

HEALTHY CATERING IDEAS

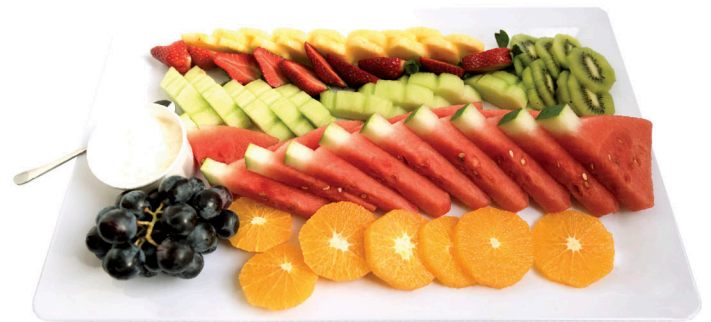


VACCHO.ORG.AU/NUTRITION

MORNING TEA & AFTERNOON TEA

SAVOURY

- ✓ Vegie sticks with dips (e.g. carrots, celery, snow peas, cucumber, capsicum with hummus, 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

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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)



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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