

# VACCHO Healthy Catering Tool Kit

Victorian Aboriginal Community Controlled Health Organisation is the peak body for the health and wellbeing of Aboriginal people living in Victoria.

RTO NO: 20739





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# SECTION 1

## VACCHO Nutrition Guidelines

VACCHO's Nutrition Guidelines are the underpinning principles for healthy eating and catering.

### **VACCHO catering should include:**

- Plenty of vegetables, including different types and colours
- Fruit
- Grains, mostly wholegrain, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Protein foods such as lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat
- Water to drink (rather than sugary drinks such as soft drinks, cordials, fruit drinks, vitamin waters, energy drinks and sports drinks)
- Foods that are lower in fat, particularly saturated and trans fat
- Avoidance of high fat foods that contain predominantly saturated fats such as butter, cream, coconut and palm oil, cakes, pastries, pies and processed meats
- Small amounts of polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado to replace high saturated fat foods
- Foods that are lower in added salt
- Foods that are lower in added sugar
- Foods that are prepared and stored safely (with high standards of hygiene)
- Traditional foods where possible
- Support for Aboriginal caterers where possible

### **VACCHO also has a strong commitment to minimising food wastage and ensuring environmental sustainability:**

- Employees should ask for any special dietary requirements in order to minimise the risk of food waste
- Employees will carefully consider portion sizes when ordering catering, or when purchasing and preparing food and drinks. They will also be encouraged to liaise with caterers, where appropriate, to discuss reducing portion sizes
- Employees will monitor food and drink items that are consistently uneaten and cease ordering or serving these items
- Where catering companies are considered to provide generous portions, employees will be encouraged to order less than one serve per person to reduce food wastage
- Employees are encouraged to use reusable cutlery, crockery and glassware. When not possible, employees are encouraged to use paper-based items.
- Employees are encouraged to use tap water, rather than supplying bottled water
- Employees are encouraged to avoid using individually wrapped items, for example sugar packets and lollies.

# SECTION 2

## Catering Guidelines for caterers

The *VACCHO Healthy Catering Guidelines* can be given to all caterers, including those not listed in the preferred list (e.g. for catered events held offsite).

These Guidelines assist them to meet our expectations and ensure healthy food and drinks are provided at all VACCHO events. Rather than sending your caterer this whole Toolkit, you can download these Guidelines from the QC (doc\_383).

### **Aboriginal food service providers in Victoria**

This section provides a list of Aboriginal food service providers for your consideration when choosing food and drinks for your event/s.

### **VACCHO preferred catering providers**

VACCHO chooses their 'preferred caterers' based on the caterers availability of healthy food and drink options. The list includes catering providers who are able to adhere to the Guidelines.

# VACCHO'S HEALTHY catering guidelines

Thank you for considering VACCHO's Healthy Catering Guidelines before providing your catering service. These guidelines are essential to VACCHO's holistic approach for addressing lifestyle-related chronic diseases in Victorian Aboriginal Communities.

In accordance with VACCHO's Healthy Catering Policy, the following cooking methods and ingredients should be either used (green) or avoided (red), where relevant:

## COOKING METHODS

- ✓ Steaming
- ✓ Stir frying or dry frying
- ✓ Oven baking
- ✓ Grilling
- ✓ Poaching

## FATS AND OILS

- ✓ Polyunsaturated margarine
- ✓ Monounsaturated margarine
- ✓ Canola oil
- ✓ Olive oil
- ✓ Sunflower oil

## BREADS

- ✓ Multigrain
- ✓ Wholemeal
- ✓ Rye
- ✓ Sourdough
- ✓ Pita bread/wraps

## SPREADS

- ✓ Avocado
- ✓ Low fat mayonnaise
- ✓ Cranberry sauce
- ✓ Relishes (e.g. tomato)
- ✓ Thinly spread
- ✓ Nut spreads (Eg. tahini, almond butter)
- ✓ Vegetable dips (Eg. hummus)

## MEATS AND PROTEIN FOODS

- ✓ Lean turkey or chicken breast
- ✓ Roast beef or chicken
- ✓ Fish (Eg. canned tuna or salmon)
- ✓ Egg
- ✓ Tofu/tempeh
- ✓ Falafel, beans and legumes
- ✓ Nuts

## COOKING METHODS

- × Deep frying
- × Shallow frying

## FATS AND OILS

- × Butter
- × Lard
- × Ghee
- × Commercial vegetable oil
- × Dripping

## BREADS

- × Bagels
- × Focaccias
- × Burger buns
- × Croissants

## SPREADS

- × Butter
- × Dairy blend spreads
- × Mayonnaise
- × Sour cream

## MEATS AND PROTEIN FOODS

- × Salami
- × Bacon
- × Prosciutto
- × Strasburg
- × Corned beef
- × Chicken schnitzel
- × Devon

