThinkAgain.com).



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.



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