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Fuel to GO GO GO

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



Wallangarra Riding and Pony Club

The Fuel to Go Team have recently been working with Denise McKellar (Legal Representative) and Jude Rangihaeata (Canteen Manager) who are very enthusiastic about increasing the range of healthy food and drink choices at the Wallangarra Riding and Pony Club's canteen.

There is lots to organise before arriving at the club for an event, so many competitors do not have time for a substantial breakfast or when they arrive, it has been a long time since eating. The club canteen now offers some great 'green' breakfast choices such as bacon and egg burgers (made with lean bacon and cooked on a non-stick grill) and Sanitarium Up & Go.



Canteen in action: volunteers Kathleen Chrisp and Kath Harrington



Leah McKellar in action at the Wallangarra Riding and Pony Club

It is also important to have filling and nutritious lunch time choices for competitors – and also spectators! There are many other green choices on the menu such as hamburgers, toasted sandwiches, wraps and salad plates. The range of confectionary has been reduced to boost the percentage of green food and drinks.

Jude has introduced exciting new items onto the menu including vegan and gluten free options for those at the club who have special dietary requirements. We have been told that the Vege Burgers, which are made in the canteen, are delicious!

Congratulations to Denise and Jude for their enthusiasm and for doing such a great job in increasing the range of healthy options on the menu. We have sent Fuel to Go promotional merchandise to the club for their efforts!

Vege Burger Patties – Traffic Light Category – **GREEN** (Makes 18 patties)

Ingredients

- 2 x cans chickpeas
- 1 x onion
- 1 x bunch parsley
- Rind of 1 lemon
- 1-2 cloves of garlic
- 1 x can corn kernels
- 1 x can lentils
- 1 x grated carrot
- 1 x grated zucchini
- ¼ cup corn crumbs
- Enough water to keep the mixture moist



Method

1. Blend the chickpeas, onion, parsley, lemon rind and garlic in a blender/food processor until a thick paste forms and place in a large bowl
2. Place into a large bowl and add the corn kernels, lentils, carrot, zucchini and corn crumbs. Mix through
3. Divide the mixture and flatten into 18 patties
4. Cook the patties on a non-stick hot plate or grill until golden brown
5. Serving suggestions: in a wholemeal roll with lots of salad.

The facts about additives– what YOU need to know!

The Fuel to Go Team at the WA School Canteen Association Inc. (WASCA) are often asked questions about the additives which are found in food and drinks. It is important to explain what additives are, what they are used for and who controls their use in the Australian food supply.

What are food additives and what are they used for?

Catherine Saxelby's *Nutrition for Life* states that "Food additives are substances added to food by the manufacturer in relatively small quantities to prolong shelf-life, enhance the food's appearance, help mix ingredients, improve the texture or ensure the food's nutritional value."

Food Standards Australia and New Zealand (FSANZ) states that "Food additives play an important part in our food supply ensuring our food is safe and meets the needs of consumers". Food additives are used in **processed** food and drinks. Quite often, the substances that are used as additives also occur naturally for example Vitamin C (Ascorbic Acid – 300). There are a range of reasons for the use of food additives in the food supply:

- Preserving the food to extend its storage life
- Improve quality and stability of a food when it is being stored
- Improve the taste or appearance of a processed food

Additives can only be used if there is evidence from extensive testing, that no harmful effects are expected to occur as a result of a food additive being used.

Who controls the use of food additives?

Food Standards Australia and New Zealand regulate the use of additives and preservatives in the food supply. Safety assessments are carried out by FSANZ before additives can be used. Before additives can be used in food, FSANZ checks whether:

- The food additive is safe for use
- There are good scientific reasons for the use of the food additive
- Customers will be clearly informed about its presence in the food

You will find a number of additive fact sheets on the FSANZ website www.foodstandards.gov.au

Additives – common questions, answered

Do any of the products listed in the Star Choice™ Buyer's Guide contain additives or preservatives?

Some products listed in the Star Choice™ Buyer's Guide may contain additives and/or preservatives. At the WASCA, we use the FOCiS nutrient criteria to assess the amount of energy (kilojoules), fat, sugar, sodium (salt), fibre and in some cases specific minerals such as calcium that food and drinks contain. They are then colour coded as green, amber or, if they do not meet the criteria, red. We use this criteria for all venues that we work with including sports clubs and schools.

The FOCiS criteria are amongst the strictest in Australia. As FSANZ regulate the use of additives and **ensure that they are safe for use**, the FOCiS criteria do not set criteria for assessing additives in food and drinks.

How can our sports club, recreation centre or entertainment venue avoid products with additives or preservatives?

Generally speaking, fresh products that are **unprocessed**, such as fresh fruit and vegetables should not contain any additives or preservatives. Highly processed packaged foods are most likely to contain additives. For pre-packaged products, check the ingredient list on the food label, usually located around or near the nutrition information panel. Here you will find the name or number of any additive the product contains. A list of additive names and numbers can be downloaded from the FSANZ website.