## CHEESES

- ✓ Reduced fat cheese
- ✓ Lower fat cheeses
  - Cottage
  - Ricotta
  - Light cream cheese
  - Feta

## HOT FOODS

- ✓ Vegetable-based dishes
- ✓ Lean meats (less fatty)
- ✓ Legume-based dishes
- ✓ Steamed rice, couscous or grains
- ✓ Rice noodles
- ✓ Pasta with tomato-based sauce
- ✓ Reduced salt stock
- ✓ Reduced salt and sugar sauces

## DRESSINGS

- ✓ Provide separately
- ✓ Vinegar-based
- ✓ Lemon/lime juice
- ✓ Low fat dressings
- ✓ Low fat mayonnaise

## SWEETS

- ✓ Fruit slices
- ✓ Vegetable slices
- ✓ Fruit or vegetable muffins - mini muffins or cut the muffins in half
- ✓ Raisin bread/fruit loaf
- ✓ Wholemeal flour

## DRINKS

- ✓ Plain water (preferably tap)
- ✓ Soda water or plain sparkling mineral water
- ✓ Plain and decaffeinated coffee
- ✓ Plain and herbal teas
- ✓ Reduced fat or skim milk
- ✓ 100% fruit juice

## CHEESES

- × Full fat cheese
- × Large portions or blocks

## HOT FOODS

- × Deep fried items
- × Savoury pastries
- × Crumbed meat
- × Potato chips and wedges
- × Fried or coconut rice
- × Cream or oil-based sauces
- × Added salt and sugar

## DRESSINGS

- × Cream-based dressings
- × Oil-based dressings
- × Added salt
- × Mayonnaise

## SWEETS

- × Iced and cream-filled cakes
- × Chocolate muffins or cake
- × Lollies
- × Sweet pastries and tarts
- × Croissants
- × White flour
- × Butter and dairy blends
- × Large portions

## DRINKS

- × Soft drinks
- × Fruit drinks
- × Cordials
- × Energy drinks
- × Sports drinks
- × Flavoured water
- × Alcohol

# ABORIGINAL & TORRES STRAIT

## ISLANDER FOOD service providers

The following is a list of Aboriginal food service providers\* within Victoria for your consideration when choosing food and drinks for your catered event.

### NATIVE OZ CUISINE

**Address:** PO Box 11009, FRANKSTON 3199  
**Phone number:** 03 9781 2217  
**Website:** [www.nativecuisine.com.au](http://www.nativecuisine.com.au)

### THE FIRST COOK

**Key contact:** Uncle Phil Ahwang  
**Phone number:** 0457 069 664  
**Email:** [tsimate2@yahoo.com.au](mailto:tsimate2@yahoo.com.au)  
**Website:** <https://thefirstcooks.net/>  
**Location:** Melbourne metropolitan areas and some regional areas on request

### PAWA

**Phone number:** 0422 896 535  
**Email:** [niyoka@pawacateringandevents.com](mailto:niyoka@pawacateringandevents.com)  
**Website:** <https://www.pawacateringandevents.com/>

### STREET FEAST

**Address:** Barry Road, Campbellfield, MELBOURNE 3061  
**Phone number:** 0408 057 002  
**Email:** [info@streetfeastmelbourne.com.au](mailto:info@streetfeastmelbourne.com.au)  
**Website:** <http://www.streetfeastmelbourne.com.au/our-story.html>

### CHARCOAL LANE

**Address:** 136 Gertrude St, FITZROY 3065  
**Phone number:** 03 9418 3400  
**Email:** [eat@charcoallane.com.au](mailto:eat@charcoallane.com.au)  
**Website:** <https://www.charcoallane.com.au/functions>

### MABU MABU

**Address:** [Stall 72, South Melbourne Market, SOUTH MELBOURNE 3205](#)  
**Email:** [hello@mabumabu.com.au](mailto:hello@mabumabu.com.au)  
**Website:** <https://www.mabumabu.com.au>

\* Updated in 2019 (note: this list is not exhaustive)



# VACCHO'S PREFERRED catering providers

The following is a list of caterers that are able to provide food and drinks that comply with VACCHO's Healthy Catering Guidelines.

## CAFÉ MILATO

Order the "ploughman's lunch" for build your own sandwiches. The Cultural Safety team have found that they over-cater, so consider under-estimating the catering order to reduce costs and food waste.

