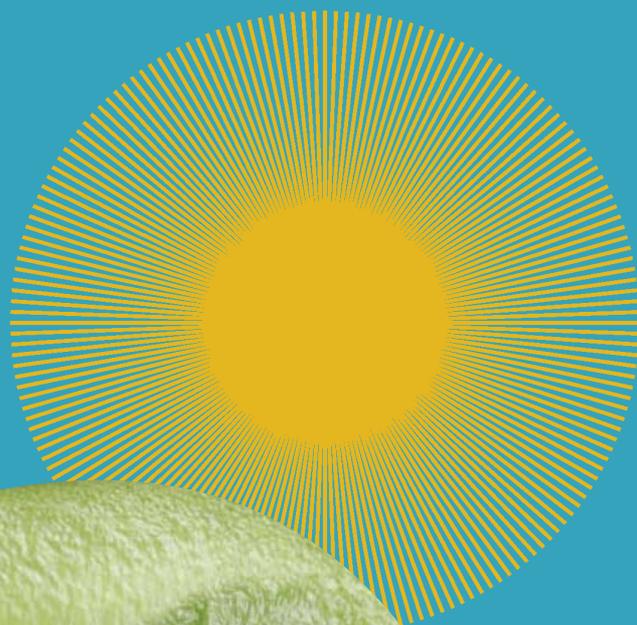


Section 7 Appendixes

- 1 Sandwiches, rolls and wraps
- 2 Snack ideas
- 3 Successful makeovers — recipe modification
- 4 Resources



Appendix 1

Sandwiches, rolls and wraps

Bread ideas: Wholemeal, wholegrain, rolls of different shapes, pita breads, lavash bread, focaccia, Lebanese, rye.

Spreads: Use polyunsaturated or monounsaturated margarines or polyunsaturated mayonnaise. Spread thinly.

Ideas of fillings for sandwiches, rolls and wraps include:

- salad (shredded lettuce, grated carrot, tomato, beetroot, cucumber, sprouts)
- grated carrots and sultanas

Lean chicken with:

- salad
- coleslaw
- combine chicken with diced celery and natural yoghurt
- low fat mayonnaise and lettuce
- tandoori flavour, cucumber and yoghurt
- sweet chilli and salad
- satay and salad

Lean red meats:

- roast beef
- minced meat
- lamb kebabs

Egg with:

- low fat mayonnaise and lettuce
- salad

Lean ham with:

- salad
- seeded mustard, tomato, lettuce
- chutney and lettuce

Tuna (in spring water or vegetable oil) with:

- pineapple and lettuce
- tomato and cucumber
- low fat mayonnaise and shallots

Cheese (reduced fat) with:

- salad
- tomato
- ricotta cheese with carrot and sultanas

Other fillings:

- baked beans
- peanut butter, grated carrot and sultanas
- hummus, tomato, cucumber
- felafel (sliced), tomato and lettuce

Sandwich and roll fillings — quantity guide (to assist with ordering and standardised serves)

Ingredients per sandwich/roll	10 sandwiches/rolls	50 sandwiches/rolls
Salad vegetables		
Carrot grated, 1 tablespoon	2 medium	8 medium
Lettuce, finely shredded, 2–3 tablespoons	¼ medium	1 medium
Tomato, thinly sliced, 2–3 slices	3 medium	15 medium
Cucumber, 2 slices	1 small	3 large
Pineapple, thinly sliced, 1 slice	10 slices (1 x 440g)	50 slices (5 x 440g)
Meat, fish, eggs and alternatives		
Baked beans, 2 tablespoons	1 x 440g can	2 x 900g cans
Cheese, sliced, 1 slice	10 slices (250g)	50 slices (1.25kg)
Cheese, grated, 2 tablespoons	200g	1 kg
Eggs, hard boiled, half an egg mashed with milk/low fat mayonnaise	5 x 60g eggs	25 x 60g eggs
Ham, sliced, 1 slice	10 slices (250g)	50 slices (1.25kg)
Meats, cold, sliced, 1 slice	10 slices (250g)	50 slices (1.25kg)
Chicken meat, free flow, 2 tablespoons	500g	2.5 kg
Tuna, salmon, 1½–2 tablespoons	1 x 440g	5 x 440g
Spreads		
Margarine	100g	500g



