

# smart

## CHOICES

@ school events

Healthy Food and Drink Supply Strategy  
for Queensland Schools



A joint Australian, State and  
Territory Government Initiative



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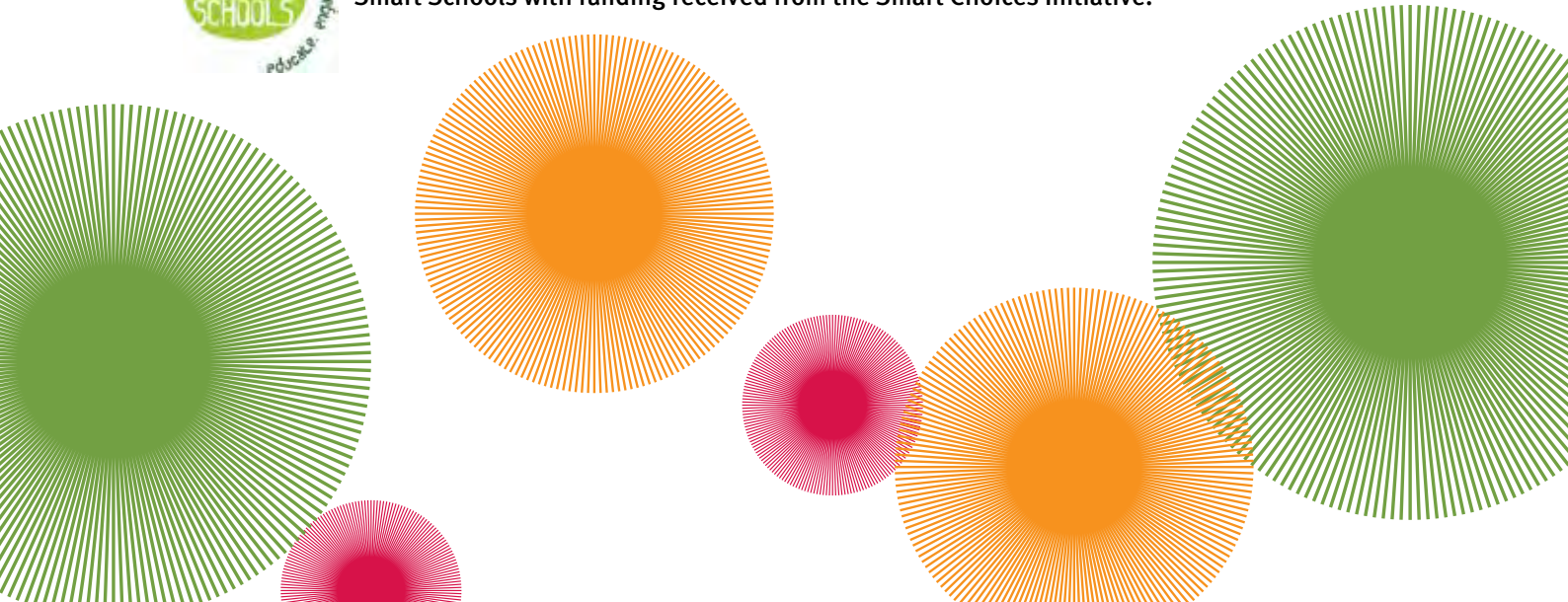
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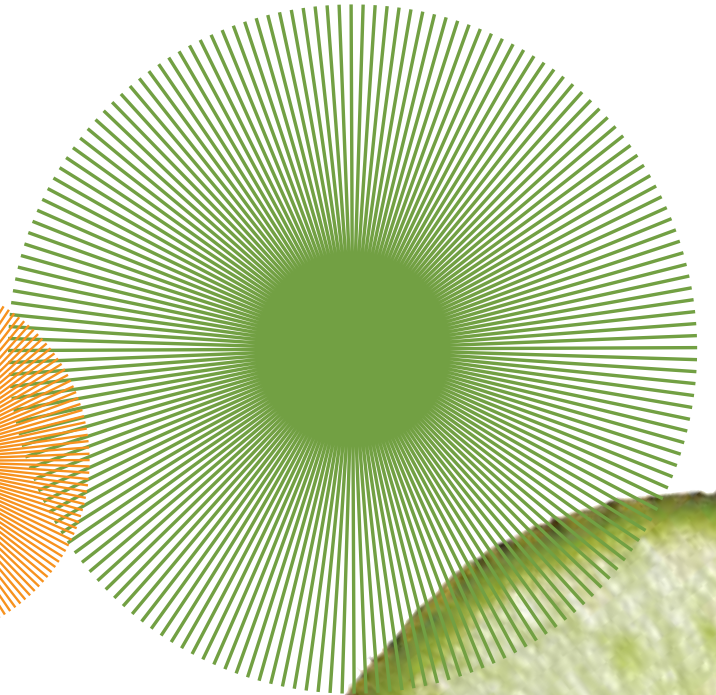
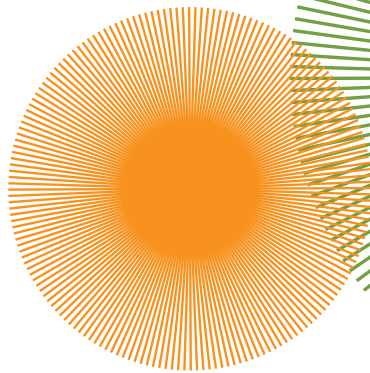
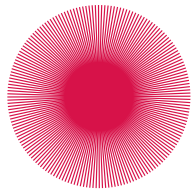
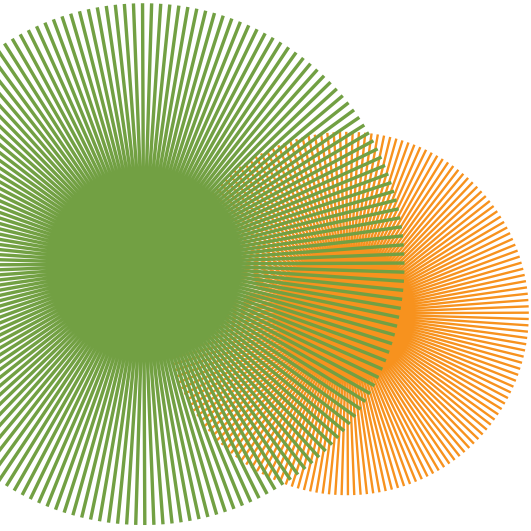
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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health. Developed by NAQ Nutrition Food Smart Schools with funding received from the Smart Choices Initiative.





# Introduction

Smart Choices, the *Healthy Food and Drink Supply Strategy for Queensland Schools*, is a Queensland Government initiative aimed at improving the nutritional value of food and drinks supplied to students in Queensland schools. Smart Choices is based on the *Australian Guide to Healthy Eating* and classifies food and drinks into three categories according to their nutritional value.

GREEN	Have plenty – encourage and promote these choices
AMBER	Select carefully – do not let these foods and drinks dominate the choices and avoid large serving sizes
RED	Occasionally – not to be supplied on more than two occasions per term

Smart Choices addresses all areas of food supply and promotion within the school environment, including the **tuckshop/canteen** and **vending machines**, the **classroom** and **rewards given in the classroom**, **school events** such as **field trips**, **excursions**, **celebrations**, **school dances**, **fetes and sports days**, **on site sports clubs** and **school fundraisers**.

This guide contains information, tools, tips and recipes to help your school support healthy eating by providing nutritious, appetising food and drinks at school events.

Visit [www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html) for more information on Smart Choices.

**smart CHOICES Food and drink SPECTRUM**

**‘Have Plenty’**

Encourage and promote these foods and drinks.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

**‘Select carefully’**

Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:

- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

**‘Occasionally’**

These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)

Revised on the 10/10/14 agreement of Health and the Queensland Department of Education and Training, *Common Access Planning Guide 2014*.

## Aligning your event with Smart Choices

The intent of Smart Choices is to offer healthy food and drink choices to students across the whole school environment. When planning what food and drinks to supply at school events such as sporting carnivals, barbecues, celebrations or fundraising events, schools should be guided by the following principles.

### Guiding principles for applying Smart Choices in the school environment

- Profit should not come before student health and wellbeing.
- The focus of the strategy is on food and drinks supplied to students rather than the wider community.
- Schools should take all opportunities to eliminate the promotion and supply of RED food and drinks.
- Schools should take all opportunities to promote and model consistent messages about healthy eating practices.

Keeping these guiding principles at the forefront of your planning will ensure that your school event aligns with the intent of Smart Choices, and promotes and models consistent healthy eating messages.



#### **SMART TOOL 1**

It's a great idea to inform the school community at the beginning of the year about your school's approach to healthy eating at school events.

A sample school newsletter item can be found on page 36.



#### **SMART TOOL 2**

A sample letter that can be sent home to parents asking for their assistance in supporting healthy eating at school can be found on page 37.

When planning activities and events that may involve food and drinks, schools should ask the following questions:

1. **Do we need to supply food and drinks at this event?**
  - Could this event work just as well without food and drinks?
  - Could we seek non-food product alternatives, e.g. if a fundraising drive, could we sell sunscreen, lunchboxes, toothbrushes, medical kits, tea towels, calendars, cookbooks, herbs and seeds?

2. **If we are going to supply food and drinks, can we use items only in the GREEN or AMBER categories of Smart Choices?**

Incorporating food from only the GREEN and AMBER categories is a great way of supporting the healthy eating messages taught in the classrooms and continuing to promote the healthier food and drink options available at the tuckshop/canteen.

3. **If we decide to have an event with RED food or drinks, on how many occasions this term/year have we already done this?**

Sometimes schools may find they have a number of separate groups across the school organising events and activities involving food and drinks. Make sure you keep a record of all events where RED food and drinks are supplied so you don't have more than two per term.

### SMART TOOL 3

It is sometimes difficult to keep track of the number of occasions involving RED food or drinks per term.

