

Healthy BBQ Tips! *Caring for the Community*

Include:

Lean meats/fish

- ✓ Chicken, minute steak, lean beef mince, kebab sticks, kangaroo steak/fillet, kanga bangas, emu
- ✓ Fish & shellfish
- ✓ Eggs
- ✓ Use aluminium foil to wrap fish
- ✓ Use canola or olive oil on the bbq plate

Always put veggies on your BBQ

- ✓ Corn on cob (fresh or frozen)
- ✓ Mushrooms, capsicum, eggplant, zucchini, tomato, potato, sweet potato, pumpkin, onion

Bread, wraps and rolls (no butter)

- ✓ Wholemeal, Multigrain, Rye

Fruit

- ✓ Bowl of whole fruit

Make your own salad

- ✓ Lettuce, spinach, onion, carrot, cucumber, beetroot, etc
- ✓ Serve in separate containers so people can choose what they want

Water

- ✓ Tap Water (or bottled water)
- ✓ Plain mineral or soda water
- ✓ Add chopped fruit for a new flavour
- ✓ Use refillable jugs or bottles

Smoke Free

- ✓ Have a smoke free BBQ area

Be Active

- ✓ Bring a footy or sports gear and play some active games together

Food Safety

- ✓ Clean hands, BBQ and utensils
- ✓ Keep cooked and raw foods separate
- ✓ Put leftovers in the fridge after eating



Leave Out:

Fatty Meats

- ✗ Sausages
- ✗ Full fat/regular mince
- ✗ Processed meats like bacon

Creamy Salads and veggies

- ✗ Vegetables brushed with butter
- ✗ Salads with cream sauces/dressings

White Bread

- ✗ White bread/rolls/wraps
- ✗ Butter

Sugary Drinks

- ✗ Soft drinks
- ✗ Fruit drinks
- ✗ Fruit juice
- ✗ Sports drinks
- ✗ Cordial
- ✗ Diet drinks