**Address:** 707 Nicholson Street, CARLTON NORTH 3054

**Phone number:** 03 9387 4211

**Email:** [teresa@mintco.com.au](mailto:teresa@mintco.com.au)

**Website:** <http://cafemilato.com.au/#home>

## BEAUTIFUL DELICIOUS

Specialising in Native Australian ingredients, Beautiful Delicious use Indigenous herbs, spices, fruits and meats.

**Address:** 470 Hampton Street, HAMPTON 3188

**Phone number:** 03 9598 5079

**Email:** [beautifuldelicious@yahoo.com.au](mailto:beautifuldelicious@yahoo.com.au)

**Website:** <https://www.beautifuldelicious.com.au/>

## PAWA

Pawa means 'to cook' in Gundijtmara language. They use local and Indigenous ingredients. Their "healthy platter" is a great example of healthy catering snacks that comply with our policy.

**Phone number:** 0422 896 535

**Email:** [niyoka@pawacateringandevents.com](mailto:niyoka@pawacateringandevents.com)

**Website:** <https://www.pawacateringandevents.com/>

## LENTIL AS ANYTHING

Lentil As Anything is a social enterprise committed to connecting the community and encouraging environmental sustainability. They offer a unique vegetarian and vegan catering menu.

**Address:** 1/3 Saint Heliers St, ABBOTSFORD 3067

**Phone number:** 0432 777 836

**Email:** [catering@lentilasanything.com](mailto:catering@lentilasanything.com)

**Website:** <https://www.lentilasanything.com/catering>

## HUDSON'S FAMOUS

Hudson's Famous have an extensive catering menu that can cater for all dietary requirements

**Address:** 59-61 Gertrude St, FITZROY 3065

**Phone number:** 03 9421 5266

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

**Website:** [www.hudsonsfamous.com.au](http://www.hudsonsfamous.com.au)

## ASYLUM SEEKER RESOURCE CENTRE CATERING

ASRC Catering are a social enterprise that help to provide social and economic empowerment for people seeking asylum. The minimum catering order is \$330, so it's recommended for larger events.

**Address:** 321 St. Georges Road, NORTH FITZROY 3068  
**Phone number:** 03 9939 6320  
**Email:** [catering@asrc.org.au](mailto:catering@asrc.org.au)  
**Website:** <https://www.catering.asrc.org.au/about>

## YES SUSHI SMOOTHIE

Sushi and Sashimi only (including brown rice sushi)

**Address:** 398 Smith St, COLLINGWOOD 3066  
**Phone number:** 0423 132 097  
**Email:** [catering@asrc.org.au](mailto:catering@asrc.org.au)  
**Website:** <https://www.catering.asrc.org.au/about>

## MOMO SUSHI

Serves sushi platters only (including brown rice sushi)

**Address:** 361 Smith St, FITZROY 3063  
**Phone number:** 03 9031 6128  
**Email:** [fitzroy@momosushi.com.au](mailto:fitzroy@momosushi.com.au)

## MABU MABU

Mabu Mabu translates to 'help yourself'. They use fresh seasonal and native ingredients. Catering needs to be confirmed 3 days before your event.

**Address:** [Stall 72, South Melbourne Market, SOUTH MELBOURNE 3205](#)  
**Email:** [hello@mabumabu.com.au](mailto:hello@mabumabu.com.au)  
**Website:** <https://www.mabumabu.com.au>

*Note: These caterers also provide food and drinks that do not comply with our Healthy Catering Guidelines so make sure they've been sent a copy.*

# SECTION 3

## Catering Order Form

The Catering Order Form includes instructions for VACCHO's catering order process. You can also access this form directly from the QC (doc\_384).

The following instructions will help you to follow VACCHO's Healthy Catering procedure:

1. Refer to the **Healthy Catering Policy** (QC doc\_201) and the **Healthy Catering Tool Kit** (QC doc\_408) before ordering any catering. VACCHO preferred caterers are to be used (wherever practical).
2. Complete the **Catering Order Form** (QC doc\_384) and email it to [catering@vaccho.org.au](mailto:catering@vaccho.org.au)
3. Reception personnel will call the caterer and get a quote for your order.
4. Reception personnel will send this form and the quote to your manager for authorisation.
5. Once approval has been confirmed by your manager, raise a purchase order (PO) in NAV.
6. Send the PO number back to reception who will give this to the caterer and request an invoice.
7. Attach the invoice to your PO in NAV.

