



TIPS AND IDEAS FOR A

HEALTHIER CANTEEN

FUEL UP THE MENU

Canteens and community venues such as sporting clubs or recreation centres have a fantastic opportunity to promote healthy lifestyles. Give your venue the winning edge, by promoting meal deals that fuel your customers - before, during and after exercise. Meal deals are a great way to promote healthier options and avoid wastage.



'FUEL-UP' DEALS

Just like a car needs petrol to run, the body needs food and drinks for energy.

Before exercise:

- ✓ water is the best choice for hydration
- ✓ the body's preferred fuel is carbohydrates e.g. wholegrain breads and cereals, fruit and vegetables
- ✓ protein and some fats are important too, but too much can have a negative impact on performance.



'TOP-UP' DEALS

For exercise that is less than 90 minutes, extra energy from food during exercise is not generally required. It is important to stay hydrated and water is the best choice! Promote 'pre-game water' on your menu.

For those who are peckish during exercise, offer pieces of seasonal fruit in individual serves or team packs.



'SPECTATOR SPECIALS'

Spectators are bound to feel hungry, even on the sidelines.

For parents, grandparents and other adults, tea and coffee made with reduced fat milk is always a winner, especially if it is teamed with a mini fruit muffin.

For siblings, offer a 'supporter pack' with a bottle of water and freshly popped popcorn, or cheese and cracker packs.



'RECOVERY' DEALS

After training, playing a game or other forms of activity, it's important to refuel and hydrate with water.

Promoting menu items that are rich in carbohydrates and protein are best for recovery e.g. sushi; rice paper rolls; reduced fat yoghurt and muesli; sandwiches, rolls and wraps; salads.



Complete the Fuel to Go & Play® Canteen and Food Service staff online training to learn more hints and tips for your canteen

Visit www.fuelto.go.com.au/canteen-and-food-service-staff/

GREEN UP YOUR MENU WITH THESE IDEAS



MAKE WATER THE DRINK OF CHOICE

ADD MORE GRAINS



Wholegrain bread for sandwiches/rolls/wraps



Corn/rice crackers with reduced fat dip or reduced fat cheese



Wholemeal breakfast cereal cups with reduced fat milk



Wholegrain pizza with vegetables and lean meat



Plain popcorn snack packs



Pasta/rice salads



Raisin bread

ADD MORE VEGETABLES, BEANS & LEGUMES



Salad in sandwich/rolls/wraps



Vegetable soup



Salad boxes



Bbq corn cobs



Steak sandwich with salad



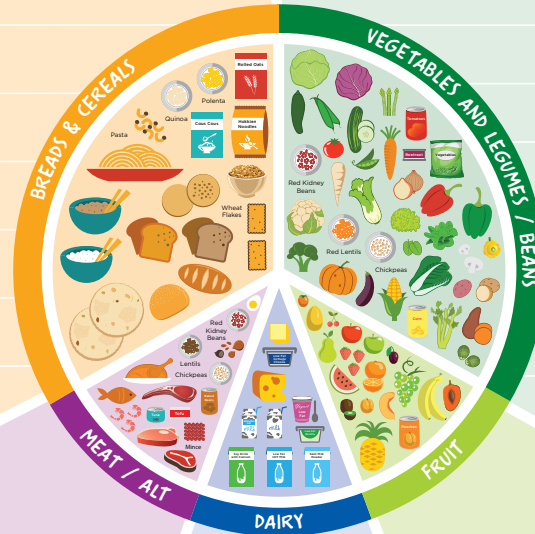
Vegetable snack packs



BBQ kebabs with vegetables



Bean nachos



ADD MORE LEAN MEAT / FISH / POULTRY / ALT



Egg and lean ham breakfast rolls on wholemeal bread



Chicken or lean meat soups or hot dishes



Lean roast meat wholemeal rolls



Grilled fish burger on wholemeal buns



Lean meat kebabs

ADD MORE DAIRY



Reduced fat plain/flavoured milk drinks



Reduced fat cheese to salads or sandwiches/toasties



Reduced fat smoothies



Reduced fat yoghurt tubs



Reduced fat hot chocolate cups

ADD MORE FRUIT



Fresh whole fruit



Fruit tubs in natural juice



Frozen fruit pieces



Diced fresh fruit cups



Fruit kebabs

AIM FOR A GREEN CANTEEN AND OFFER ITEMS THAT ARE;

- ✓ Low fat
- ✓ Low sodium
- ✓ and minimise confectionery

HEALTHY FRIDGE LAYOUT



Place Green and Amber items at the top of the fridge to increase visibility and sales. Items such as water, reduced fat plain and flavoured milk (<300mL) and 99% fruit and vege juice should be displayed in the top four shelves. Red items (Soft drink and Sports drink) should not be visible. Either place them in a separate fridge out of sight or cover them with a 'WATER WINS' decal sticker.

