



Healthier Vendor Guide



WINTER

2024

**Your guide to
sourcing healthier
food and drink
vendors for
community events
& sporting clubs.**



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HEALTHIER COMMUNITY EVENTS

Local events offer a great opportunity for families and communities to get together for entertainment, increase skills, keep active, and network with other people in the area as well as service providers.

You can make a positive difference to the health and wellbeing of your community by choosing the food vendors at events wisely and by encouraging the availability of healthier food options.

ABOUT THE HEALTHIER VENDOR GUIDE

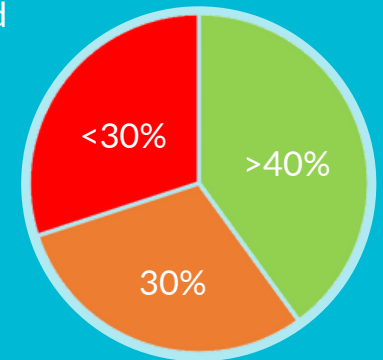
The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

The HVG is produced by the team at Fuel to Go & Play® (FTGP®). FTGP® is a public health initiative of Foodcore Nutrition Services, a not-for-profit health promotion charity that assists food services to provide and promote healthy choices in the community. FTGP® works in partnership with many Healthway sponsored organisations to provide them with advice to increase healthy food and drinks options at events.

To be included in the HVG, FTGP® determines the suitability of the products on the vendor's menu using the 'Traffic light' system. The 'Traffic light' system is based on the Australian Dietary Guidelines and Department of Health's - 'Healthy Options WA - Food and Nutrition policy. It categorises products as 'green', 'amber', and 'red'. There are two HVG categories:

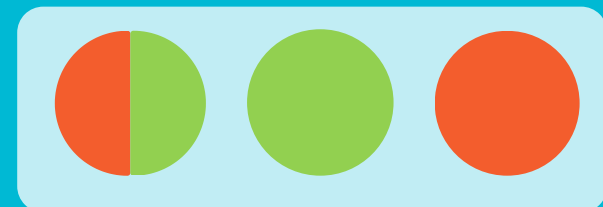
Food & Beverage Vendor

- Sells predominantly food with some beverages available
- Meets traffic light criteria of >40% 'green' and <30% 'red' menu items.



Beverage Only Vendor

- Only sells beverages (e.g fresh fruit juice)
- Meets traffic light criteria of only 'green' and/or 'amber' beverage items.



TRAFFIC LIGHT SYSTEM

The 'Traffic light' system is based on the Department of Health's - 'Healthy Options WA - Food and Nutrition policy. Examples include:

GREEN Fill the menu	AMBER Select carefully	RED Only occasionally
<p>These are the healthiest choices because they are excellent sources of important nutrients and represent one or more of the five food groups needed for optimum health and wellbeing. They are low in saturated fat, added sugar and salt. Fill the menu with mostly green options.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » bottle plain/sparkling water » fruit, vegetables and legumes » Breads, pastas and rice » plain milk (300mL or less) » soup and vegetable based meals e.g. pasta and rice. » Lean meat, fish and poultry 	<p>These have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can contribute to excess energy intake. These need to be chosen carefully and eaten in moderation.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » 99% fruit juice (<300mL) » Artificially flavoured drinks e.g diet drinks (600mL) » small fruit muffins(<60g) » Red meat with visible fat » Dairy free milks with no added calcium 	<p>These are energy dense and have little nutritional value. Most are high in saturated fat, added sugar and/or salt and can contribute to excess energy intake. These should only be eaten sometimes and in small amounts.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » all deep fried food » soft / energy / sports drinks » chocolates and lollies » iced cakes » premium ice-creams (e.g. chocolate coated). » processed meats (e.g. lean ham & bacon) » sour cream

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.

**HEALTHIER
VENDOR GUIDE
FOOD & BEVERAGE**

BUNGA RAYA SATAY

Cuisine: Indonesian

Contact Person: Jaz and Alina

Phone: 0419 962 916

Email: satayrest@yahoo.com

Regions: Perth Metropolitan / South West / Great Southern

Healthier menu items: noodle dishes, curries

HEALTHIER VENDOR GUIDE FOOD & BEVERAGE

CHEW CHEW TRUCK

Cuisine: Vietnamese

Contact Person: Kevin Tran

Phone: 0433 618 570

Email: perthchewchewtruck@gmail.com

Facebook/Website:

