

Resource 1: Quick guide to healthy changes

A simple way to start making healthier options available is to adapt the food you are providing.

For venues that have limited or no food preparation and/or storage areas:

1. Sell a range of fresh seasonal fruit. Frozen fruit can also be a refreshing snack. Ensure that the fruit is attractively displayed, in a place of high prominence (e.g. on the counter), and priced to sell.
2. Provide healthy pre-packaged options based on whole grains, vegetables, legumes, fruit and/or reduced-fat dairy products, e.g. reduced-fat yoghurts, reduced-fat cheese and crackers, air-popped unsalted popcorn, unsalted dry roasted mixed nuts or dried fruit.
3. Choose cakes, scrolls or slices that are plain or contain fruit, vegetables or nuts, e.g. raisin, date or banana bread. Choose wholegrain options if possible and provide small serves. (Avoid iced, coated and cream-filled versions).
4. Snack food bars and muesli bars can be high in sugar. Choose healthier options by reading food labels and avoiding those high in sugar and kilojoules.
5. Reduce the range of confectionery and potato chips. These foods have minimal nutritional value, are high in energy, sugar and/or saturated fat.

In addition to tips 1-5, for venues that have food preparation areas and/or storage areas:

6. Offer a variety of healthy sandwiches by using wholegrain or wholemeal breads with lean cuts of meat (roast beef, lean turkey or chicken breast), tinned fish (in spring water) or reduced-fat cheeses.
7. Use spreads and margarines made from olive, canola or sunflower oil, dairy blends or reduced-fat cream cheese instead of butter, and use sparingly. Use avocado or hummus as an alternative.
8. Better choices than cream include whipped ricotta or vanilla yoghurt.
9. Limit the variety and availability of deep fried foods or completely remove from the menu.
10. Use unsaturated vegetable oils such as canola, sunflower, safflower and olive oils in cooking.
11. Include vegetables wherever possible, e.g. salad in sandwiches, barbeque vegetables at sausage sizzles, or salad with meals.
12. Crumbed products (e.g. chicken, fish or vegetable) are often high in saturated fat and salt. If you provide these products, serve in small amounts and avoid deep-frying (grill or bake if possible). Serve with a side salad.
13. Many pastries (e.g. meat pies, sausage rolls, filled pastries, cheese and spinach triangles, and samosas) are high in fat. Seek out smaller serve sizes, reduced-fat versions and avoid deep-frying (grill or bake if possible).

Drinks:

14. Ensure chilled tap water is available
15. Offer reduced-fat flavoured milk (maximum serve size 500mls)
16. Ensure fruit juice is 99-100% (maximum serve size 300mls)
17. Limit the range and availability of soft drinks, sports drinks, energy drinks (maximum serve size 600mls).