

June 2013

fuelto go@education.wa.edu.au

www.fuelto go.com.au

9264 8147

Your Guide to Providing
Healthier Food and Drinks
in Sport, Recreation and
Entertainment Venues

Fuel to GO GO GO



Registration Brochure



*The key to successful
canteens*

Celebrating its *27th* birthday, the **2013 Canteen Conference & Healthy Choice Food Expo** will inspire, engage and ignite your passion for providing healthy food and drinks for young Western Australians.

Wednesday 10 July 2013, 12.30pm - 3.00pm

Perth Convention Exhibition Centre



Department of Health
Department of Education



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventative Health

Inviting all interested representatives from sporting clubs and recreation centres to be part of the above event by participating in a workshop designed specifically for YOU!

Fuel to Go Workshop and Networking Session 12.30pm - 1.30pm

Fuel to Go Workshops offer practical advice for providing healthier food and drinks at your sporting club or recreation venue. During the workshop you will receive information on menu planning, ideas for healthy recipes and products, making a profit from healthy choices, and success stories from other clubs. Bring along your canteen menu and we can colour code it as green, amber or red using the 'Traffic Light System'. There will also be the opportunity to network with others at the workshop.

Healthy Choice Food Expo 1.30pm - 3.00pm

The Expo features approximately 80 stands from healthy food and drink suppliers and distributors in WA. Enjoy sampling the huge array of exciting and delicious food and drinks, all colour coded as green or amber. You will have the opportunity to meet with manufacturers, negotiate competitive prices and take advantage of the Expo specials, many of which are exclusive to those attending on the day. Health Professional displays offer interesting information from a variety of organisations.

To register, please complete the form on page 2 and return to WASCA, PO Box 25, Hillarys WA 6923, or email to fuelto go@education.wa.edu.au

All registrations must be received by Wednesday 3 July 2013
Further information will be sent once we have received your registration



Registration Form



There will be a small fee of \$10.00 per person to cover costs

Association/Club/Organisation Name: _____

Key Contact Person: _____

Attendees Names: _____

Postal Address: _____

_____ Post Code: _____

Email Address: _____

Phone: _____

To register, please complete the form and return to WASCA, PO Box 25, Hillarys WA 6923, or email to fuelto@education.wa.edu.au or fax to 9264 4981

Secure your place - all registrations must be received by Wednesday 3 July 2013

Payment Details

The \$10.00 per person payment can be posted to the above address in the form of cash or cheque, or deposited directly into our account. Please indicate payment method:

Cash:

Cheque:

Direct Debit:

BSB: 306 035 Account No. 419 758 5

If completing a direct deposit, please quote your name followed by FTG in the description to ensure your payment can be identified. Please make cheques payable to WA School Canteen Association Inc.



New guidelines for Australians

Some of you may be aware that the Australian Dietary Guidelines (ADG) have been reviewed. The ADG provide up-to-date advice about and kinds of foods that we need to eat for health and wellbeing. The recommendations are based on scientific evidence, developed after looking at good quality research. To find out more and to download the guidelines, posters and more visit: <http://www.nhmrc.gov.au/guidelines/publications/n55>



The five guidelines include:

- 1) To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet your energy needs
- 2) Enjoy a wide variety of nutritious foods from the five food groups everyday
- 3) Limit the intake of foods containing saturated fat, added salt, added sugar and alcohol
- 4) Encourage, support and promote breast feeding
- 5) Care for your food; prepare and store it safely

Pizza Muffins

Traffic Light category: **Amber**

Makes 16 medium sized muffins

Ingredients

- 1 cup white self raising flour
- 1 cup whole meal self raising flour
- 1 ½ cups grated reduced fat cheese
- 1 cup crushed pineapple in juice, drained
- 3 slices lean ham, chopped
- 2 tablespoons chopped parsley
- ¼ cup vegetable oil
- 1 egg
- 1 ¼ cups reduced fat milk
- Reduced fat grated cheese to sprinkle on top



Method

- Preheat oven to 180°C. Spray a muffin tin with a non stick spray or cut pieces of glad bake into squares, run squares under water until the paper is soft, this makes it much easier to push into the muffin trays.
- Place all ingredients in a large bowl and gently mix to just combine. Don't over mix or the muffins will be rather heavy and solid – light muffins need a light mixing.
- Spoon into the muffin tins, sprinkle with cheese and bake for 25 – 30 minutes until puffed up and golden brown. Cool for 5 minutes in the tins then tip out to cool properly on a wire cake rack.

The July 2013 edition of the Star Choice™ Buyer's Guide is here!



If you would like to order your **free** copy of the updated Star Choice™ Buyer's Guide, please contact Jessica or Michelle at WASCA:

Email: fuelto@education.wa.edu.au

Phone: 9264 8147

The Star Choice™ Buyer's Guide provides a huge list of suppliers and distributors of food and beverage products – all of which are conveniently colour-coded as green or amber. The Buyer's Guide lists many popular items for sporting clubs and recreation centres such as burger patties, pies, sausage rolls, muffins, sushi, bulk pre-prepared salad ingredients, carbonated fruit juice and slushies.



Fuel to Go Workshops

Are you interested in increasing the range of healthy food and drink choices at your sport, recreation or entertainment venue? If so, attending a Fuel to Go workshop is for you!

- Workshops usually run for 1 hour
- There will be a small fee of \$10.00 per club (but can bring up to 4 members)



Fuel to Go workshops will be running at
The Department of Education, 151 Royal Street, East Perth on:
Monday 12 August 2013

If you would like to register for one of these workshops or organise a Fuel to Go workshop at your club, please contact Jessica on 9264 8147 or email fuelto@education.wa.edu.au



Contact us:
Michelle Riekie or Jessica Franklin
WA School Canteen Association Inc. (WASCA)
Post: PO Box 25
HILLARYS WA 6923
Phone: 9264 8147
Email: fuelto@education.wa.edu.au
www.fueltoqo.com.au