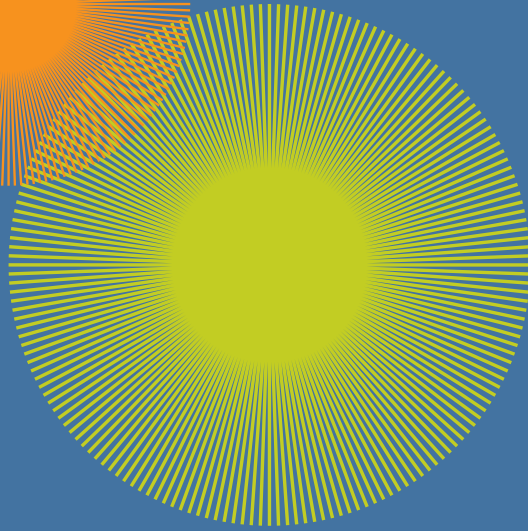
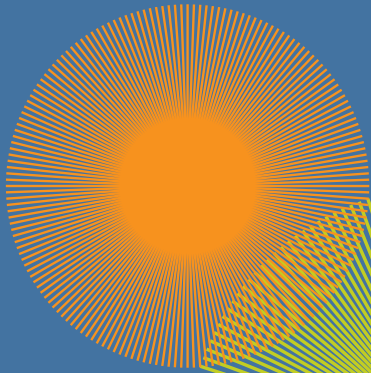
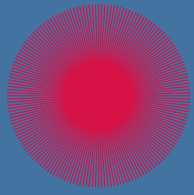
A form that can be used to coordinate the occasions when RED food or drinks are supplied at school events can be found on page 38.







# Section 2 Smart Choices @ school sporting events



# Smart Choices @ school sporting events

Smart Choices applies to all events where food and drinks are supplied by the school to students. This includes school sports days, sports carnivals (including the swimming and athletics carnivals), and school sports clubs, such as a swimming club operated by the school or the school's parent organisation.

The provision of healthy food and drinks at these events is important to ensure a **consistent message across the school environment** about healthy eating. It also reinforces that physical activity and nutritious food choices are important components of healthy lifestyles. The best way to do this is to not supply any RED food or drinks at these events.

There are sometimes myths and misconceptions about the types of food and drinks students need for sports days. Here are some myth busters you can share with your school community.

**Myth: Students need lots of energy on sports days, so it is OK for them to eat treat foods like lollies and chips during the day.**

## **Busted:**

- Most events at school sports days are quite short, so even students participating in several events won't require much more energy than they would need in a normal school day.
- If students have eaten well leading up to, and throughout, the day of the event, there is no need to provide energy and carbohydrate from treat food such as lollies and chips.
- Students can get adequate energy and carbohydrate from more nutritious snack and meal choices, including sandwiches/wraps/rolls, low fat pasta, rice and noodle dishes, fruit, yoghurt, low fat muffins, popcorn, crackers and reduced fat cheese, and reduced fat milk. These foods are also good sources of valuable nutrients.

**Myth: Students need extra fluids on sports days so sports drinks and soft drinks are appropriate.**

## **Busted:**

- It is important for students to drink fluids, preferably water, before, during and after sporting events, especially if it's a hot day.
- Drinks containing carbohydrate (sugar) for energy, such as sports drinks, are unlikely to be necessary for the majority of school-age competitors at an event.

**Myth:** The sports day is a special day, so this is a good day to have as one of our RED occasions.

**Busted:**

- Many schools opt to have one of their two RED occasions per term on their school sporting event. Not only does this promote an inconsistent message about healthy eating and physical activity, it also often leads to children over-indulging on treat foods such as soft drinks, chips and confectionery. It is recommended that sports days are not RED occasions.

### Planning your menu for a school sporting event

When planning a menu for school sporting events make sure you consider the following questions:

1. What are the appropriate choices and serve sizes for children and adolescents participating in sport?
2. How can we promote healthy eating messages on the day?
3. How can the tuckshop or canteen manage a higher than usual workload that day?

### How to cater for extra customers

As sports days are often higher volume days for the school tuckshop, here are some ideas to help you cater for your extra customers:

- keep menus small and simple (you don't need to sell all your usual options)
- encourage pre-orders so you can prepare in advance
- offer a 'meal deal'
- prepare for higher drinks sales
- consider the need for extra fridge or freezer space
- advertise for extra volunteers well in advance to help prepare and serve.

#### SMART TIP

Provide fewer food and drink choices in total and limit the number of unhealthy items. This will assist in making the healthy choice the easy choice for students and the wider school community.



## Using meal deals on your sports days

A great way to streamline the food supply on sports days is to offer a meal deal that includes a healthy meal, snack and a drink, and is ordered in advance.

Using meal deals rather than offering an extensive menu means:

- you will only need a small variety of ingredients
- if students order in advance, you will know exactly what to prepare at each break
- there will be no need to guess which items will be popular
- there is more control over the types of food supplied on the day, reinforcing to children and adolescents that healthy food and sports events belong together!

Here are a couple of quick and easy meal deal menus for your next sporting event.

### Gold Medal Deal

Lean Beef Burger  
with salad

Cheese and crackers

Snowflake fruit   
kebab

Bottle of iced water

 = Recipe provided in  
the recipe section.



### Power Pack

Sweet Chilli Chicken  
and salad wrap

Popcorn

Frozen orange wedges

300mL low fat  
flavoured milk





### SMART TOOL 4

Need a menu now? On page 39 is an easy to prepare, tasty and nutritious menu that's appropriate for children engaging in physical activity and is also suitable for adults attending the event. As the school needs to take every opportunity to model healthy eating to students, there is no need for a separate menu for parents.

**SMART TIP**

Use these quick and easy ideas from the recipe section to create a healthy sports day menu.

**DRINKS**

Chilled water – 300 mL

Plain or flavoured reduced fat milk

200 mL smoothies

200 mL fruit juice based slushie or 250 mL 100% fruit juice

**SNACKS**

Fruit salad tub

Sliced or frozen fruit such as watermelon, grapes or oranges

Reduced fat custard

Reduced fat yoghurt


Popcorn

Reduced fat plain and savoury scones or muffins (moderate serve sizes) 

Crackers with reduced fat cheese, cherry tomatoes and vege sticks

**HOT FOOD**

Savoury mince rolls

Beef and Hokkien noodle stir fry 

Spaghetti bolognese

Oriental fried rice 

Mexican burritos

Soup with crusty bread rolls

**COLD FOOD**

Sushi

Mediterranean salad

Lean meat and salad wraps, sandwiches and rolls



= Recipes provided in the recipe section.



## Tips for making the healthy choices popular choices at your sports events

Once you have designed your healthy sports day menu, you want to make sure that it is popular and successful. Follow these tips to promote your healthy options.

1. **REDUCE COMPETING ITEMS** – Avoid putting popular unhealthy items up against your healthy options. For example, it will be difficult for popcorn to sell well if it has to compete with potato chips. Likewise, jacket potatoes topped with savoury mince and savoury mince on a roll can be very popular alternatives to meat pies; however, if both appear on the menu, students may be more likely to choose the pie.
2. **LOOKS GOOD, TASTES GOOD** – Ensure your healthy items taste great by using fresh, quality ingredients. Where possible, display items in clear containers, or if practical, display so that fillings appear outwards. The old saying ‘we eat with our eyes’ is very true, and items that look good will be more popular.
3. **PRE-ORDERS AND MEAL DEALS** – Not only are pre-orders and meal deals great ways to control the supply of healthy options on a sports day, but they also streamline ingredient ordering and the food production process. This method also allows the opportunity to promote these healthy items heavily before the event.
4. **USE CATCHY NAMES** – Use enticing words such as ‘fresh’, ‘hot’, ‘sizzling’, ‘tasty’, ‘ice cold’ and ‘yummy’ when listing your menu items or promoting them. Why not try naming some menu items or meal deals after prominent sports people or sporting events?
5. **PROMOTION** – Take photos of your healthy menu items and display on counter tops, in display cabinets or on menu boards on the day. Promote your healthy menu in the school newsletter or on the school website in the lead-up to the sports day.
6. **PRODUCT PLACEMENT** – Keep the healthy items in fridges, display cabinets and on the counter top at eye level and prominently displayed. If there are less healthy options on your menu, place these out of sight or in less obvious positions such as the bottom shelf of the fridge or behind healthier options so that customers can’t see them. This helps to make the healthy choice the easy choice.

## Sporting events held off-site

Many schools often hold their school sporting events off-site where the canteen is operated by the venue.

To make sure that your school's healthy eating messages continue to be promoted, it is a great idea to liaise with the venue in advance to determine the type of menu items to be made available to your school community during the event.

You could request that RED items such as soft drinks, confectionery and deep-fried foods are not available for sale during the event. It is best to ask that these items be removed from the countertops and, if possible, covered in the fridge.

### SMART TOOL 5

Contact the sporting venue in advance to outline your school's approach to healthy eating at sporting events. You can adapt the letter on page 40 to request support from the venue in promoting healthy eating at your sports carnival.



## School sporting clubs

For sporting clubs conducting regular events as part of the school (e.g. school swimming club), all food and drinks supplied at the events should be from the GREEN or AMBER categories of Smart Choices. If RED food or drinks are supplied to students at these events, then each event would need to be counted as one of the two occasions per term when RED food and drinks may be supplied by the school.

As school sporting club canteens usually open less frequently than school tuckshops/canteens (e.g. once per week), they have some additional considerations when planning their menu for the provision of healthy food and drinks.