Appendix 2

Snack ideas

- Breakfast cereals
- Breakfast bars*
- Bread sticks
- Bread cases filled with creamed corn, ham and cheese
- Bread rolls (hot) filled with reduced fat cheese, chicken and mushroom
- Bread roll and margarine
- Cereal-based bars*
- Cheese (sticks, cubes, slices, cut into shapes)
- Corncobs
- Crispbread*
- Custard (reduced fat)
- Dried fruit packs
- Fruit bars*
- Finger buns (lightly spread)*
- Fruit (fresh, frozen or canned)
- Fruit salad. Try serving with custard or yoghurt.
- Fruit juice-based iceblocks (50% juice or more)*
- Fruit in a tub
- Fromage-frais type products
- Frozen fruit pieces (pineapple, oranges, grapes, kiwi fruit, watermelon)
- Garlic or herb bread (prepared on the premises)
- Ice-cream cups*
- Jaffles
- Milkshakes
- Muesli bars*
- Muffins*
- Muffin bars*
- Nut and seed combos
- Nut bars*
- Pikelets (plain, fruit and savoury)
- Pita breads – filled with baked beans and warmed
- Pizza (muffin or flatbread based)
- Popcorn (unbuttered, without sugar coating)*
- Raisin or fruit bread (plain or toasted)
- Rice cakes
- Rice crackers*
- Salad bags (carrot, celery, egg, cucumber, lettuce and cherry tomatoes)
- Scones (plain, fruit, cheese, pumpkin)
- Soft pretzels*
- Sorbet*
- Sushi
- Toasted English style muffins
- Wheat biscuits or water crackers served with reduced fat cheese
- Vegetables (sticks, pieces or wedges)
- Yoghurt (fresh, frozen, plain or fruit)

* Check against the 'Occasional' Food and Drink Criteria Table.



Appendix 3

Successful makeovers — recipe modification

Many recipes call for more fat, sugar and salt than is needed for good flavour and quality. Depending on the recipe, substitute or reduce ingredients to decrease fat, sugar and salt and add ingredients to increase the fibre content and nutritional quality of the food.

Always test the recipe when making a modification. Adjust the ingredients and method until you have a consistent result. Trial samples with students.

Write up the recipe on the Recipe template, which includes the ingredients list and instructions as well as the cost of packaging the food. The template is found on the CD-ROM.

When modifying recipes, ask three questions:

1. Can the ingredient be left out?
Are high fat, salt and sugar ingredients there for appearance, or for flavour or texture?
2. Can the ingredient be decreased?
Identify the high fat ingredients, such as oil, margarine, butter and cream, ingredients such as syrups, honey and sugars, and ingredients that are salty.
3. Can a substitute be used?
Is there a substitute for any ingredients that can improve the nutritional quality of the food?

Easy Cheese Muffins

- 1 cup wholemeal self-raising flour
- 1 cup reduced-fat, grated cheese
- 1 cup reduced-fat milk

Mix the ingredients together (do not overmix). Spoon into lightly greased patty tins. Sprinkle with a small amount of paprika. Bake in 200°C oven for 10 minutes.

Variations

Add chopped parsley or shallots, and chopped semi-dried tomatoes for colour and flavour.

(Energy 469 kJ, Sat. fat 1.6 g, Fibre 2.3 g)



Pikelet Mix

This is a bulk pikelet mixture. It will keep well stored in a cool place in an airtight container.

Dry Mix

- 2 kg wholemeal flour
- 1 kg self-raising flour
- 4 level tablespoons bicarbonate of soda
- 1 cup brown sugar, firmly packed
- 500 g skim milk powder

Mix the dry ingredients together and store in an airtight container.

Making pikelets

For each cup of this mixture add 1 egg and ½ cup water. This quantity will make 10–12 pikelets. Add more water if the mixture is too thick. Cook on a non-stick or lightly oiled griddle or electric frypan. Serve on the same day or freeze.