facebook.com/chew.chew.truck.perth

Regions: Perth Metropolitan / South West / Wheatbelt / Mid-West / Gascoyne

Healthier menu items: Banh xeo

FRESH TURKISH GOZLEME

Cuisine: Turkish

Contact Person: Basak Candemir

Phone: 0422 288 602

Email: danyal_kadir@hotmail.com

Facebook/Website:

facebook.com/FreshTurkishGozleme

Regions: Perth Metropolitan

Healthier menu items: Various gozlemes



MA LA DUMPLINGS

Cuisine: Chinese

Contact Person: Teesh Law

Phone: 0458 887 878

Email: info@margaretriverdumplings.com

Facebook/website:

facebook.com/maladumplings.com

Regions: South West / Perth Metropolitan

Healthier menu items: Dumplings, Noodles Salads

NA'DEES CUISINE

Cuisine: South African

Contact Person: Nadia Burgess

Phone: 0477 776 014

Email: nburgess260@gmail.com

Facebook/Website: facebook.com/nadeescuisin

Regions: Perth Metropolitan / South West /
Great Southern / Wheatbelt / Goldfields

Healthier menu items: Curries

HEALTHIER VENDOR GUIDE FOOD & BEVERAGE

PAELLA ON THE MOVE

Cuisine: Spanish

Contact Person: Mirco Bortolozzo

Phone: 0412 018 341

Email: paellaonthemove@gmail.com

Facebook/Website:

www.paellaonthemove.com.au/

Regions: Great Southern / South West/ Perth
Metropolitan

Healthier menu items: Paella

PIZZA JOE'S WOODFIRED PIZZA

Cuisine: Pizza

Contact Person: Joe Gurgone

Phone: 0433 858 776

Email: pizzajoeswoodfiredpizza@outlook.com

Facebook/website:

facebook.com/pizzajoeswoodfiredpizza/

Regions: Perth Metropolitan

Healthier menu items: Woodfired pizza

HEALTHIER VENDOR GUIDE FOOD & BEVERAGE

PORTA PIZZA

Cuisine: Pizza

Contact Person: Oliver Lemke

Phone: 0419 868 489

Email: info@portapizza.com.au

Facebook/Website: portapizza.com.au

Regions: Perth Metropolitan / South West

Healthier menu items: Woodfired pizza

SATAY SATAY

Cuisine: Asian

Contact Person: Alvin Kang

Phone: 0414 981 368

Email: sataysatayaus@gmail.com

Facebook/Website: facebook.com/sataysatayaus

Regions: Perth Metropolitan / South West /
Great Southern

Healthier menu items: Satay sticks/ steamed
buns

HEALTHIER VENDOR GUIDE FOOD & BEVERAGE



TOMATO & BASIL

Cuisine: Italian

Contact Person: Giorgio Chiera

Phone: 0416433878

Email: info@tomatoandbasil.com.au

Facebook/website:

facebook.com/tomatonbasilpizzeria

Regions: Perth Metropolitan

Healthier menu items: Pizza

TURKISH HOTPLATE

Cuisine: Turkish gozlemes

Contact Person: Birgul Candemir

Phone: 0411 304 411

Email: birgul_candemir@hotmail.com

Facebook/website:

facebook.com/Turkishhotplate

Regions: Perth Metropolitan / South West

Healthier menu items: Gozlemes



UNCLE SANTOS

Cuisine: Lebanese

Contact Person: Gina Romeo

Phone: 0412760871

Email: management@unclesantos.com.au

Facebook/Website:

facebook.com/UncleSantosKebabs

Regions: Perth Metropolitan / South West

Healthier menu items: Hot plate kebabs



WA SPIT ROAST

Cuisine: Roast meat

Contact Person: Sean Powers

Phone: 08 9331 4100 or 0419 531 644

Email: sean.p@iinet.net.au

Regions: Perth Metropolitan

Healthier menu items: Roasted meats & salads

HEALTHIER VENDOR GUIDE FOOD & BEVERAGE

ZAB SALAD AUTHENTIC INDIAN FOOD

Cuisine: Indian

Contact Person: Umair Ahmed

Phone: 0403 418 924

Email: ahmedumair18@gmail.com

Facebook/Website: [facebook.com/indian4142](https://www.facebook.com/indian4142)