**Submit the Catering Order Form at least two full day before your event.**

# CATERING Order Form

STAFF DETAILS		
Name:	Manager's Name:	
Program:	Program Code:	
CATERING DETAILS		
Caterer Name:	Phone Number:	
DELIVERY INFORMATION		
Delivery Address (if not VACCHO):	Delivery Date:	Delivery Time:
Room Booking:		
VACCHO'S HEALTHY CATERING GUIDELINES		
Please refer to VACCHO's Healthy Catering Guidelines and ensure that you are adhering to our preferred cooking methods and ingredients.		
DESCRIPTION OF CATERING		
<p><i>Write description of food and drinks / catering order here</i></p>	<b>Number of people to cater for</b>	
	Gluten free:	
	Vegetarian:	
	Other:	
	<b>Total:</b>	
QUOTE TOTAL		
\$ .		
NAV INFORMATION		
PO Number:	Invoice Number:	

# SECTION 4

## Resources

The following resources are important as they will help you understand how to order healthy catering, especially when catering for people with special dietary requirements. As VACCHO is a supporter of the Rethink Sugary Drink Campaign, it is also important that you understand how to organise events that are sugary drink free.

### **Healthy catering ideas**

This resource provides healthy catering ideas for morning tea, afternoon tea, lunch and/or dinner. It also provides tips on foods and drinks that should be avoided and tips on food safety. Please refer to this resource before ordering any catering for your event/s.

### **Healthy catering checklist**

This checklist can be used to ensure that you are following your organisation's policy and procedures when ordering catering, when self-catering or when working with external venues and/or conference centres.

### **Special dietary requirements**

These resources provide tips for when ordering catering for people with special dietary requirements.

### **Bush tucker foods**

This resource provides a list of bush tuckers foods.

### **Sugary drink free events**

This resource will help your organisation to understand the importance of, and how to implement, sugary drink free events.

# HEALTHY CATERING IDEAS

## MORNING TEA & AFTERNOON TEA

### SAVOURY

- ✓ Vegie sticks with dips (e.g. carrots, celery, snow peas, cucumber, capsicum with hommus, tzatziki, beetroot dip, ricotta cheese or salsa)
- ✓ Wholemeal pita bread with dips
- ✓ Cheese and crackers (e.g. reduced-fat cheddar with wholegrain crackers)
- ✓ Mini toasts with bruschetta topping
- ✓ Mini pizzas (vegies, reduced-fat cheese)
- ✓ Mini savoury muffins (e.g. zucchini, pumpkin)
- ✓ Vegie frittata
- ✓ Wholegrain crackers with reduced-fat cheese and sliced vegies (e.g. tomato, cucumber)
- ✓ Sushi (fillings: vegies, tuna, salmon)
- ✓ Rice paper rolls



### SWEET

- ✓ Fresh fruit (whole, sliced, fruit skewers, fruit salad)
- ✓ Natural or Greek yoghurt with sliced fresh fruit and natural muesli
- ✓ Pikelets (serve with natural or Greek yoghurt and chopped fruit such as banana and strawberries)
- ✓ Raisin bread with reduced-fat cream cheese or ricotta cheese
- ✓ Mini fruit muffins (e.g. mixed berry, banana, apple)
- ✓ Fruit smoothies (fresh or frozen fruit, reduced-fat milk and natural or Greek yoghurt)
- ✓ Superfood balls



### DRINKS

- ✓ Tap water
- ✓ Plain mineral or soda water
- ✓ Tea and coffee (have reduced-fat milk available)

#### What about fruit juice?

100% fruit juice is ok in small amounts every now and then.

Drinking water and eating a piece of fruit is better – fruit keeps us full for longer and water (especially tap water) is better for our teeth than fruit juice.



### LEAVE OUT

- ✗ FATTY MEATS (E.G. SALAMI, KABANA, SUPERMARKET BOUGHT KEBABS AND RISSOLES)
- ✗ PIES AND SAUSAGE ROLLS
- ✗ POTATO CHIPS
- ✗ DEEP FRIED FOODS
- ✗ BISCUITS AND SWEET SLICES
- ✗ CROISSANTS
- ✗ CAKES, SCONES AND PASTRIES
- ✗ LARGE MUFFINS
- ✗ CHOCOLATE AND LOLLIES
- ✗ BUTTER, CREAM AND JAM
- ✗ SOFT DRINKS, CORDIAL, FRUIT DRINKS, SPORTS DRINKS AND ENERGY DRINKS