Variations

- top with ricotta cheese and fresh strawberries
- add mashed banana
- add tinned unsweetened apple pieces
- add dried fruit such as sultanas or chopped dates

(Energy 358 kJ, Sat. fat 0.6 g, Fibre 1.7 g)

Ideas to reduce total fat and kilojoules

- In many baked goods such as muffins and cakes, try replacing half to all of the fat with unsweetened apple puree or low-fat yoghurt.
- Use baking and grilling as preferred methods of cooking rather than frying.
- Replace whole milk with reduced-fat milk.
- Use naturally lower-fat cheeses, such as feta or mozzarella, or use reduced-fat varieties. Cheese with 25 percent less fat has good taste and texture and melts well.
- Use reduced-fat evaporated milk instead of cream.
- Use natural low-fat yoghurt as a substitute for sour cream.

Ideas to reduce sugar

- In baked goods such as breads and biscuits reduce sugar by one-quarter to one-third. Extra spices like cinnamon or nutmeg or flavouring like vanilla essence can be added to compensate for reduced sweetness.
- Buy unsweetened frozen fruit or fruit canned in water or its own juice.
- Replace one-quarter of the sugar in biscuits, bars and cakes with an equal amount of skim powdered milk. This reduces kilojoules and increases the calcium, protein and some vitamins in the food.

Ideas to reduce sodium

- Do not add salt to fillings in sandwiches, rolls and wraps.
- Gradually reduce the amount of salt in a recipe each time it is made. Customers will adjust to a less salty flavour over time.
- Choose herbs such as coriander or parsley and spices such as paprika and cumin, that complement the food, and add flavour instead of salt.
- Choose garlic and onion powder rather than garlic and onion salt.
- Do not add salt to the water when cooking pasta, noodles or rice.

Ideas to increase fibre

- Keep peels on fruits and vegetables whenever possible.
- Add extra vegetables to sandwiches, burgers, wraps, soups, salads, bread cases and in pizza toppings.
- Add fruits — dried and fresh to muffins, pikelets and pancakes.
- Substitute wholemeal flour for half of the flour when making breads, muffins, pancakes/pikelets or other grain products.
- Use wholemeal bread for jaffles.
- Use wholemeal or wholegrain English muffins for pizza bases.
- Wholemeal pita breads, filled with salad, can be used as a variation to sandwiches.
- Brown rice makes a tasty 'microwaved fried rice'.



Appendix 4

Resources

Websites

Education Queensland

www.education.qld.gov.au/schools/healthy
School Health and Wellbeing Initiatives. From this website you can download a copy of *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools*.

Queensland Health

www.health.qld.gov.au
Information is available about healthy living, including nutrition, physical activity and food safety.

www.foodsafetymatters.gov.au
Dedicated food safety website aimed at schools.

Queensland Association of School Tuckshops (QAST)

www.qast.org.au
Contact for a range of tuckshop support services.
Telephone: 07 3324 1511

Nutrition Australia

www.nutritionaustralia.org
Contact for a range of nutrition advice and support.
Telephone: 07 3257 4393

Queensland Council of Parents and Citizens' Associations Inc.

www.qcpc.org.au/
Contains a copy of the *P&C Operations Manual* that includes a section on retail operations including tuckshops. This manual also includes a section on food safety for tuckshops.

National Heart Foundation

www.heartfoundation.com.au
Contact for brochures and posters such as *School Lunch Box Ideas*, *Your Heart and Eat Smart*, *Play Smart – A Manual for Out of School Hours Care*. Telephone the Heartline on 1300 362 787

Brisbane Markets

www.freshforkids.com.au
For fun and innovative ideas to promote fruit and vegetables to children and young people.

Food Standards Australia and New Zealand

www.foodstandards.gov.au/
For information about food safety, food standards and food labelling.

Australian Government Department of Health and Ageing

www.health.gov.au/pubhlth/publicat/document/fdcons.pdf
The *Australian Guide to Healthy Eating* consumer's booklet.

National Health and Medical Research Council

www.nhmrc.gov.au/publications/nhome.htm
A copy of the *Australian Dietary Guidelines for Children and Adolescents* can be downloaded from this website.

