



# Healthier Vendor Guide



# SPRING 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

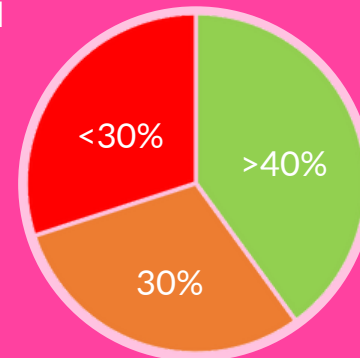
The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

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:

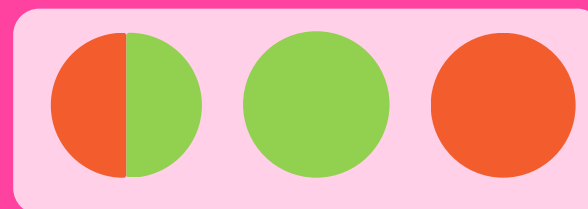
### Food & Beverage Vendor

- 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"> <li>» bottle plain/sparkling water</li> <li>» fruit, vegetables and legumes</li> <li>» Breads, pastas and rice</li> <li>» plain milk (300mL or less)</li> <li>» soup and vegetable based meals e.g. pasta and rice.</li> <li>» Lean meat, fish and poultry</li> </ul>	<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"> <li>» 99% fruit juice (&lt;300mL)</li> <li>» Artificially flavoured drinks e.g diet drinks (600mL)</li> <li>» small fruit muffins(&lt;60g)</li> <li>» Red meat with visible fat</li> <li>» Dairy free milks with no added calcium</li> </ul>	<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"> <li>» all deep fried food</li> <li>» soft / energy / sports drinks</li> <li>» chocolates and lollies</li> <li>» iced cakes</li> <li>» premium ice-creams (e.g. chocolate coated).</li> <li>» processed meats (e.g. lean ham &amp; bacon)</li> <li>» sour cream</li> </ul>

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](mailto: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](mailto:perthchewchewtruck@gmail.com)

Facebook/Website:

[facebook.com/chew.chew.truck.perth](https://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](mailto:danyal_kadir@hotmail.com)

**Facebook/Website:**

[facebook.com/FreshTurkishGozleme](https://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](mailto:info@margaretriverdumplings.com)

**Facebook/website:**

[facebook.com/maladumplings.com](https://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](mailto:nburgess260@gmail.com)

**Facebook/Website:** [facebook.com/nadeescuisin](https://www.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](mailto:paellaonthemove@gmail.com)

**Facebook/Website:**

[www.paellaonthemove.com.au/](http://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](mailto:pizzajoeswoodfiredpizza@outlook.com)

**Facebook/website:**

[facebook.com/pizzajoeswoodfiredpizza/](https://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](mailto:info@portapizza.com.au)

**Facebook/Website:** [portapizza.com.au](https://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](mailto:sataysatayaus@gmail.com)

**Facebook/Website:** [facebook.com/sataysatayaus](https://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](mailto:info@tomatoandbasil.com.au)

**Facebook/website:**

[facebook.com/tomatonbasilpizzeria](https://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](mailto:birgul_candemir@hotmail.com)

**Facebook/website:**

[facebook.com/Turkishhotplate](https://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](mailto:management@unclesantos.com.au)

**Facebook/Website:**

[facebook.com/UncleSantosKebabs](https://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](mailto: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](mailto: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](mailto:satayrest@yahoo.com)

**Regions:** Perth Metropolitan / South West /  
Great Southern

**Healthier menu items:** Juices & Smoothies

## Juice Station



## JUICE STATION

**Cuisine:** Juices

**Contact Person:** Pahnna Sungsinlert

**Phone:** 0481 534 075

**Email:** [info@juicestation.com.au](mailto:info@juicestation.com.au)

**Facebook/Website:** [www.juicestation.com.au/](http://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](mailto: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
<b>Bunga Raya Satay</b>	Noodle dishes, curries	Jaz and Alina	0419 962 916	<a href="mailto:satayrest@yahoo.com">satayrest@yahoo.com</a>
<b>Chew Chew Truck</b>	Banh xeo and tacos	Kevin Tran	0433 618 570	<a href="mailto:perthchewchewtruck@gmail.com">perthchewchewtruck@gmail.com</a>
<b>Fresh Turkish Gozleme</b>	Gozleme	Basak Candemir	0422 288 602	<a href="mailto:danyal_kadir@hotmail.com">danyal_kadir@hotmail.com</a>
<b>Fruit Junkeeze</b>	Juices & Smoothies	Jaz and Alina	0419 962 916	<a href="mailto:satayrest@yahoo.com">satayrest@yahoo.com</a>
<b>Juice Junky</b>	Juices	Pat Benic	0412 847 021	<a href="mailto:thejuicejunky@outlook.com">thejuicejunky@outlook.com</a>
<b>Juice Station</b>	Juices	Pahnan Sungsinlert	0481 534 075	<a href="mailto:info@juicestation.com.au">info@juicestation.com.au</a>
<b>Ma La Dumplings</b>	Dumplings, noodles & salads	Teesh Law	0458 887 878	<a href="mailto:info@margaretriverdumplings.com">info@margaretriverdumplings.com</a>
<b>Na'Dees Cuisine</b>	South African Curries	Nadia Burgees	0477 776 014	<a href="mailto:nburgess260@gmail.com">nburgess260@gmail.com</a>



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

# HEALTHIER VENDOR GUIDE

# REGIONS - SOUTH WEST

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

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

# HEALTHIER VENDOR GUIDE

# REGIONS - WHEATBELT

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

# REGIONS - MID-WEST & GASCOYNE

Vendor	Products	Name	Phone	Email
<b>Chew Chew Truck</b>	Banh xeo and tacos	Kevin Tran	0433 618 570	<a href="mailto:perthchewchewtruck@gmail.com">perthchewchewtruck@gmail.com</a>

# REGIONS - GOLDFIELDS & PILBARA

Vendor	Products	Name	Phone	Email
<b>Na'Dees Cuisine</b>	South African Curries	Nadia Burgees	0477 776 014	<a href="mailto:nburgess260@gmail.com">nburgess260@gmail.com</a>



# Certified Healthier Vendor

**Fuel to Go & Play®**

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[fueltogo@education.wa.edu.au](mailto:fueltogo@education.wa.edu.au)



**Foodcore™**  
Nutrition Services