Considerations for a school sporting club canteen	Ideas and suggestions
Limited storage space	<p>Consider your available storage space when ordering.</p> <p>You could share stock and ingredients with the school tuckshop or canteen. They may be able to order and store food for the club until required.</p> <p>Given the school tuckshop's or canteen's ongoing relationship with suppliers, and that they are likely to order stock in larger quantities, you may be able to source products and ingredients more cheaply for the club.</p>
Limited preparation space	<p>Many school tuckshops and canteens provide catering for school activities such as meetings held at the school and parent events. The school canteen may also be able to prepare a selection of their products such as sandwiches, wraps and rolls or pasta, rice or noodle dishes (to be reheated) for the club.</p>
Wastage	<p>As the canteen may only be open one day per week, there are limited opportunities to use excess items the next day. This can potentially increase waste.</p> <p>Try freezing pre-made items such as savoury mince into small batches required just for that day.</p>
Limited equipment to prepare food	<p>Seek funding or donations to get a selection of small, but useful pieces of equipment such as blenders, electric frying pan, toasters, popcorn maker, sandwich press, benchtop grill, microwave. The sample Swim Club menu can be delivered with limited equipment.</p>

### SMART TIP

To prevent waste, yoghurt and fresh fruit can be blended and frozen if unused or nearing the use by date. All you need is a blender, some clear cups, containers for storage and the room to freeze them.



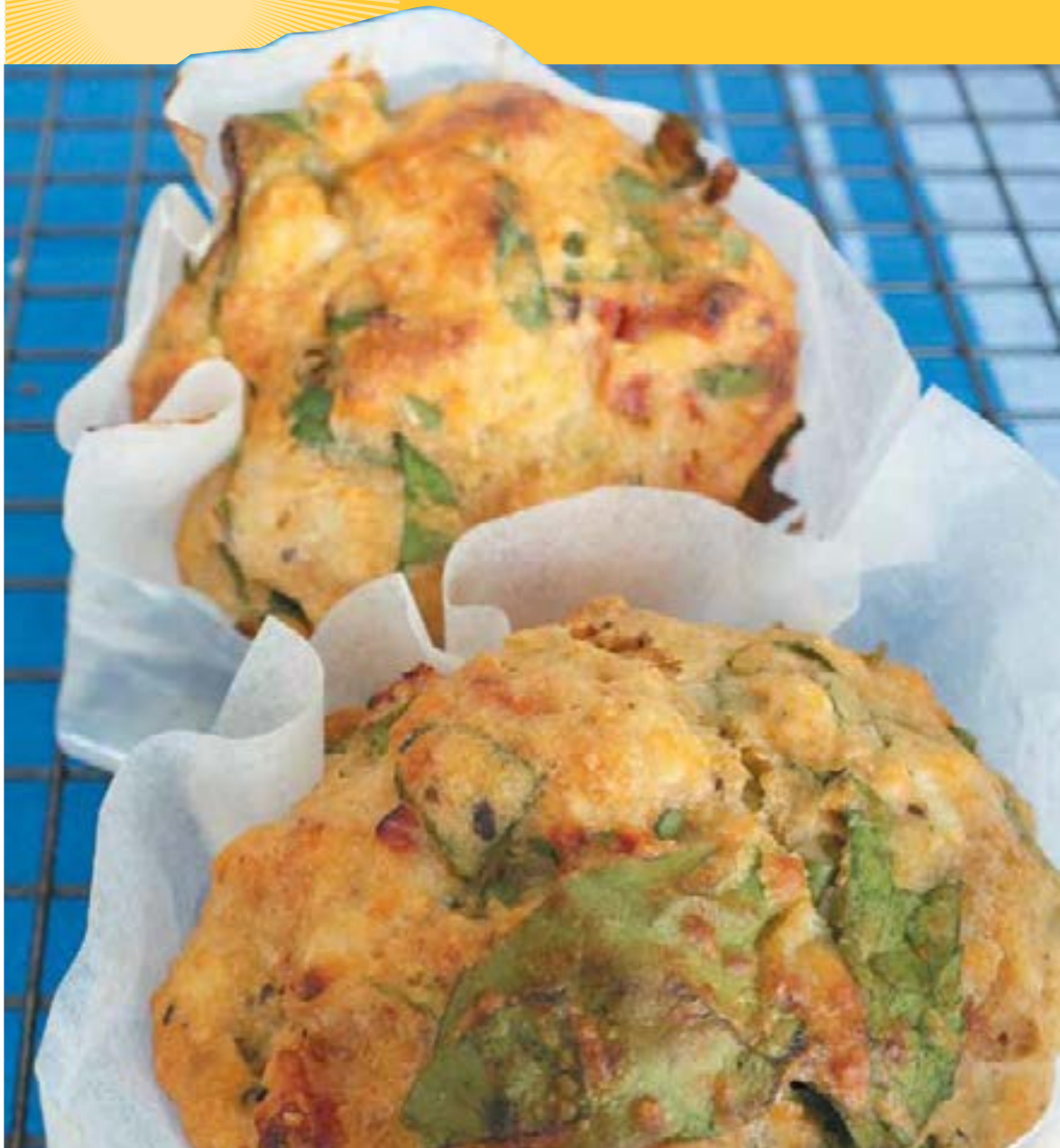
## SMART TOOL 6

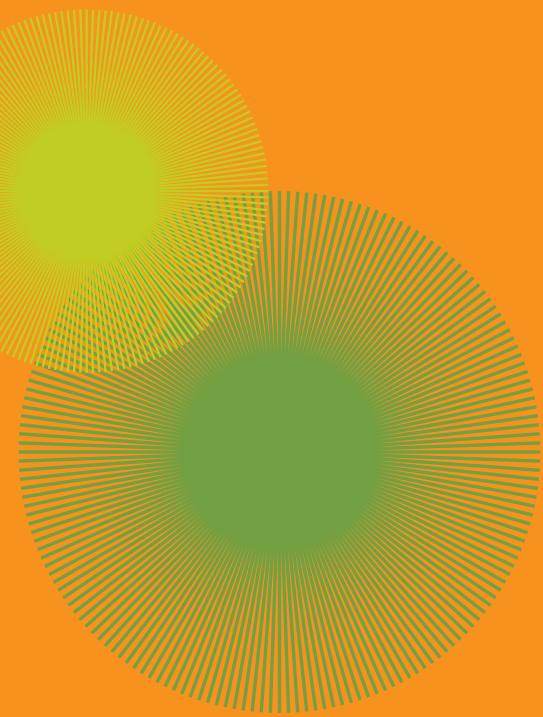
Need a menu now? On page 41 is a swim club menu which includes healthy and popular items that require minimal storage and preparation space.



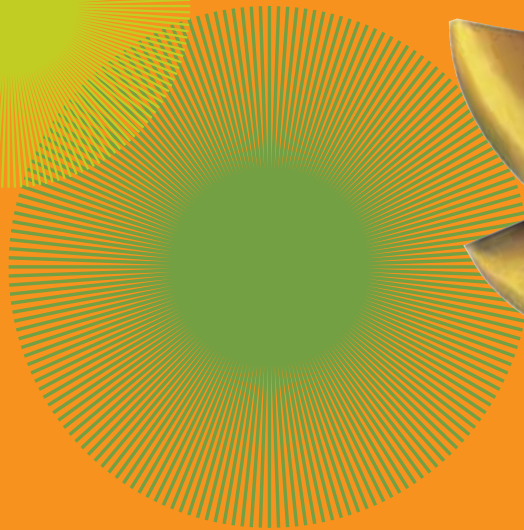
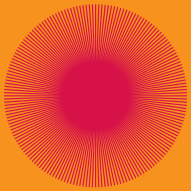
## SMART TIP

Sweet and savoury muffins can be prepared in advance and will freeze well. Wrap them individually before freezing so just the right number can be defrosted on club nights.





# Section 3 Smart Choices @ barbecues



## Smart Choices @ barbecues

Barbecues and sausage sizzles are very popular at school events. Schools often use barbecues as a means to cater for sporting events, at parent functions and for fundraising. However, sausages are usually classified as RED under Smart Choices, as they have high levels of saturated fat and sodium. A sausage sizzle would therefore need to count as one of the two RED occasions for your school under Smart Choices.

If you are planning a sausage sizzle or barbecue, here are some tips to improve the nutritional value of your meal. Remember, if you use sausages, it will most likely mean your school is having a RED occasion.



### SMART TOOL 7

Large school barbecue events often attract volunteers who may not assist regularly in the tuckshop or at other school events, so providing them with guidance on food preparation and serving is essential. Schools can adapt and provide the barbecue planning card on page 42 to assist volunteers set up and run a healthy barbecue event. Print on cardboard and laminate the planning card to re-use.




## TOP TIPS FOR MAKING BARBECUES HEALTHIER

### Bread/rolls

- Serve wholemeal/wholegrain bread, rolls or wraps, or use high fibre white bread.

### Meat


- Serve lean meats like chicken strips/kebabs, lean steaks with minimal visible fat, homemade beef patties with lean mince and grated vegetables added.
- Try the hearty burger pattie recipe. 
- If using pre-prepared patties or reduced fat/reduced salt sausages, be sure to check against the RED food criteria for hot food under Smart Choices.

### Oils

- Limit the amount of oil you use. If you need it, use olive oil, canola oil or rice bran oil spray.

### Fillings

#### Salads

- Offer at least three salad fillings such as lettuce, tomato, carrot, beetroot, cucumber or pineapple. Try the coleslaw or corn and tomato salsa recipes. 

#### Vegetables

- Grilled vegetables make a great addition to any barbecue.
- Consider corn, capsicum, mushrooms, zucchini and eggplant to add a Mediterranean flavour to the menu.

#### Cheese

- Serve reduced fat grated or sliced cheese.

### Spreads

- Avoid using spreads. Use reduced fat mayonnaise, avocado or extra light cream cheese if required.

### Sauces

- Use salt reduced tomato and barbecue sauces, chutneys, mustards or other toppings.