# HEALTHY CATERING IDEAS



VACCHO.ORG.AU/NUTRITION

## LUNCH & DINNER

### SAVOURY

#### Hot food ideas

- Soup (e.g. vegetable, minestrone, chicken and sweetcorn)
- Corn on the cob
- Grilled chicken skewers
- Lean beef and vegie kebabs
- Roast lean meat with roast vegies
- Steamed brown rice
- Mini pizzas (vegies, reduced-fat cheese)
- Baked potatoes with vegie fillings (e.g. baked beans, corn, capsicum) topped with reduced-fat grated cheese and natural or Greek yoghurt
- Spaghetti bolognaise (lean mince)
- Lasagne (lean mince, vegies, reduced-fat cheese)
- Vegie frittata (serve hot or cold)
- Falafel
- Pasta with vegetable-based sauce
- Lean meat and vegie stir fry
- Steamed vegies
- Burritos (lean mince, beans or chicken with plenty of salad, wholemeal wraps, reduced-fat cheese)
- Burgers (lean beef mince or chicken or lentil/vegie patties, wholemeal bread rolls, plenty of salad, reduced-fat cheese)



#### Cold food ideas

- Wraps, rolls, sandwiches
  - Wholemeal, multigrain and rye
  - Plenty of salad (e.g. lettuce, tomato, cucumber, carrot, avocado)
  - Lean meats (e.g. roast chicken breast, roast beef, turkey breast, tinned tuna)
  - Hard boiled eggs
  - Reduced-fat cheese
- Roast chicken with salad and wholemeal bread rolls
- Vegie sticks with dips (e.g. carrots, celery, snow peas, cucumber, capsicum with hommus, tzatziki or beetroot dip)
- Sushi (fillings: vegies, tuna, salmon)
- Rice paper rolls
- Salads (e.g. green salad, Greek salad, mixed salad, chickpea, lentil, mixed beans, potato salad with natural or Greek yoghurt)
  - Go for dressings like balsamic vinegar, reduced-fat salad dressings or a small amount of olive oil
- Cheese and crackers (e.g. reduced-fat cheddar with wholegrain crackers)



# HEALTHY CATERING IDEAS

## LUNCH & DINNER

### SWEET

- Fruit crumble
- Fruit salad
- Natural or Greek yoghurt with sliced fresh fruit and natural muesli
- Stewed fruit with natural or Greek yoghurt or custard
- Baked apples

### DRINKS

- Tap water
- Plain mineral or soda water
- Plain milk (reduced-fat)
- Tea and coffee (have reduced-fat milk available)

#### What about fruit juice?

100% fruit juice is ok in small amounts every now and then.

Drinking water and eating a piece of fruit is better – fruit keeps us full for longer and water (especially tap water) is better for our teeth than fruit juice.



### FOOD SAFETY

- Clean hands, surfaces and utensils
- Prepare meat and vegies using different chopping boards
- Keep cooked and raw foods separate
- Put leftovers in the fridge

#### TEMPERATURE 'DANGER ZONE' 5°C - 60°C

If foods are left within the temperature danger zone for:

Less than 2 hours – REFRIGERATE IMMEDIATELY

Between 2 and 4 hours – USE IMMEDIATELY

More than 4 hours – THROW OUT



# HEALTHY CATERING CHECKLIST



## WORKING WITH CATERERS

### Before the event

- Choose a caterer
- Check that your caterer knows about your organisation's healthy catering guidelines
- Give your caterer enough notice

### Place your order

- Follow your catering order procedure
- Confirm number of people to cater for
- Check special dietary requirements
- Order some vegetarian options
- Confirm delivery time and address

### After the event

- Give your caterer feedback
- Keep the caterer's trays and serving utensils in a safe place for the caterer to collect after the event (if relevant)

## WORKING WITH VENUES AND CONFERENCE CENTERS

- Ask about catering and let them know what your healthy catering guidelines are
- Make sure that water (preferably tap) is always available
- Request that fresh fruit is available
- Request some vegetarian options
- Let the venue know of special dietary requirements
- Ask for there to be no sugary drinks (e.g. soft drinks, cordial, fruit drinks, sports drinks, energy drinks)
- Ask the venue to replace lollies and sugary mints that may be put on tables with healthier alternatives

## SELF-CATERED EVENTS

- Refer to your organisation's healthy catering guidelines and resources. You can find resources at [www.vaccho.org.au/nutrition](http://www.vaccho.org.au/nutrition).
- Provide water (preferably tap)
- Offer reduced fat milk as an option with tea and coffee
- Offer fruit (e.g. bowl of fresh fruit or fruit platter)
- Check special dietary requirements
- Provide some vegetarian options
- For longer events, provide fresh fruit or plain popcorn instead of lollies or sugary mints for snacks

## THINGS TO THINK ABOUT FOR BIG EVENTS

- Consider having a portable water refill station for people to refill water bottles
- Have signage to let people know where they can get water
- Promote your event as being sugary drinks free (don't sell or give away soft drinks, cordial, fruit drinks, sports drinks or energy drinks)
- Discuss with food vendors what healthy food you want to have available
- See if a local grocer can supply fresh fruit (donated or discounted)