Building a Healthy, Active Australia

www.healthyactive.gov.au

NSW School Canteen Association

www.schoolcanteens.org.au
Contact for an online registered product list.

Go Grains

www.gograins.grdc.com.au



Publications

Australian Guide to Healthy Eating

To obtain copies of the booklet and poster contact the Australian Government Department of Health and Ageing on 1800 020 103 extension 8654 (freecall) or email: phd.publications@health.gov.au

Food for Health — Dietary Guidelines for Children and Adolescents

To obtain copies of the booklet, pamphlet and poster produced by the National Health and Medical Research Council contact National Mail and Marketing on 1800 020 103 ext 9520 (freecall) or email: nmm@nationalmailing.com.au

Looking After Our Kids

A video and handbook resource for school principals, parent bodies, tuckshop convenors, tuckshop assistants and volunteers to help them understand and comply with the Food Safety Standards. A free copy was sent to every school tuckshop in Australia in 2002. For additional copies (subject to availability) contact the Food Safety and Surveillance Section, Australian Government Department of Health and Ageing on (02) 6289 5131 or email: foodsafety@health.gov.au

Food safety for fundraising events

A pocket book guide to assist charities and community organisations meet their legal obligations under Queensland food safety laws. Copies can be obtained from local Public Health Units. See below for locations and contact numbers.

Brisbane Northside 3250 8509
Brisbane Southside 3000 9148
Bundaberg 4150 2780
Cairns 4050 3601
Charleville 4656 8100
Gold Coast 5509 7222
Hervey Bay 4197 7277
Ipswich 3810 1500
Longreach 4658 0859
Mackay 4968 6611
Mount Isa 4744 4846
Redcliffe 3897 6480
Rockhampton 4920 6989
Sunshine Coast 5409 6600
Thursday Island 4069 0400
Toowoomba 4631 9888
Townsville 4750 4000

Know your food business — A self-assessment guide to the Food Safety Standards

www.health.qld.gov.au/phs/documents/ehu/21883.pdf

This checklist has been designed to assist food businesses make a self-assessment of compliance with the Food Safety Standards.

Queensland Health healthy eating brochures

Titles include Great Food for Young People, Better Eating for a Healthier Lifestyle and Great Lunches and Snacks for Hungry Kids.

Contact Queensland Health publications on 07 3234 0842.

Queensland food legislation — Information for schools

www.health.qld.gov.au/phs/documents/ehu/16846.pdf

An information sheet on food legislation that affects Queensland schools.

PANOSH (Physical Activity and Nutrition Outside School Hours)

www.health.qld.gov.au

A manual developed by Queensland Health for Outside School Hours care.

Eat Smart*Play Smart

www.heartfoundation.com.au

A manual for Out of School Hours Care



How to use the CD-ROM

On the attached CD-ROM you will find all the materials in this Tool Kit plus additional templates. The materials are in Adobe Acrobat PDF format (suitable for use on both Windows PC and Apple Macintosh).

Materials on the CD-ROM

- Tuckshop Improvement Checklist template
- Tuckshop Action Planner template
- Phasing in New Foods template
- Smart Choices menu templates for primary and secondary schools
- Recipe template

Viewing

The CD-ROM should start automatically. If not, please open the PDF titles Start _Here. Select the coloured icons to open the document you wish to view (see example below).

When you have finished viewing the material, close the window (or select Close from the File menu on your computer).

To print the material, please follow the instruction below.

Printing

To print copies of any of the materials, select the coloured icon listing the document you wish to print. Then select Print from the File menu on your computer. Click on OK to begin printing the material.

Using templates

The templates are in MS Word format, suitable for use on both Windows PC and Apple Macintosh. Select and type over existing text to change. The templates have been designed to be printed on A4 size paper, and are suitable for printing in colour or black and white.

About Adobe Acrobat Reader

The material included on the CD-ROM is in Adobe Acrobat PDF format. To view the files you will need to have Adobe Acrobat Reader installed on your computer. If you do not have Adobe Acrobat Reader installed, there is a copy provided on the CD-ROM. You will find an installer for PC or Macintosh in the folder labelled 'Acrobat'.