### Drinks

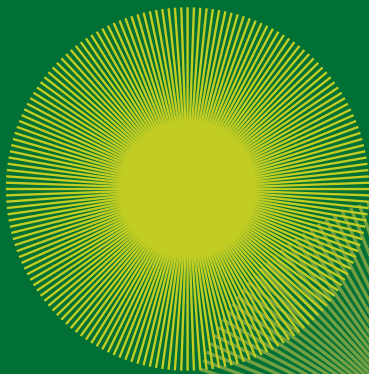
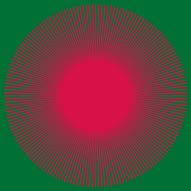
- Avoid serving soft drinks — include water, reduced fat plain or flavoured milk or small serves of 100% fruit juice instead.



= Recipes provided in the recipe section.



# Section 4 Smart Choices @ special events



# Smart Choices @ special events

Schools often hold special occasions, celebrations, events and activities where food and drinks are supplied by the school. If these occasions are student-focused events, they need to be consistent with Smart Choices and promote healthy eating.

## Class parties and rewards

If the school or teacher supplies food or drinks to students for a class party or a reward, the food or drinks supplied must be consistent with Smart Choices.

To model consistent messages about healthy eating across all school events, teachers should encourage parents who are supplying food and drinks for their child's class party to choose items from the GREEN or AMBER categories of Smart Choices.

### SMART TIP

Instead of every student bringing a plate of food, why not ask some students to bring a game or activity? This reduces the emphasis on the food and eating, and places more on fun and socialising.



### SMART TOOL 8

When asking for parent support in providing healthier items for class parties, it is a good idea to provide them with some suggestions of what they could send, whether it be homemade items, or food and drinks purchased from the supermarket.

A sample letter to parents about food and drinks at class parties can be found on page 43.



## Breakfast events

There may be occasions throughout the year when the school wishes to supply breakfast to students. Breakfast events can be used to celebrate a special day or prepare for an important occasion.

Healthy food and drink items that align with Smart Choices should be supplied on these occasions, as a healthy breakfast plays an important role in learning and concentration during the school day. These events also create an opportunity for schools to promote the importance of breakfast and other healthy eating messages.

### Examples of breakfast events

- NAPLAN
- Queensland Core Skills Test
- School Clean Up Day
- Walk Safely to School Day

### What's so good about breakfast?

- Regular healthy meals improve memory and learning and reduce the decline in attention and concentration.
- Long breaks between meals can negatively affect classroom learning performance and behaviour.
- Breakfast is essential after fasting overnight to provide much needed glucose to the brain. This helps with energy levels and concentration, and will improve student performance.


### Breakfast meal combinations

Here are some suggested breakfast meal combinations that could be provided to students at a school breakfast event.

They have been designed to:


- reduce the number of menu options to streamline feeding large numbers of students at one time
- contain a lean protein source, a carbohydrate source, a reduced fat dairy source and either a fruit or vegetable serve (or both)
- include options that allow for preparation in advance.

## Breakfast meal combinations

Cereal bowl  
(choice of 2 Weetbix  
or Bircher muesli)   
300 mL fresh milk -  
plain or flavoured  
Tasty mini fruit tub -  
choose from peaches or  
fruit salad

1 slice of thick fruit toast -  
strawberry jam or honey OR  
honey ricotta  
Fruit yoghurt -  
choose from vanilla or  
strawberry  
1 whole fresh piece fruit  
Chilled water

2 corn fritters   
1 whole fresh piece fruit  
300 mL fresh milk -  
plain or flavoured

Breakfast Burrito   
(Ham and egg roll)  
Tasty mini fruit tub - choose  
from peaches  
or fruit salad  
300 mL fresh milk -  
plain or flavoured

2 x honey ricotta pancakes -  
topped with choice  
of chopped berries OR banana  
Tasty mini fruit tub - choose  
from peaches or fruit salad  
300 mL fresh milk -  
plain or flavoured

Cheese and baked bean jaffles  
- served on wholegrain bread  
1 whole fresh piece fruit  
300 mL fresh milk -  
plain or flavoured

Breakfast pizza -  
crusty English muffin  
topped with lean ham, cheese  
and tomato  
Tasty mini fruit tub - choose  
from peaches  
or fruit salad  
300 mL fresh milk -  
plain or flavoured

Boiled egg/s and multigrain  
toast fingers  
Diced fruit salad cup  
Fruit yoghurt -  
vanilla or strawberry



= Recipes provided in the recipe section.

## School dances or movie nights

Food and drinks supplied at your school dance or movie night should align with Smart Choices.

Remember, the focus of these events is socialising with friends, not eating and drinking. Your event does not need to be a food-focused event or an event which serves food and drinks from the RED category of Smart Choices.

If you are serving a small selection of snacks and meals, there are plenty of healthy food and drink options. Try some of the great menu ideas and recipes included in this section, and not only will the event menu be healthy and popular, it will also be profitable.

Preparing food on site allows more potential for profit.

### SMART TIP

Use large pizza slab bases to make your own healthy pizzas. These are economical, easy to prepare and perfect to sell at school dances!

Popular pizza toppings:

- Margarita – tomato pasta sauce, reduced fat cheese, tomato and basil
- Ham and Pineapple – lean ham, reduced fat cheese, tomato, capsicum and pineapple
- Barbecue Chicken – chicken, barbecue sauce, reduced fat cheese, onion, green capsicum and cherry tomatoes.



## Fresh hot popcorn – profitable, easy and tasty

Popcorn is a great, healthy alternative to potato chips. It smells delicious while it's cooking, and most students really love it. The following is an example of the profit that can be made when cooking popcorn on site and selling it at your dance rather than selling packets of chips.

### Initial outlay on equipment

#### Small domestic popcorn maker

Usually makes about 5–6 serves per batch = approximately \$29

#### Larger popcorn maker

Usually makes 9–10 serves per batch = approximately \$150–\$200

### Popcorn costing\* Based on individual serve size = 2 cups popped corn

Ingredients/materials	Cost per unit	Cost per serve
Popping corn (375 g) 30 g required per serve	\$1.54	\$0.12 per serve
Popcorn boxes (10)	\$2.50	\$0.25 per serve
Cost of ingredients and materials per serve		\$0.39 per serve

SUGGESTED SELLING PRICE \$1.00

### compared to

### Potato chip costing\* Based on individual serve size = 28g bag of chips

Ingredients/materials	Cost per unit	Cost per serve
1 carton small packets chips (18 x 28 g)	\$21.76	\$1.21 per serve
Cost of ingredients and materials per serve		\$1.21 per serve

SUGGESTED SELLING PRICE \$1.60

\*Please note these are average costs only. It is important to conduct your own costing and pricing analysis.



## Menu options

Below are some suggested menu items for a school dance or movie night. The following menu has been designed to:

- use existing popular items from the tuckshop menu
- use ingredients you already have at the tuckshop or canteen which require minimal preparation or could be prepared in advance. Some menu items such as sushi could be ordered and purchased in advance if facilities to prepare large amounts on site are not available
- provide better profit than pre-bought RED items such as lollies, soft drinks and chips.

### MENU

#### Drinks

Chilled water

Reduced fat plain or flavoured milk

250 mL 100% fruit juice

#### Snacks

Popcorn

Ice cream or ice blocks\*

Mini muffins - Raspberry OR Sundried tomato and cheese



#### Meals

Homemade pizza - Vege Delight OR Supreme



Oven-baked potato wedges\* and salsa or guacamole or extra light sour cream

Sweet chilli chicken\* and salad wrap

#### Cold meals

Sushi



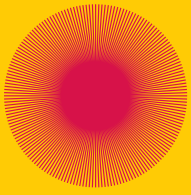
= Recipes provided in the recipe section.



\*Check items against Smart Choices RED food and drink criteria.



# Section 5 Smart Choices @ fundraising events



# Smart Choices @ fundraising events

Fundraising drives are a common way to involve families and students in supporting school programs and activities.

Keeping the focus on non-food-related items or health promoting activities means the school can continue to model consistent messages about healthy eating and lifestyles. Fundraising events that do not involve food or drinks from the RED category of Smart Choices can be run as many times as you like throughout the school year.

Consider some of the activities below, which do not involve RED food and drinks, as ideas for your next fundraiser:

## Non-food drives

- sunscreen
- first-aid kits
- water bottles
- herbs/plants
- clothing – hats, aprons, T-shirts
- cooking/storage products
- stationery – gift cards, labels
- bags
- calendars
- wrist bands
- educational toys/games
- electronic goods
- recipe books
- children's books

## Social activities

- movie night
- trivia night
- free dress days or dress up days
- celebrity or local personality as a guest speaker at a breakfast, lunch or dinner event

## A-thons

- read-a-thon
- swim-a-thon
- walk-a-thon
- run-a-thon
- spell-a-thon

### SMART TIP

A quick internet search is a great way to source local suppliers of these products and services. You could also talk to friends with children at other schools for ideas and contacts.





## A school herb and seed drive – Melanie's story

When the school newsletter came home asking for volunteers to join my school's parent organisation, I wanted to be more involved with my child's school.

One of the main things I wanted to change was the way the parent organisation did its fundraising. Like most parents, I wasn't comfortable with my child bringing home huge boxes of chocolates and confectionery, especially when the school had worked so hard to discourage children from eating them by removing them from the canteen and focusing on healthy eating in the classroom. I also knew that inevitably, parents, friends, family and neighbours end up purchasing them, and these foods are not healthy for anyone.

I decided to look for something new. After a little bit of research I discovered a fundraiser that sold gorgeous little kits to grow herbs and vegetables. The fundraising committee liked the idea, although some were nervous about trying something new. So we asked around the parents and got enough support to convince us to go ahead.

Running the herb and vegetable seed drive was easy. The herbs and vegies are beautifully packaged up for fundraising and can be sent home just like the chocolates. Each one is a self-contained kit that is really easy to use – you literally just add water! They are also small and compact enough that they can be grown on a kitchen window sill, so great if you don't have a yard or garden to grow them in.