### FOOD SAFETY

- Clean hands, surfaces and utensils
- Prepare meat and vegies using different chopping boards
- Keep cooked and raw foods separate
- Put leftovers in the fridge

### TEMPERATURE 'DANGER ZONE' 5°C - 60°C

If foods are left within the temperature danger zone for:

Less than 2 hours – REFRIGERATE IMMEDIATELY

Between 2 and 4 hours – USE IMMEDIATELY

More than 4 hours – THROW OUT

# LACTOSE-FREE tip sheet

Lactose is the sugar found in milk. *Lactose intolerance* means you cannot digest milk and some other dairy products (such as yoghurt and some cheeses) very well. **Below is a list of foods that are lactose-free** and therefore suitable when you are catering for people with lactose intolerance.

## MILK ALTERNATIVES

- » 100% lactose-free milk
- » Rice milk
- » Soy milk
- » Almond milk

## BREADS/GRAINS

- » Breads that do not contain 'milk products' (check the label)
- » Rice cakes
- » Corn thins
- » Cooked and dry cereals without added milk
- » Pasta
- » Rice
- » Oats
- » Barley
- » Other plain grains

## LEAN MEAT / PROTEIN FOODS

- » All meats (poultry, fish, shellfish, eggs, etc.)
- » Nuts, peanut butter and seeds  
(be aware of nut allergies)
- » Legumes (beans, lentils, chickpeas, etc.)
- » Tofu

## FATS and STOCKS

- » Butter
- » Dairy-free margarine
- » Salad dressing (non-creamy) without cheese or milk
- » Gravy made without milk or milk products
- » Bouillon
- » Broth
- » Meat, or vegetable stock soups

## OTHER FOODS

- » Plain popcorn (un-salted or buttered)
  - » Plain pretzels
  - » Plain potato and corn tortilla chips
  - » Salsa
  - » Mustard
  - » Pickles
  - » Relish
  - » Sauces made without milk or milk products
  - » Herbs and spices
- The foods below are suitable for people with lactose intolerance but should be eaten only occasionally and in small amounts:
- » Sugar, honey, jams and jellies
  - » Maple syrup
  - » Liquorice
  - » Fruit pie fillings

## More resources

[www.health.qld.gov.au/\\_data/assets/pdf\\_file/0031/149665/gastro-lactose.pdf](http://www.health.qld.gov.au/_data/assets/pdf_file/0031/149665/gastro-lactose.pdf)

[www.betterhealth.vic.gov.au/health/conditionsandtreatments/lactose-intolerance](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/lactose-intolerance)

# VEGETARIAN tip sheet

Vegetarian foods are those that do not contain any meat or animal tissue. Lacto-ovo vegetarians are the most common type of vegetarians; they eat eggs and dairy products. **Below is a list of foods suitable for vegetarians** and some tips for catering for vegetarians.

## DAIRY

- » Reduced fat or low fat dairy products (milk, cheese, yoghurt)

## BREADS/GRAINS

- » Wholemeal
- » Multigrain
- » Rye
- » Fruit bread
- » Avoid breads with bacon topping

## MEAT ALTERNATIVES / PROTEIN FOODS

- » A wide variety of meat alternatives are available and can be found in the health food and frozen sections of supermarkets, at health food stores and some delis, cafés and restaurants
- » Eggs
- » Baked beans
- » Canned bean mix
- » Legumes
- » Tofu
- » Nuts (unsalted) and seeds (**be aware of nut allergies**)

## HOT FOODS

- » Vegetable and lentil soups
- » Pumpkin soup
- » Minestrone soup
- » Pasta with tomato-based pasta sauces
- » Vegetable and tofu kebabs
- » Vegetable risotto
- » Vegetable curry
- » Vegetable stir fry
- » Spinach and ricotta triangles

## OTHER FOODS

- » Salads (most salads are suitable for vegetarians, some exceptions are caesar salad, waldorf salad and nicoise salad)
- » Supermarkets usually stock a variety of vegetarian foods, including appetizers
- » Veggie sticks with reduced fat dip
- » Meat sub substitutes such as vegetarian sausages, burgers or marinated tofu can be provided at barbecues
- » Look for vegetable and fruit-based dishes
- » Ask if meat can be removed from a recipe to make it suitable for vegetarians

## More resources

Australian Vegetarian Society - [www.veg-soc.org.au/](http://www.veg-soc.org.au/)

# VEGAN tip sheet

Vegans choose to not eat anything that is taken from animals and therefore, avoid:

- Meat, fish or other products that come directly from killing an animal, such as animal fats and gelatine
- Dairy products such as cow's milk, goat's milk, cheese and yoghurt or foods containing these products (such as most chocolate and some creamy dips)
- Eggs or foods containing eggs such as quiche, egg based pasta, mayonnaise etc.
- Honey

Below is a list of foods suitable for catering to vegans.