BETTER BBQS

SAUSAGE SIZZLES

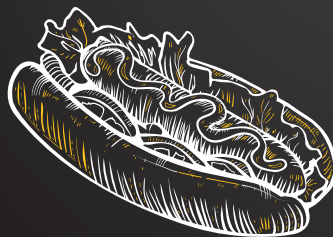
A good old barbeque is an essential part of the Aussie lifestyle and is readily used in both the home and community.

As a cooking method, barbequing is a healthy choice. It often falls down when high fat sausages and greasy burgers are used; not to mention the high salt sauces.

We know sausage sizzles are a crowd favourite.

Make your next sizzle a healthy one by using:

- ✓ reduced fat sausages - aim for 5g or less saturated fat per 100g
- ✓ chicken sausages
- ✓ wholemeal rolls and/or bread



HOT TIP

- ✓ try themed toppings which pack extra flavour and a nutritious punch:

MEXICAN

homemade salsa (diced tomato, capsicum, red onion and coriander or mint)

MEDITERRANEAN

add grated carrot and/ or sliced capsicum to the barbecued onions

FRESH 'N' CRUNCHY

top with crunchy coleslaw.

GOING FOR MORE THAN A SAUSAGE SIZE?

Next time you are hosting a barbeque at your community venue try something new and tasty.

CUT THE FAT

- Choose leaner cut of meats and trim any visible fat e.g. minute steak for steak sandwiches
- Opt for lean, skinless poultry (chicken, turkey)
- Select reduced fat and salt sausages and burger patties
- Kebabs with skewered lean meat, vegetables and fruit add colour and variety.

WINNING MENU

MAINS

Tasty beef burger - with lettuce, tomato, carrot, onion and beetroot
Grilled chicken burger - with lettuce, tomato, carrot, onion and beetroot
Mixed vegetable kebab - with onion, mushroom, capsicum, zucchini

SIDES

Grilled corn on the cob + Coleslaw

DRINKS

600mL water + 300mL flavoured milk

GO WHOLEGRAIN

- Swap white bread for wholegrain, wholemeal or multigrain varieties
- Keep a few gluten-free rolls or wraps on hand
- Avoid serving margarine or butter.

SERVE WITH SIDES

- Salads are a good way to bulk up what's on offer while also encouraging vegetable consumption
- Choose meat free salads and reduced fat dressings.

VEGETARIAN OPTIONS

- Always include vegetarian options such as zucchini burgers, lentil patties, vegetarian sausages, grilled vegetables.



For recipes and ideas visit:
fuel2go.com.au
livelighter.com.au

SAUCES

- Use only a small amount of mono or polyunsaturated spray oil such as canola, olive or sunflower oil (be careful using oil sprays near an open flame)
- Use herbs and spices for flavour, think pepper, paprika, garlic, chilli, lemon or lime juice. If sauce and mustard is a must, serve no added salt varieties
- Or serve on the side.

SET-UP FOR SUCCESS!

It's much easier to keep up with demand when you have all ingredients ready to go. Preparation is key!
Before service:

- ✓ ensure barbeque is extra clean – top tip, using halved lemons on a hot barbeque works a treat!
- ✓ prepare salads; keep dressing (if using) on the side
- ✓ pre-chop, grate, slice vegetables
- ✓ pre-slice rolls, ready for filling
- ✓ thread meat/vegetables onto skewers ready for barbecuing.

HEALTHY CANTEEN LAYOUT

MENU - TO - ORDER

TOASTIES MADE WITH CHEESE AND:
CHICKEN & AVOCADO, TOMATO OR BAKED BEANS

BREAKFAST MUFFINS: ENGLISH MUFFINS,
EGG, CHEESE AND SPINACH

CHICKEN AND VEGETABLE CURRY

CHICKEN OR BEEF BURRITO: LEAN MEAT,
BEANS, REDUCED FAT CHEESE, AVOCADO,
SPINACH & LIGHT SOUR CREAM

AIR FRIED CHIPS

SMOOTHIES: FRESH FRUIT, REDUCED
FAT MILK & YOGHURT

HEALTHY MEAL DEAL

ANY SANDWICH,
TOASTIE OR WRAP
+ BOTTLED WATER

PROMOTE
GREEN
OFFERS
FIRST

GREEN PRODUCTS AT THE COUNTER

Sandwiches/Wraps
Sushi
Salads
Fruit Salad
Yoghurt Cups
Chicken Stir Fry
Soup/Stew
Veggie Salad
Frittata
Popcorn
Cheese & Crackers
Fresh Fruit

GREEN
THIS IS A
HEALTHY ITEM

HEALTHY FRIDGE LAYOUT



FRI TATTA

SANDWICHES

WRAPS

YOGHURT
CUPS

SUSHI

FRI T BUNS

POPCORN

FRESH FRUIT

CHEESE +
CRACKERS

SOUP

STIRFRY

SALADS

SALADS



WATER
WINS!

HUNGRY FOR MORE HEALTHY TIPS?

Visit fueltogo.com.au or email
fueltogo@education.wa.edu.au

Check out the Fuel to Go & Play®
website for great canteen resources and recipes
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