No one had seen anything like them before, so they were a real talking point around the school. We kept 40% of each sale, so ended up raising as much money as we did with the junk food. The kids and families all loved growing their herbs and vegies. We also grew some at school and some teachers even used them in class to teach the children about plants and healthy eating.

## Melanie's tips for healthy fundraising

### Do your homework

Finding healthy fundraising options is a lot easier now. You can start by searching 'healthy fundraising' or 'herb and vegie fundraising' on the internet.

### Get the input and support of the school community

You will find it much easier to get a healthy fundraiser going if the families and staff of the school are behind you. One good way to gauge interest and get the conversation started is to do a simple survey asking if people support the idea of healthy fundraising and getting them to vote on the type of fundraiser. You can create a free survey using tools like [www.surveymonkey.com](http://www.surveymonkey.com) in about five minutes.

### Plan the year ahead

Once you have the support of your community, plan and schedule the fundraising activities for the year so people know when to expect them. It's a good idea to work with the school admin team or principal, and include dates of things like sports carnivals, excursions and other activities that will involve parents' time or money, as well as school holidays. You can then look for empty periods to avoid parent and staff overload.

### Get advice

First-time fundraising can be a bit daunting, so ask for advice from someone who has done it before. Fundraising product companies can also really help as they know what works and what doesn't.

#### **SMART TIP**

Herb and vegetable plants and seeds are a fun and healthy fundraising idea. What better way to promote healthy eating than getting kids involved in growing their own herbs or vegetables? Vegetable seeds are best distributed in third term, just in time for spring planting.

## Smart Choices @ fetes and festivals

Your fete or festival does not have to be dominated by food and drinks from the RED category of Smart Choices, which have limited nutritional value. There are plenty of ways that you can promote healthy food and drinks and still make a great profit. When planning a fete, remember that entertainment and other styles of stalls are also a great way of making food less of a focus.

### Smart Choices for food stalls

Choose foods that come from the GREEN or AMBER categories of Smart Choices, including:

- corn on the cob
- curries with rice
- tacos/pita bread nachos
- noodle boxes
- healthy muffins, slices and scones
- jacket potatoes
- pasta
- gourmet yoghurt with a range of fruit toppings
- rice paper rolls/sushi.

### Smart Choices for drink stalls

As soft drinks are RED products and have limited nutritional value, swap them for the following drinks:

- milkshake or fruit smoothie (using reduced fat milk, ice cream and yoghurt)
- fruit juice slushie
- freshly squeezed juice
- coffee (for adults).

#### SMART TIP

Invite local vendors such as gourmet yoghurt or sushi businesses to have a fete stall. Charge a fee for the stall, or ask for a percentage of profits to be donated to the school.

## Smart Choices for non-food stalls

Non-food stalls are a great addition to your fete or festival. Most of the preparation and organisation for non-food stalls can be done before the day with no need to worry about food storage and preparation. Some ideas for non-food stalls are:

- vintage or retro goods stall
  - instead of just asking for second-hand goods, ask for donations from the school community of vintage or retro items, including furniture and clothing
- craft stall
  - ask for donations and hold a craft group leading up to the fete for participants to make items for the stall
- hairspray colouring or face painting stalls
- plant stall
  - approach a wholesale nursery or visit the local flea market for plants
- baby animal farm or pony rides.

## Stalls with prizes

Prizes don't have to be food or drinks. Inexpensive prizes can be purchased from your local discount store (but be aware of any age restrictions and potential hazards associated with the products you purchase as prizes). You could have:

- a lucky dip — you may like to have one bin for boys and one for girls
- a prize garden
  - number paddle pop sticks and place the numbered end in a shallow dish of sand. Each number corresponds to a prize category.
  - you may include unnumbered sticks or include very cheap prizes if you want every child to win a prize, like balloons
- games
  - darts
  - bust a balloon
  - ring toss
  - basketball shots or football passing
  - dunking machine (teachers and principals as the targets are a great drawcard for students!)

Ideas for prizes include:

- small bouncy balls
- finger puppets
- balloons
- maracas
- yoyos
- stuffed animals
- plastic jewellery
- skipping ropes (great for encouraging kids to be active)
- stickers
- stationery items
- fancy dress items (e.g. plastic pirate hats or fairy wands).

### SMART TOOL 9

Use the guide to running a fruit smoothie stall for fetes and festivals on pages 44 and 45.





# Section 6 Tools and templates





## SMART TOOL 1

### Sample newsletter item

#### Supporting healthy eating in our school

Our school is committed to providing and promoting healthier food and drink choices consistent with the Queensland Government's Smart Choices – the *Healthy Food and Drink Supply Strategy for Queensland Schools*.

Smart Choices requires schools to address all areas of food supply and promotion within their school environment, including the tuckshop/canteen and vending machines, the classroom and classroom rewards, and school events such as field trips, excursions, sports days, celebrations and school fundraisers.

During the year, our school will be promoting healthy eating at all school events, including fundraising events. We will be encouraging the supply of food and drinks from only the GREEN and AMBER categories of Smart Choices. This will ensure our school continues to model consistent messages about healthy eating throughout the school year.

Visit [www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html) for more information on Smart Choices.





## Sample parent letter

Dear

Our school community is committed to providing and promoting healthier food and drink choices in line with the Queensland Government's Smart Choices – *Healthy Food and Drink Supply Strategy for Queensland Schools*.

Smart Choices requires schools to address all areas of food supply and promotion within the school environment, including the tuckshop/canteen and vending machines, the classroom and classroom rewards, and school events such as field trips, excursions, sports days, celebrations and school fundraisers.

During the year, our school will be promoting healthy eating messages by conducting events and fundraisers that support healthy eating and are in the best health interests of those who participate, including students, families and the wider school community.

So in addition to making GREEN and AMBER food and drinks available at our school tuckshop/canteen, we are seeking to provide only food and drinks from the GREEN and AMBER category in our fundraising and event activities.

Visit [www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html) for more information on Smart Choices, including examples of food and drinks from the GREEN and AMBER categories.

We thank you for your continued assistance in supporting our efforts to promote healthy food and drinks in our school community, and look forward to working together to promote healthy eating at our school.

If you would like to discuss this matter further, please do not hesitate to contact our office on \_\_\_\_\_.

INSERT PRINCIPAL'S NAME:

Signed \_\_\_\_\_

INSERT P&C or P&F PRESIDENT'S NAME:

Signed \_\_\_\_\_



## SMART TOOL 3

# Application for school events involving food and drink supply

### WHAT IS THIS FORM FOR?

To meet the requirements of Smart Choices – *Healthy Food and Drinks Supply Strategy for Queensland Schools*, certain food and drinks (from the RED category of Smart Choices) can only be made available across the whole school environment on a maximum of two occasions per term. This form is to assist our school to coordinate these occasions.

When determining the types of food and drinks supplied at events, the following will be considered:

- What is the benefit of the event to the whole school community?
- Can healthier alternatives be used for food or drinks (e.g. from the GREEN category of Smart Choices)?
- Can the same occasion occur without food or drinks being supplied?

### EVENT AND ACTIVITY DETAILS

#### Event Coordinator contact details

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### What is the purpose of the event or activity?

\_\_\_\_\_

#### When is the event or activity being held?

TERM 1     TERM 2     TERM 3     TERM 4    Proposed date of event: \_\_\_\_\_

#### Who is this event or activity for?

- whole school community  
 year level/s  
 only certain classes  
 adults only (e.g. teachers, parents)
- Please indicate which year levels \_\_\_\_\_  
Please indicate which classes \_\_\_\_\_  
 other

#### Please list all the food items that will be available

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Please list all the drink items that will be available

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### APPLICATION OUTCOME

- Approved as RED occasion?     YES     NO
- School term in which occasion will occur:     TERM 1     TERM 2     TERM 3     TERM 4
- Number of activities per term:     First RED event/activity this term  
 Second and final RED event/activity this term
- Event or activity added to school's calendar?     YES     NO



## Sample menu for school sporting event

### MENU

#### DRINKS

Chilled water - 300 mL

Milk - Reduced fat, plain or flavoured

100% fruit juice - 250 mL

#### MEALS

Hearty burger and salad - beef or chicken 

Homemade pizza - Vegetarian or Supreme 

Chicken and avocado sushi

Oriental fried rice 

Sandwiches, wraps and rolls -  
chicken/lean ham/tuna/egg + cheese + salad

#### SNACKS

Finger food box - cherry tomatoes, vegetable sticks,  
cheese cubes and dippers of salsa, low fat tzaziki or  
hommus dips

Frozen fruit cup

Yoghurt berry crunch 

Just popped popcorn

Fruit salad tub



= Recipes provided in the recipe section.





## SMART TOOL 5

### Sample letter to offsite sports venues

Date:

Dear

INSERT SCHOOL NAME is committed to providing and promoting healthier food and drink choices in our school community in line with the Queensland Government's Smart Choices initiative, *Healthy Food and Drink Supply Strategy for Queensland Schools*.

The Smart Choices strategy requires schools to address all areas of food supply and promotion within the school environment, including the tuckshop/canteen, vending machines, and school events such as sports days and carnivals.

The strategy classifies food and drinks according to their nutritional value, with GREEN encouraged and promoted, AMBER to be selected carefully, and RED not to be supplied on more than two occasions per term. Visit [www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html) for more information on Smart Choices.

Our school is therefore committed to ensuring that the food and drinks available to students at sporting events align with the healthy eating messages promoted throughout our school.

As our students will be attending an event at your venue on \_\_\_\_\_, we would appreciate it if you could remove items such as soft drinks, sports drinks, potato chips, confectionery and deep fried foods such as hot chips from the menu on this day. These foods and drinks provide minimal nutritional value to our students and are generally classified as RED under the Smart Choices strategy.