Regions: Perth Metropolitan

Healthier menu items: Curry and rice

**HEALTHIER
VENDOR GUIDE
BEVERAGE ONLY**

FRUIT JUNKEEZE

Cuisine: Juices & Smoothies

Contact Person: Jaz and Alina

Phone: 0419 962 916

Email: satayrest@yahoo.com

Regions: Perth Metropolitan / South West /
Great Southern

Healthier menu items: Juices & Smoothies

Juice Station



JUICE STATION

Cuisine: Juices

Contact Person: Pahnun Sungsinlert

Phone: 0481 534 075

Email: info@juicestation.com.au

Facebook/Website: www.juicestation.com.au/

Regions: Perth Metropolitan

Healthier menu items: Juices

JUICE JUNKY

Cuisine: Juices

Contact Person: Pat Benic

Phone: 0412 847 021

Email: thejuicejunky@outlook.com

Facebook/website: [facebook.com/thejuicejunky/](https://www.facebook.com/thejuicejunky/)

Regions: Perth Metropolitan / Wheatbelt

Healthier menu items: Juices

HEALTHIER VENDOR GUIDE BEVERAGE

When contacting a **Certified Healthier Vendor**, be sure to let them know that attendance at your event is based on their **Healthier Vendor Guide** status.

i.e. Ask for their healthy menu!

Vendor	Products	Name	Phone	Email
Bunga Raya Satay	Noodle dishes, curries	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Chew Chew Truck	Banh xeo and tacos	Kevin Tran	0433 618 570	perthchewchewtruck@gmail.com
Fresh Turkish Gozleme	Gozleme	Basak Candemir	0422 288 602	danyal_kadir@hotmail.com
Fruit Junkeeze	Juices & Smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Juice Junky	Juices	Pat Benic	0412 847 021	thejuicejunky@outlook.com
Juice Station	Juices	Pahnan Sungsinlert	0481 534 075	info@juicestation.com.au
Ma La Dumplings	Dumplings, noodles & salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com
Na'Dees Cuisine	South African Curries	Nadia Burgees	0477 776 014	nburgess260@gmail.com

Vendor	Products	Name	Phone	Email
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Pizza Joe's Woodfired Pizza	Woodfired Pizza	Joe Gurgone	0433 858 776	pizzajoeswoodfiredpizza@outlook.com
Porta Pizza	Woodfired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
Tomato & Basil	Pizza	Giorgio Chiera	0416 433 878	info@tomatoandbasil.com.au
Turkish Hot Plate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com
Uncle Santos	Kebabs	Gina	0412 760 871	management@unclesantos.com.au
WA Spit Roast	Roast meats & Salad	Sean Powers	0419 531 644	sean.p@iinet.net.au
Zab Salad Authentic Indian Food	Indian Curries	Umair Ahmed	0403 418 924	ahmedumair18@gmail.com

Vendor	Products	Name	Phone	Email
Bunga Raya Satay	Curries, noodle dishes	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Chew Chew Truck	Banh xeo and tacos	Kevin Tran	0433 618 570	perthchewchewtruck@gmail.com
Fruit Junkeeze	Juices & Smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Ma La Dumplings	Dumplings, noodles & salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com
Na'Dees Cuisine	South African Curries	Nadia Burgees	0477 776 014	nburgess260@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Porta Pizza	Woodfired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
Turkish Hot Plate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com
Uncle Santos	Kebabs	Gina Romeo	0412760871	management@unclesantos.com.au

Vendor	Products	Name	Phone	Email
Bunga Raya Satay	Curries, noodle dishes	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Fruit Junkeeze	Juices & Smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Na'Dees Cuisine	South African Curries	Nadia Burgees	0477 776 014	nburgess260@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Porta Pizza	Woodfired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
Turkish Hot Plate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com

HEALTHIER VENDOR GUIDE

REGIONS - WHEATBELT

Vendor	Products	Name	Phone	Email
Chew Chew Truck	Banh xeo and tacos	Kevin Tran	0433 618 570	perthchewchewtruck@gmail.com
Juice Junky	Juices	Pat Benic	0412 847 021	thejuicejunky@outlook.com
Na'Dees Cuisine	South African Curries	Nadia Burgees	0477 776 014	nburgess260@gmail.com

REGIONS - MID-WEST & GASCOYNE

Vendor	Products	Name	Phone	Email
Chew Chew Truck	Banh xeo and tacos	Kevin Tran	0433 618 570	perthchewchewtruck@gmail.com

REGIONS - GOLDFIELDS & PILBARA

Vendor	Products	Name	Phone	Email
Na'Dees Cuisine	South African Curries	Nadia Burgees	0477 776 014	nburgess260@gmail.com



Certified Healthier Vendor

Fuel to Go & Play®

PO BOX 3484, EAST PERTH WA 6892

08 9264 4999

fueltogether@education.wa.edu.au



Foodcore
Nutrition Services