## DAIRY ALTERNATIVES

- » Soy, rice, almond and oat alternatives to milk, yoghurt and cheese

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## MEAT ALTERNATIVES

- » Textured Vegetable Protein (TVP)
- » Nuts (**be aware of nut allergies**)
- » Tofu/tempeh
- » Legumes (Eg. beans, lentils, chickpeas, etc.)

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## SNACK SUGGESTIONS

- » Fresh fruit
- » Mini vegetarian pizzas (no cheese)
- » Stuffed vine leaves
- » Vegetable kebabs
- » Fruit muffins (made without egg, cow's milk, margarine or butter)
- Unsalted nuts (**be aware of nut allergies**)
- Vegetarian sushi (no mayo)
- Reduced fat hommus dip with vegie sticks or crackers
- Popcorn (unsalted and unbuttered)

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## MAIN MEAL SUGGESTIONS

- » Garden salad with roasted pine nuts
- » Vegetable curry with rice
- » Lentil and roast vegetable salad
- » Mixed vegetable stir fry
- » Vegetable risotto (no butter)
- » Vegetable or lentil based soups
- » Lentil casserole
- » Salad and falafel multigrain sandwiches
- » Pumpkin and lentil pie
- » Chickpea stew
- » Napoli sauce with pasta
- » Mixed vegetable and tofu stir fry
- » Vegan sushi

## More resources

[www.vegansociety.com/take-action/campaigns/catering-everyone/workplace](http://www.vegansociety.com/take-action/campaigns/catering-everyone/workplace)

# GLUTEN-FREE tip sheet

A gluten-free diet is essential for people with coeliac disease. Gluten is found in wheat (including spelt), rye, barley and oats. **Below is a list of foods that are gluten-free** and therefore suitable when you are catering for people with gluten intolerance or coeliac disease, as well as a list of foods to avoid.

## Gluten-free (SUITABLE)

## Contain gluten (AVOID)

### WHEAT FLOUR ALTERNATIVES

Rice, maize, cornmeal, soy flour, potato flour, arrowroot, buckwheat, sago, polenta, sorghum, millet, tapioca, rice cakes, corn cakes, some rice crackers, gluten free bread, biscuit and cake mixes

**AVOID** wheat including spelt and rye (e.g. bread and baked goods); barley (e.g. found in some soups and beer) and oats

### CEREALS and PASTA ALTERNATIVES

Rice and corn breakfast cereals (check for malt and malt extract), gluten-free muesli (without oats), rice, tapioca, buckwheat, gluten free pastas, rice vermicelli, rice noodles

**AVOID** wheat, wheat bran, oat bran, oat and malt containing cereals. Also avoid pasta, couscous and gnocchi (unless labelled gluten-free).

### FRUIT and VEGETABLES

All fruit and vegetables are gluten-free

**AVOID** if commercially prepared with a wheat-containing sauce, seasoning or batter

### DAIRY

Block or processed cheese, cream or cottage cheese, evaporated, powdered or condensed milk, buttermilk, fresh or canned cream, yoghurt and some custard powder (check labels for wheat)

**AVOID** malted milk, *Milo*, *Ovaltine* and ice-cream, served in a cone. Check ingredients of custard powder and other dairy desserts.

### MEAT

All fresh, smoked and frozen meat, poultry, fish (without sauce or cereal, gluten-free sausages, canned fish)

**AVOID** battered or crumbed meat/chicken /fish, processed meats e.g. sausages poultry with stuffing and meat containing foods that are thickened with flour

### SAUCES/CONDIMENTS

Tomato sauce, most vinegar, honey, jam, peanut butter, salad dressings (not thickened), gelatine

**AVOID** malt vinegar, seasoning powders, stock cubes, gravies, yeast extract e.g. vegemite, soy sauce and many other sauces/condiments (check the label)

# HALAL tip sheet


For foods to be halal, they must be free of alcohol and pork. Meat and poultry must be slaughtered according to Islamic guidelines.