We would appreciate your canteen making available a range of healthy options such as those outlined below:

- drinks – water, reduced fat plain and flavoured milk, small 100% juices
- cold meals – lean meat and salad sandwiches, wraps, rolls
- hot meals (if appropriate) – low fat pasta, rice or noodle dishes, burgers or wraps with salads
- snacks – fruit, reduced fat yoghurt, air-popped popcorn, water or fruit based ice blocks.

Our school is happy to work closely with you, should you require further assistance with planning a healthy menu. Please feel free to contact our tuckshop/canteen manager on

\_\_\_\_\_

Thank you for your cooperation and assistance in supporting our school's efforts to promote healthy eating in our school community.

INSERT PRINCIPAL'S NAME: Signed \_\_\_\_\_



## Sample swim club menu

**MENU****DRINKS**

Chilled water - 300 ml and 600 mL

Fresh milk - reduced fat plain or flavoured

100% fruit juices - 250 mL

**MEALS**

Sandwiches/wraps/rolls with a variety of fillings -  
e.g. chicken/lean ham/tuna/egg + cheese + salad  
A selection of these could be served toasted.

Healthy homemade pizzas (if access to oven or  
benchtop grill is available)



Spaghetti bolognaise

**SNACKS**

Cold fruit cups

Fresh popped popcorn

Yoghurt tubs

Selection of home-baked muffins



= Recipe provided in the recipe section.





## SMART TOOL 7

### Healthy barbecue planning card

#### Preparation

1. Prepare all salad ingredients, place in containers, cover and place in refrigerator until ready to use. Use smaller containers and have several containers of the same ingredient so you can keep some in the fridge while preparing and not all your food is out on the bench (in the temperature danger zone) during service.

Wash all salad ingredients before preparation.

#### Food preparation required for our barbecue:

Expected number of patrons for this event: \_\_\_\_\_

Tomato: Slice \_\_\_ tomatoes

Lettuce: Chop \_\_\_ lettuces

Optional extras:

Cucumber: Slice \_\_\_ cucumbers

Carrot: Peel and grate \_\_\_ carrots

2. Place cheese slices in suitable small containers and refrigerate.
3. Slice bread rolls in half, place on large tray/s and cover.
4. Ensure burger patties are kept cool in the fridge.

#### Cooking the burger patties

1. Remove patties from fridge or esky. (Do not leave them sitting out for extended periods of time.)
2. Cook burger patties on hot plate, using a flipper to turn them.
3. Cook patties until cooked through. Use a probe thermometer to ensure that the patties reach at least 60 °C in the centre before serving.
4. Place cooked patties on tray, cover with aluminium foil. Serve within 10 minutes.

#### Assembling the burger

When you are ready to serve, lay ingredients out on the bench. Ensure ingredients do not remain out of the fridge for longer than two hours.





## Sample letter to parents about food and drinks at class parties

Dear Parent/Caregiver

### Upcoming class party

A class party has been planned for our class:

**Day:** Insert day      **Date:** Insert date      **Time:** Insert time

Class parties are an opportunity for students to enjoy each other's company, recognise their achievements at school or celebrate a special event. As you are aware, our school supports healthy eating at school and school events. We are therefore seeking your support in promoting our healthy eating message by giving your child healthy food and drinks to bring to our class party.

To help you make a healthy food or drink choice for your child's party, here are a few ideas.

### Healthy food and drink options for class parties

Sweet options	Savoury options
Pikelets	Mini quiches
Low fat fruit muffins	Air-popped popcorn
Fruit kebabs (fruit threaded on a straw, paddle pop stick or lollipop stick)	Dips with rice crackers or pita bread chips or vegetable sticks
Fruit scones and jam	Sushi
Reduced fat flavoured milk	Rice paper rolls

If items require refrigeration, please ensure they are safely transported to school in cool bags with an ice brick.

If you would like to supply a game instead of food, here are some tips on choosing a suitable game.

- Games should be suitable for 'inside play'.
- Games should encourage fun, 'non-violent' play.
- Choose board games or card games suited to your child's age group. Some fun games are UNO, Yahtzee, Pictionary and Cluedo.

If you would like any further information on choosing healthy options for your child to bring to our class party, please feel free to contact me.

Yours sincerely,

INSERT TEACHER'S NAME: Signed \_\_\_\_\_



## SMART TOOL 9

### Guide to running a fruit smoothie stall for fetes and festivals

Use this tool to help you run a fruit smoothie stall at your next school event. Try to keep it simple by offering no more than three smoothie flavours. Banana, mango and berry will typically be the most popular.

#### THINGS YOU'LL NEED

- 3–6 domestic blenders (i.e. 1–2 dedicated blenders per flavour)
- Eskies with plenty of ice to store milk and yoghurt (or a fridge if available at your site)
- 500 mL cups for serving
- Marking pen to write orders onto cups. You might like to mark cups with person's first name and their order, e.g. B for banana, M for mango and BR for berry
- Straws
- Money till
- Handwashing facilities and gloves
- Cleaning cloths or paper towels
- Sanitiser
- Large container with ice to scoop into smoothies
- Utensils to scoop yoghurt, fruit and ice
- Dishwashing liquid and access to hot water (blenders will need to be washed regularly)
- Measuring cups
- Jugs
- Waste bin

#### INGREDIENTS YOU'LL NEED

- Reduced fat milk
- Reduced fat yoghurt
- Chopped bananas – fresh or frozen
- Tinned mango slices in natural juice (drained)
- Berries – fresh or frozen

#### RECIPE FOR ONE SMOOTHIE

- 200 mL reduced fat milk
- 100 g reduced fat yoghurt
- ½ cup fruit
- ½ cup ice cubes

#### METHOD

Add all ingredients and blend until smooth.

Remember, customers choose one of the three fruit flavours per order.

#### VOLUNTEERS NEEDED

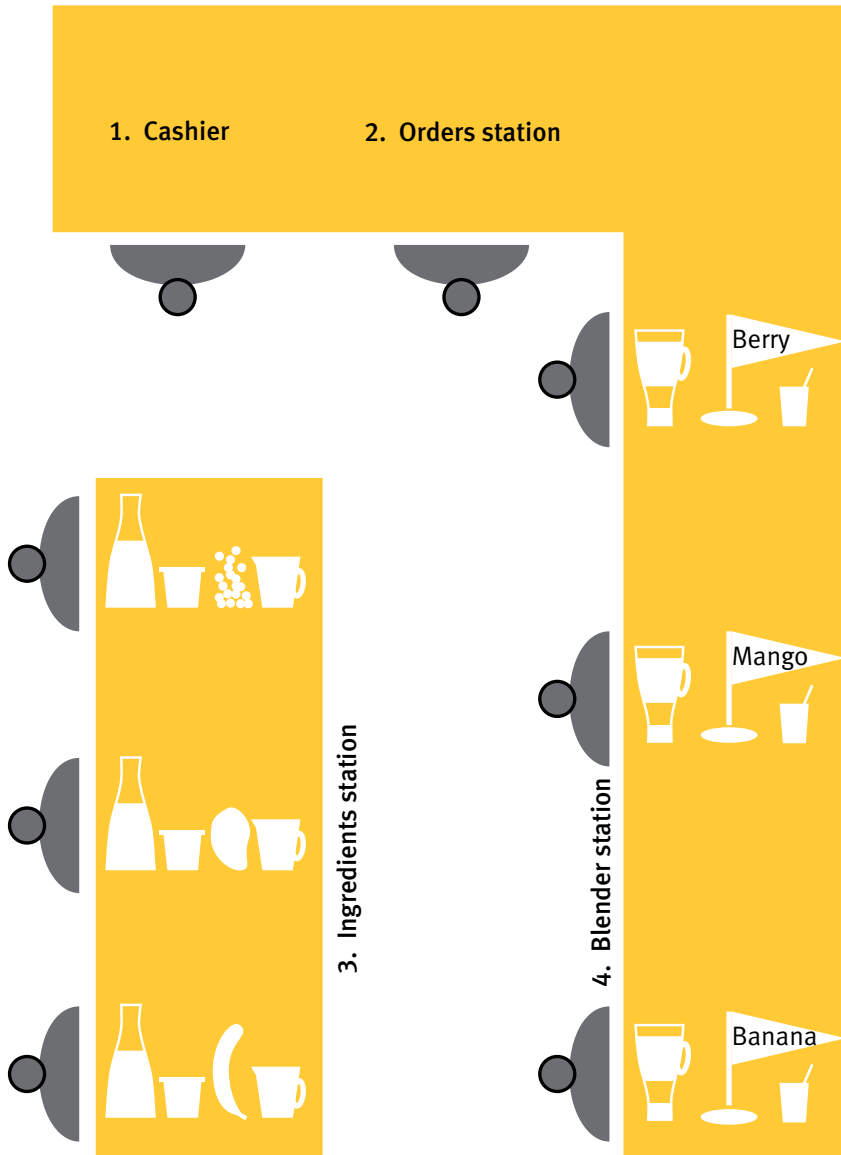
This will depend on the size of your stall set up, but it is suggested you have:

- one person taking money
- one person taking orders, marking onto cups and passing cups onto those operating each blender
- two or three people filling individual cups or jugs with ingredients (one person per flavour) and passing to people operating the blenders
- two or three people blending and serving.





## Smoothie stall set up



1. **Cashier**  
Take order and receive money. Customer moves to pick up area for their flavoured smoothie.
2. **Orders station**  
Write order on serving cup – first name and letter of alphabet to identify flavour.  
Pass marked cups to blender stations.
3. **Ingredients station**  
Place ingredients for each smoothie (milk, yoghurt and fruit) into a jug and pass to blender station.
4. **Blender station**  
Place ingredients into blender, add ice and blend. Pour into marked cup and serve.  
Most domestic blenders will be able to fit enough ingredients to blend two smoothies at once.
5. **Customer pickup area**

### SMART TIP

Stick to just one flavour per order and per blender, as this will make the process more streamlined and will mean that blenders don't need to be washed out after every single use. It is suggested that blenders should be washed in hot water with detergent about every 30 minutes. If it's a hot day, or if blenders are not used frequently, this should be done about every 20 minutes.