If you want to avoid additives the best way to do so is to use predominantly fresh unprocessed foods.

Reference:

Nutrition for Life. (2006). Catherine Saxelby

Food Standards Australia and New Zealand (FSANZ) - <http://www.foodstandards.gov.au/consumerinformation/additives/>

Fresh Fuel for Winter

With the 2012 winter season fast approaching, now is the perfect time to plan your canteen menu and include a number of healthy, tasty options that are sure to be a hit with the players – and spectators!

Hearty Hamburgers

Did you know that hamburgers can be classified as green? When you use a lean burger patty and include a few salad items – this is a great ‘green’ choice to fuel players after a hard game.

Ingredients (makes one)

- 1 x wholemeal or hi-fibre white hamburger roll
- Salt-reduced tomato or barbeque sauce
- 1 x lean burger patty (See Star Choice™ Buyer’s Guide or ask your local butcher for a **lean** patty)
- Reduced fat cheese (optional)
- ½ cup shredded lettuce
- 4 slices tomato
- 4 slices cucumber
- ¼ cup grated carrot
- Grilled onions (optional)



Method

1. Cut the roll in half and spread one size with sauce
2. Cook the burger patty on a non-stick grill or hot plate (you could grill the onions at the same time)
3. When the burger patty is cooked through, place on bottom half of the roll
4. Top with reduced fat cheese, grilled onions, and roll
5. Wrap in baking paper to serve.

Tip: To make a breakfast burger, grill lean short cut bacon (all visible fat removed) and an egg and serve in a hamburger roll with salt-reduced tomato sauce – other clubs have told us that these are very popular for the early morning games.

‘Souper’ Split Pea Soup - (adapted from *Cooking for Plenty*, NHF)

Traffic Light Category - GREEN

In the chilly winter months, soup is a great product to have on offer. You can use a blender to make the soup and a soup warmer to keep it at the perfect temperature. You will find a range of pre-made soups in the Star Choice™ Buyer’s Guide. Soup is a great menu item to attract spectators to your canteen, on a cold day, warm soup and a roll is the perfect lunch time meal for parents and grandparents watching the game.

Ingredients

Makes 40 x 200mL Serves	Makes 10 x 200mL serves	Makes 25 x 200mL serves	Makes 50 x 200mL serves
45mL polyunsaturated oil	10mL	30mL	55mL
4 onions, chopped	1	2½	5
8 sticks celery, chopped	2	5	9
5 large carrots, chopped	1	3	6
2 large parsnips, chopped	½	1	2½
1kg split green peas	250g	625g	1.25kg
5 litres water	1.25L	3.1L	6.25L
14 sprigs mint leaves	3	7	16
45mL lemon juice	10mL	30mL	55mL
Black pepper	to taste		

Method

1. Heat oil in pan
2. Gently cook onion, celery, carrot and parsnip
3. Add peas, water and mint leaves
4. Simmer until peas are tender, approximately 1½ hours
5. Blend soup until smooth, thinning with a little reduced fat milk if too thick
6. Add lemon juice and pepper
7. Heat the soup through
8. Serve in a polystyrene cup with a wholemeal or hi-fibre white dinner roll.

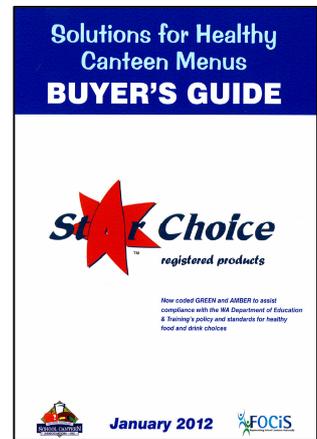


The January 2012 edition of the Star Choice™ Buyer's Guide is here!

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

Email: fuelto@det.wa.edu.au

Phone: 9264 5096



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 and will cover:

- Assessing your current menu using the Traffic Light System
- Ideas for improving the range of healthy food and drinks offered
- Making a profit from healthy food and drink choices
- What works in other venues – case studies

There will be a small fee of \$10.00 per club to cover costs, this will include:

- 2 attendees from each club/venue
- Provision of a Star Choice™ Buyer's Guide detailing over 1000 green or amber products (1 per club)
- Provision of a recipe book, designed specifically for sports clubs and recreation venues (1 per club)
- The use of a Fuel to Go manual at the workshop, with the option to purchase (\$44.00)
- Attendance of two qualified nutritionists who have worked with sporting clubs and venues throughout the state, to answer questions and provide practical ideas.



Fuel to Go workshops will be running at
The Department of Education, 151 Royal Street, East Perth on:
Wednesday 18th April – 5pm-6pm

If you would like to register for one of these workshops or organise a Fuel to Go workshop at your club, please contact Claire on 9264 5096 or email fuelto@det.wa.edu.au



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