## FOODS and DRINKS TO AVOID

- » Pork
- » Blood and blood-products
- » Biscuits or potato chips containing animal fats
- » Food items containing gelatine (unless it is a vegetarian variety)
- » Alcohol used in the preparation of any food
- » Butter substitutes (made with rendered beef fat)

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## HANDY HINTS

- » Where no special arrangements have been made to cater for halal meat, Muslims are generally happy to eat vegetarian food that has no animal fat or by-products used in its production and eat most fish dishes. Fruit, vegetables, dairy products, grains/cereals, herbs and spices are halal.
- » Halal meats can be purchased from authorised halal butchers
- » If non-halal meat and fish dishes or sandwiches are provided as part of a meal, ensure that they are on separate platters and label them to avoid confusion
- » When cheese is used it should be labelled 'vegetarian'
- » "Tasty bite" website (see link below) lists product range for special dietary requirements (vegan, vegetarian, kosher, halal)
- » Look for the halal symbol  when shopping at the supermarket

## More resources

[http://islam.about.com/od/dietarylaw/a/diet\\_law.htm](http://islam.about.com/od/dietarylaw/a/diet_law.htm)

# BUSH TUCKER foods

Below is a list of some Bush Tucker foods.

## FRUIT

- » **Kutjera:** looks like a raisin, is rich in vitamin C and tastes like strong caramel
- » **Muntries:** also known as emu apples or native cranberries, taste like spicy apple
- » **Riberry:** a coastal rainforest tree with its fruit tasting like tart cranberries with a hint of clove
- » **Quandong:** from the sandalwood family and is like a peach with a waxy skin
- » **Davidson's Plum:** 3 rainforest plant species with a rather sour fruit that resembles a traditional plum
- » **Finger lime:** popular in gourmet Australian marmalade, has a very zesty flavour

## VEGETABLES

- » **Warrigal greens:** a bit like spinach
- » **Bungwall fern:** the roots were soaked, roasted and then ground to make flour

## LEAN MEAT

- » **Kangaroo:** a red lean meat that is virtually fat-free
- » **Emu:** the meat is red, richly flavoured, and tender
- » **Crocodile:** meat has a texture that is similar to a fish and chicken
- » **Fish:** tender with a white flesh

## SPICES

- » **Lemon Myrtle:** used in cooking and as a healing plant. It has a high content of citral, which is used to keep mosquitoes at bay.
- » **Mountain pepper:** a peppery plant used to flavour cuisine
- » **Aniseed myrtle:** a great aniseed flavour now used in essential oils

## EXTRAS

- » **Bunya nut:** from the Bunya tree, is a sacred food. The nuts are like pine nuts and can be eaten as is or ground up to make bread.
- » **Macadamia nut:** high in good fats and also great for the skin when in an essential oil
- » **Honey ants:** store honey dew in their swollen abdomens

## More resources

[https://anfab.org.au/main.asp?\\_Fact%20Sheets](https://anfab.org.au/main.asp?_Fact%20Sheets)

# SUGARY DRINK-FREE events

## What is a sugary drink free event?

A 'sugary drink free event' promotes availability of free tap water or purchased (or free) bottled water. Other drinks that event organisers may want to sell or provide for free are:

- plain sparkling water,
- 'diet', 'no sugar' or 'zero' soft drinks,
- small serves (250ml or less) of 100% fruit juice, and
- plain (unflavoured) milk.

Sugary soft drinks, sports drinks, energy drinks, fruit drinks, cordial and sugar-sweetened flavoured milk drinks are neither sold nor provided for free.

## Why go sugary drink free at your event?

Sugary drinks used to be a 'sometimes' choice to be enjoyed on special occasions. These days, sugary drinks are readily available and are consumed frequently and often in large amounts, posing significant health risks. Hosting an event where sugary drinks are not available while water is promoted and freely available is a refreshing change for the Community.

## How do I put on a sugary drink free event?

1. Get management support for going sugary drink free
2. Promote your event as sugary drink free (e.g. on event flyers, social media, newsletters)
3. Make water available free of charge (e.g. water station, jugs of water, accessible drinking taps, sell bottled water or provide it for free)
4. Have signage to direct people to where they can get water
5. Provide reusable water bottles if possible
6. Have information about why it's good for health and wellbeing to reduce sugary drink consumption and choose water instead (e.g. posters, sugary drinks display)
7. Ask participants for feedback about the event being sugary drink free

## Further info, tips and resources

<http://www.rethinksugarydrink.org.au/koori>

<https://livelighter.com.au/Health-Professionals/For-your-practice>

<http://www.vaccho.org.au/wd/nutrition/p-2/>

*Information adapted from <http://www.rethinksugarydrink.org.au/downloads/events-toolkit.pdf>*





# You wouldn't eat 16 teaspoons of sugar - *so why drink it?*



[youtube.com/user/VACCHOinc](https://youtube.com/user/VACCHOinc)  
[rethinksugarydrink.org.au/koori](http://rethinksugarydrink.org.au/koori)