# Section 7 Recipes



## Rainbow slice

16 serves

### INGREDIENTS

Vegetable oil spray  
1 cup reduced fat cheese, grated  
½ cup of wholemeal self-raising flour, sifted  
5 eggs, lightly beaten  
½ cup lean ham, thinly sliced  
3 spring onions, thinly sliced  
3 cups vegetables – selection of grated zucchini, carrot, pumpkin, potato, sweet potato  
½ cup peas and corn mix

### EQUIPMENT

Oven  
Grater  
Knife  
Chopping board  
Measuring cup  
Mixing bowl  
Spoon  
Cake tin  
Baking paper  
Peeler

### METHOD

Pre-heat oven to 180 °C. Line cake tin with baking paper or oil spray.

Place all ingredients in a large bowl.

Mix gently until combined.

Pour mixture into tin.

Bake at 180 °C for 30–35 minutes or until set and golden brown.

Allow to cool before slicing into fingers.

**RECIPE TIP:** This item can be served hot or cold. This recipe could also be used to make the item in muffin pans. The muffin version will require less cooking time. Cook for approximately 20–25 minutes or until golden.



## Snowflake fruit kebabs

### INGREDIENTS

Assortment of fresh chopped fruit (apple, banana, pineapple, strawberry, kiwifruit, grapes)  
Reduced fat vanilla yoghurt  
Desiccated coconut

### EQUIPMENT

Straws or paddle pop sticks or long lollipop sticks  
Knife  
Chopping board  
2 large flat dishes/trays (for coconut and yoghurt)

### METHOD

Thread fruit onto straws or paddle pop/lollipop sticks.  
Roll in yoghurt.  
Roll in coconut.  
Serve fresh or frozen.



## Yoghurt raspberry loaf

Serves 15

### INGREDIENTS

Oil spray  
1¾ cups self-raising flour  
1 cup frozen raspberries  
½ cup brown sugar  
2 eggs, lightly beaten  
1 cup reduced fat vanilla yoghurt

### EQUIPMENT

1 loaf pan  
Measuring cups  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Wire rack  
Toothpick or skewer

### METHOD

Pre-heat oven to 180 °C.

Spray a loaf pan with oil spray. Line base and two long sides with baking paper, allowing overhang.

Sift flour and combine all other ingredients in a large bowl.

Spoon into prepared pan and smooth surface.

Bake for approximately 50 minutes or until a toothpick or skewer inserted into the centre comes out clean.

Turn out on wire rack and serve warm or chilled.

**RECIPE TIP:** Mixture can also be spooned into a 12 cup muffin tin. Bake for 15–20 minutes for muffin recipe. Raspberries can be substituted by blueberries/forest fruit mix. Freezes well.



## Pinwheel wraps

Makes 40

### INGREDIENTS

8 lavash bread wraps (5 pinwheels per wrap)  
400 g hommus  
2 cups reduced fat cheese, grated

### EQUIPMENT

Knife  
Spatula  
40 toothpicks  
Serving platter

### METHOD

Lay lavash bread out flat.

Spread approximately 50 g hommus evenly across lavash bread.

Sprinkle  $\frac{1}{4}$  cup reduced fat cheese evenly across wrap.

Roll wrap tightly and place 5 toothpicks evenly spaced along top edge of wrap to hold it together.

Cut between each toothpick and arrange on platter.

**RECIPE TIP:** This is an easy no-cook recipe. You could also swap hommus in this recipe for a thin scrape of Vegemite. Low fat cream cheese and sultanas are another popular combination.



## Zesty corn fritters

50 fritters (serves 25)

### INGREDIENTS

Vegetable oil spray  
6 eggs  
900 mL reduced fat milk  
4½ cups self-raising flour  
1.5 kg tinned corn kernels  
6 small capsicums, finely diced  
1 cup roughly chopped parsley  
¼ cup sweet chilli sauce  
13 tomatoes, halved and grilled for serving (optional)

### EQUIPMENT

Grill  
Large frying pan, hot plate or barbecue  
Large mixing bowl  
Mixing spoon  
Flipper  
Chopping board  
Knife  
Large baking tray

### METHOD

Place tomato halves on a large tray, spray with oil. Place under a grill. When grilled, turn and grill other side.

Meanwhile, combine eggs, sweet chilli sauce and milk. Add flour. Stir until thick and a smooth batter forms.

Add corn, capsicum and parsley to batter. Stir to combine.

Spray hot pan/barbecue plate with oil.

Cook fritters in non-stick frying pan until cooked through. Use 2–3 tablespoons of batter per fritter.

### SERVE

Serve two fritters with (optional) half a grilled tomato.





## Breakfast burritos

50 serves

### INGREDIENTS

Vegetable oil spray  
50 eggs  
400 mL reduced fat milk  
600 g lean ham, chopped  
600 g reduced fat grated cheese  
50 small multigrain wraps  
13 tomatoes, diced  
Sauce portions to serve

### EQUIPMENT

Large frying pans or hot plate  
Large bowl  
Whisk  
Greaseproof paper

### METHOD

Heat pan or plate to medium to medium–high heat.

Spray hot cooking surface with cooking spray.

Whisk together eggs and milk in large bowl.

Pour onto cooking surface, stir continually until cooked as desired.

Turn off heat and mix through ham and cheese.

Place 1 scoop of scrambled egg mixture on each wrap with 2 tablespoons of diced tomato.

Roll each burrito firmly and secure/wrap with greaseproof paper.

### SERVE

Serve with an optional sauce portion.

**RECIPE TIP:** Instead of burrito wraps, toasted English muffins or wholegrain bread rolls may be used.



## Bircher muesli

50 serves

NOTE: PREPARE THE DAY BEFORE

### INGREDIENTS

18 cups (2.2 kg) rolled oats  
3 cups (175 g) bran  
2 cups dried fruit, roughly chopped  
2.8 L reduced fat milk  
1.5 kg reduced fat vanilla yoghurt  
100 mL honey  
8 Granny Smith apples, grated  
Berries or peaches (or any other fruit), to serve

### EQUIPMENT

Grater  
Knife  
Chopping board  
1–2 extra-large bowls  
Mixing spoon  
Cling wrap  
Refrigerator

### METHOD

Combine oats, bran, dried fruit, nuts, milk, yoghurt and honey in a large bowl.

Mix well. Cover. Refrigerate overnight.

Remove from fridge 30 minutes before serving. Stir in apple. Spoon into plastic cups or bowls. Serve topped with fruit.



## Spicy tomato and corn salsa

### INGREDIENTS

2 x 400 g cans of corn kernels, drained  
8 large ripe tomatoes, finely chopped  
2 small green capsicums, finely chopped  
2 medium red onions, finely chopped  
4 cloves garlic, finely chopped  
1 small chilli, finely chopped, seeds removed  
1 cup coriander, coarsely chopped  
Ground black pepper (optional)

### EQUIPMENT

Knife  
Chopping board  
Measuring cups  
Frying pan  
Wooden spoon for cooking  
Medium mixing bowl  
Medium serving bowl  
Serving spoon

### METHOD

Drain corn kernels.

Roast corn in a heated frying pan, stirring constantly for five minutes or until lightly browned.

Transfer to a medium sized bowl, add all other ingredients and mix well.

Add ground black pepper to taste (optional).

Transfer salsa to a serving bowl. Can be served with oven baked pieces of pita bread or as barbecue burger or roll filling.



## Hearty beef burger patties

10 serves

### INGREDIENTS

1 teaspoon olive oil  
2 onions, finely chopped  
4 garlic cloves, minced  
2 x 400 g cans kidney beans  
1 kg lean beef mince  
6 tablespoons dry breadcrumbs  
1½ cups grated reduced fat cheddar cheese  
¼ teaspoon salt (optional)  
¼ teaspoon ground pepper (optional)  
2 tablespoons Worcestershire sauce to taste  
2 tablespoons barbecue sauce  
2 tablespoons tomato paste  
1 teaspoon cumin  
1 tablespoon mixed herbs  
2 eggs, lightly beaten  
Olive oil spray for frying patties on  
barbecue plate (or frying pan)

### EQUIPMENT

Knife  
Chopping board  
Measuring spoons  
Large non-stick frying pan  
Spatula for cooking  
Fork or potato masher  
Large mixing bowl  
Large spoon for mixing  
Paper towels  
Large serving plate

### METHOD

Heat one teaspoon of oil in a large non-stick frying pan over medium heat.

Add onion and garlic. Cook, stirring occasionally, until softened. Remove from pan and place aside.

Add kidney beans to a bowl, then lightly mash with potato masher or a fork.

Add onions, mince, breadcrumbs, cheese, pepper, Worcestershire sauce, barbecue sauce, tomato paste, cumin, mixed herbs and eggs. Mix ingredients together until well combined.

Divide mixture into ten equal portions. Roll each portion into a ball, and then flatten balls slightly to form patties about 2.5 cm thick.

Heat remaining oil on a barbecue plate (or large frying pan) on a medium to medium-high heat.

Add the patties and cook for about 5 minutes on each side, until browned and cooked through.

To remove excess oil, transfer cooked patties to a plate lined with paper towel.

## Jacket spuds

10 serves

### INGREDIENTS

10 large potatoes, scrubbed well  
 Olive oil spray  
 1 kg beef mince  
 2 onions, diced  
 2 carrots, peeled and finely diced  
 2 medium zucchinis, grated  
 300 g green beans, ends removed and cut into small pieces or 200 g baby spinach leaves  
 1 cup frozen peas or peas and corn  
 1 wedge of cabbage, finely sliced  
 200 g reduced fat cheese or extra light sour cream

### EQUIPMENT

Microwave or oven  
 Chopping board  
 Knife  
 Peeler  
 Measuring cup set  
 Large frying pan  
 Spatula or wooden spoon to cook

### METHOD

Cook potatoes in jackets in microwave or oven until soft when pierced with a fork.

While potatoes are cooking, heat frying pan.

Spray frying pan, add onion and cook until soft.

Add mince, cook until browned.

Add vegetables, cook until soft.

Place in serving container and cut cooked potato in quarters and top with savoury mince and reduced fat cheese (or extra light sour cream).



## Vege delight pikelets

24 serves

### INGREDIENTS

1½ cups of self-raising flour  
1 carrot, peeled and grated  
1 zucchini, peeled and grated  
1 capsicum, finely diced  
1 onion, peeled and grated  
1 cup frozen peas and corn, cooked  
½ cup grated parmesan cheese  
Black pepper (optional)  
1 egg, lightly beaten  
1½ cups reduced fat milk  
Canola oil spray

### EQUIPMENT

Chopping board  
Knife  
Peeler  
Grater  
Large mixing bowl  
Flour sifter  
Measuring cup set  
Measuring spoon set  
Wooden mixing spoon  
Large non-stick frying pan  
Spatula

### METHOD

Sift flour into a large bowl.

Add all vegetables and cheese and mix gently until well combined.

Make a well in the centre.

Add beaten egg and milk — mix to a smooth batter.

Heat frying pan and lightly spray with oil.

Drop two tablespoons of mixture into pan for each pikelet.

Cook pikelets until lightly brown on both sides.



## Spectacular savoury muffins

12 serves

### INGREDIENTS

Vegetable oil spray  
2 cups wholemeal flour  
4 teaspoons baking powder  
½ teaspoon black pepper  
100 g reduced fat feta cheese, diced  
¼ cup parmesan cheese, grated  
2 eggs  
300 mL skim milk  
¼ cup low fat natural yoghurt  
50 g fresh baby spinach leaves, chopped  
¾ cup sun-dried tomatoes, chopped

### EQUIPMENT

Flour sifter  
Chopping board  
Knife  
Large mixing bowl  
Medium mixing bowl  
Measuring cup set  
Measuring spoon set  
Wooden mixing spoon  
12 serve muffin baking tray  
Toothpick or skewer

### METHOD

Preheat oven to 180 °C to 200 °C.

Spray a 12 serve muffin tray with oil spray.

Sift the flour, baking powder and pepper into a large bowl. Add the feta and parmesan and mix well.

In a separate bowl, beat the eggs and the skim milk. Add the yoghurt, spinach and sun-dried tomatoes, and stir well.

Combine the wet and dry ingredients and stir until just mixed.

Spoon the mixture evenly into the greased muffin pans.

Cook for 12–15 minutes, or until well risen and golden. A toothpick or skewer inserted into the middle should come out clean.



## Healthy pita pizzas

10 serves

### INGREDIENTS

5 tablespoons tomato paste/puree  
5 tablespoons tomato chutney  
5 tablespoons sweet chilli sauce  
2.5 tablespoons crushed garlic  
10 medium pita breads  
Cooking oil spray  
1 large onion, finely chopped  
2 cups mushrooms, finely chopped  
2 medium zucchinis, finely sliced  
1 medium sweet potato, peeled and grated  
1 red capsicum, finely diced  
1 can (400 g) sweet corn kernels, drained  
2 teaspoons dried oregano  
2 teaspoons dried basil  
2 cups grated reduced fat cheddar cheese

### EQUIPMENT

Chopping board  
Knife  
Peeler  
Grater  
Measuring cup set  
Measuring spoon set  
Small mixing bowl  
Spoon for mixing  
Large non-stick frying pan  
2 flat baking trays  
Oven

### METHOD

Place tomato puree, tomato chutney, chilli sauce and garlic in a bowl and mix to combine.

Spread pita breads with this tomato mix.

Heat frying pan and spray with cooking oil.

Add onion, mushroom, zucchini, sweet potato and capsicum to pan, and cook until just starting to soften.

Evenly top pizzas with cooked vegetables and corn kernels.

Sprinkle each pizza with oregano, basil and cheese.

Pre-heat oven to 200 °C.

Place pizzas on baking trays and bake for approximately 15 minutes or until crust is crispy and cheese is melted.





## Chicken and tomato pasta

10 serves

### INGREDIENTS

1 tablespoon olive oil  
 1 large brown onion, finely chopped  
 5 cloves garlic, crushed  
 1 tablespoon mixed herbs  
 500 g raw chicken thigh fillets, diced  
 1 cup (100 g) red lentils  
 3 cups (680 mL) chicken stock  
 2 cans (400 g) diced tomatoes  
 300 g baby spinach leaves  
 700 g dry shell pasta

### EQUIPMENT

Chopping board  
 Knife  
 Measuring cup set  
 Measuring spoon set  
 Small mixing bowl  
 Large frying pan  
 Large saucepan  
 Wooden spoon for stirring  
 Large serving bowl

### METHOD

Bring frying pan to a medium heat and add oil.

Add onion, garlic and herbs. Cook until onion is softened.

Add chicken and cook, stirring until chicken is browned.

Stir in lentils, stock and canned tomatoes. Simmer uncovered for about 15 minutes or until lentils are tender and sauce thickens.

Add spinach and stir until spinach is just wilted.

Meanwhile, cook pasta in a large saucepan of boiling water. Cook uncovered, until pasta is just tender, then drain.

Combine pasta and chicken sauce in a large bowl and mix well.



## Oriental fried rice

12 serves

### INGREDIENTS

Vegetable oil spray  
4 eggs, lightly beaten  
2 medium onions, finely diced  
2 medium carrots, peeled and finely diced  
2 sticks celery, finely diced  
2 small red capsicums, finely diced  
1 cup frozen peas  
1 cup frozen corn  
300 g lean ham, sliced  
8 spring onions, finely chopped  
8 cups cooked long grain white rice  
3 tablespoons low salt soy sauce

### EQUIPMENT

Chopping board  
Knife  
Measuring cup set  
Measuring spoon set  
Large non-stick frying pan/wok  
Wooden spoon for stirring

### METHOD

Lightly spray frying pan/wok with oil spray and pour in beaten egg. Cook over low heat, stirring until the egg is just cooked and slightly scrambled, then remove from pan and set aside.

Add onion to the pan/wok and stir-fry for 3–4 minutes. Add the carrot, celery, capsicum, peas and corn and cook for a further 3–4 minutes.

Add the ham, spring onion, cooked rice and soy sauce and toss for 30 seconds, or until heated through.

Add the egg, toss lightly and serve.



## Crunchy coleslaw

12 serves

### INGREDIENTS

¾ cup reduced fat natural yoghurt  
4 tablespoons reduced fat mayonnaise  
2 teaspoons Dijon mustard  
1 medium cabbage, finely shredded  
2 small red capsicums, finely diced  
2 medium carrots, grated  
1 large red onion, finely diced

### EQUIPMENT

Chopping board  
Knife  
Grater  
Peeler  
Measuring spoon set  
Large mixing bowl  
Large spoon for mixing

### METHOD

Mix the yoghurt, mayonnaise and mustard together in a bowl.

Add all other ingredients and mix well.



## Beef and Hokkein noodle stir-fry

10 serves

### INGREDIENTS

2 x 375 g packet fresh Hokkein noodles  
Olive oil spray  
1 kg lean beef, cut into thin strips  
2 onions, finely chopped  
3 red or green capsicums, thinly sliced  
3 carrots, thinly sliced  
200 g snow peas, trimmed and cut into fine strips (optional)

### EQUIPMENT

Chopping board  
Knife  
Large mixing bowl  
Colander for draining noodles  
Large spoon for cooking  
Large wok or frying pan

### METHOD

Place noodles in large mixing bowl and cover with boiling water — set aside for 10 minutes.

Heat a non-stick wok or frying pan and lightly spray with oil.

Stir-fry beef and onion until brown, remove and set aside.

Stir-fry carrot for 1 minute, then add capsicum and snow peas. Stir-fry for a further 1 minute.

Drain noodles and add back into the frying pan with meat, until mixed well.

Serve in a plastic container with lid or a noodle box.



## Yoghurt berry crunch

20 serves

### INGREDIENTS

5 cups natural muesli (approx. 500 g)  
1.5 kg reduced fat plain or flavoured yoghurt  
650 g frozen berries, thawed (or other, preferably colourful fruit such as tinned peaches)

### EQUIPMENT

Measuring cups  
Measuring spoons  
Clear plastic cups for serving

### METHOD

Place 2 tablespoons muesli into the clear cup.

Place 2–3 tablespoons yoghurt followed by 2 tablespoons berries.

Repeat this process twice or until cup is filled. Ideally finish with the muesli layer on top.



# Dips and sticks

## Taco dip

### INGREDIENTS

1 tub (220 g) extra light cream cheese  
1 spring onion, finely chopped  
½ can refried beans  
1 large tomato, finely chopped  
½ teaspoon ground cumin  
1 clove garlic, minced

### EQUIPMENT

Chopping board  
Knife  
Measuring spoon set  
Medium mixing bowl  
Large spoon for mixing

### METHOD

Combine all ingredients in a bowl and mix well.

Serve with chopped vegetable sticks (e.g. carrot, celery, cauliflower) or rice crackers.

## Tomato and corn relish dip

### INGREDIENTS

1 tub (220 g) extra light cream cheese  
½ jar (125 g) corn relish  
1 large tomato, finely chopped

### EQUIPMENT

Chopping board  
Knife  
Medium mixing bowl  
Large spoon for mixing

### METHOD

Combine all ingredients in a bowl and mix well.

Serve with chopped vegetable sticks (e.g. carrot, celery, cauliflower) or rice crackers.





