HEALTHY CHOICES

FACT SHEET: CANTEEN FOOD & DRINK IDEAS

The Healthy Choices: Food and drink classification guide and the traffic light system

The *Healthy Choices: Food and Drink Classification Guide* uses a traffic light system to categorise foods and drinks as green, amber or red based on their nutritional value.

The green category = Best Choice

These foods and drinks are the healthiest choices. Ensure they are always available and displayed prominently. Actively promote and encourage green foods and drinks.

The amber category = Choose Carefully

These foods and drinks should be selected carefully and consumed in moderation. Do not let amber items dominate the menu or choices displayed. Do not promote or advertise amber items at the expense of green options. Offer healthier options within the amber category and avoid large serving sizes.

The red category = Limit

These foods and drinks should be consumed rarely and in small amounts. Availability and display of red options should be limited and promotion and advertising of red items should be avoided.

Food ideas to improve canteen food options

One of the barriers to integrating healthy choices into sporting club canteen menus is the additional labour strain that this can put on volunteers and canteen staff.

Another factor effecting uptake of healthy choices in canteen menus is the sense of feeling overwhelmed and confused regarding how to interpret the information available into simple, practical food choices that have the potential to be accepted by consumers.

The aim of this resource is to introduce practical food options which meet the *Healthy Choices: Food and Drink Classification Guide* green and amber criteria which require little or minimal preparation.

By introducing some of these choices and swapping red foods for green or amber can be the first positive step in the progression towards a canteen structure that reflects the targets of the healthy choices guidelines for sport and recreation centres, i.e. 50% green and no more than 20% red food and drinks available.

It should be noted that for successful introduction of no preparation and low preparation green and amber choices, the accompanying document *Strategies to Influence Healthy Practices in Community Sport Settings* should be used to assist in making these healthy choices the easy choice in the canteen.

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No preparation and low preparation food ideas

Green Category – Best Choices

Here are a few simple healthy choice suggestions that are suitable in a sport canteen setting. For a more comprehensive list of green choices refer to the *Healthy Choices: Food and Drink Classification Guide*.

No preparation green ideas

- **Popcorn**
  - Air popped popcorn can be used as an alternative to crisps to reduce fat and salt content.

    Example: www.cobspopcorn.com.au/natural-range/sea-salt/

- **Chicknuts**
  - For settings where raw, unsalted nuts are not allowed due to allergy policies, these roasted chickpeas provide a healthy alternative. These are popular in school settings as a nut free choice that kids love.

    Example: www.happysnackcompany.com.au

- **Fine Fettle Flats**
  - Carrot & Pepita, Sweet Corn & Paprika, Tomato and basil - all 18g green choices
  - Fruit option - Dried and Nothing More - 25g
  - These products are another good alternative to crisps to reduce fat and salt content

    Example: www.finefettle.com.au

- **Fruit**
  - Fresh fruit can be sold on its own, integrated in to meal deals, and frozen to provide a good alternative to icy poles/ice creams in summer.

    Recipe ideas: http://heas.healthytogether.vic.gov.au/schools/food-and-drink-ideas

  - Fruit puree and canned fruit in natural juice or water with no added sugar

    Example: www.rivianafoodservice.com/products/fruit

    - Riviana Fruit Cup 120g in Natural Juice
  - Fruit cups can be sold on their own or integrated in to meal deals with cereal

No preparation and low preparation food ideas cont.

- **Bakers Delight Fruit and Chia Seed Bun**
  - These small buns provide can be a useful catalyst to headline a meal deal with yoghurt and water as a healthy snack option.

- **Reduced fat plain or flavoured yoghurt**
  - Bulla Lite'n Healthy Yogurt 110g**.**
    This product provides a compact serve size. You will need to provide spoons.
    www.bullafoodservice.com.au/product/liten-healthy-110g

  - Alternatively look for products like Vaalia low fat yoghurt 160g which comes with its own spoon under the lid. www.vaalia.com.au/products/
  - Another option is the low fat yoghurts which come in a squeezable poach
    Example: Chobani low fat pouches www.chobani.com.au/

- **Plain, unsalted, unroasted/dry roasted nuts and seeds in serve sizes up to 30g**
  Example: Earths Bounty Protein Mix www.earthsbounty.com.au/

- **Cereals**
  - Sanitarium Weet Bix 30g
  - Just Right 40g
  - Sultana Bran 40g
  - Uncle Tobys Natural Muesli Swiss Style 40g

Low preparation green ideas

- **English muffins (use reduced fat spreads like ricotta, light Philadelphia cream cheese spread)**
- **Porridge e.g.:**
  - Uncle Tobys Quick Oats Sachet 34g
  - Uncle Tobys Oats o&g cups 50g
- **Wholemeal pikelets (serve with fruit and yoghurt)**
- **Reduced fat cheese and tomato toasted sandwich**
- **Salt reduced baked bean toasted sandwich**
- **Frozen fruit**
- **Wholegrain toast with 100% nut/seed paste with no added sugar, salt or fat**
- **Corn cob**
- **Fruit and low fat custard**

Tip: If fresh fruit is not sold by the end of the day, wrap in cling wrap and freeze, serving frozen on another day. Frozen fruit can also be used in muffin recipes or smoothies.

No preparation and low preparation food ideas cont.

Low Preparation Meal Deal Ideas

- **Oats + low fat milk + fruit**
- **Individual cereal serves + low fat milk + fruit**
- **Baked bean jaffle + reduced fat yoghurt**
- **English muffin + banana + ricotta**
- **Wholegrain bread + 100% seed paste + reduced fat yoghurt**
- **Wholegrain toast with reduced fat cream cheese + fruit + coffee**
- **Low fat yoghurt + fruit**
- **Bakers delight fruit & chia seed roll + coffee**
- **Bakers delight fruit & chia seed roll + yoghurt**
- **Wholegrain crackers + reduced fat cheese + popcorn + fruit**
- **Low fat custard + tinned fruit in natural juice + small serve of nuts**
- **Melon wedges (watermelon, rockmelon, honeydew) + reduced fat yoghurt**
- **Tuna in springwater + wholegrain crackers + fruit**
- **60 second brown rice single serve tub + 95g tin of tuna in springwater +125g tin 4 bean mix**
- **Chicken and vegetable wrap + fruit + water**

Tip: Water could be used as an add-on sale e.g.: Add a bottle of water for $1

A Little More Preparation Required

These items listed below can be either green or amber depending on the individual ingredients used. Refer to the *Healthy Choices: Food and Drink Classification Guide* for more detail (chapters 3 and 4).

- **Lean meat and salad wholegrain sandwiches, rolls, wraps**
- **Vegetable Frittata**
- **Warm spinach and ricotta filo**
- **Baked potato with low fat coleslaw and reduced fat cheese**
- **Baked potato with reduced salt baked beans**
- **Savoury-topped breads and pizzas with wholemeal flour and reduced fat cheese**
- **Soup with plenty of vegetable and legumes and low salt stock**
- **Sticks 'n' Dip Combo: offer crunchy veggie stick combos in a clear cup with reduced fat dip in the bottom e.g. tzatziki, tomato salsa or hummus**
- **Apple Slinkies: turn apples into apple slinkies** www.appleslinky.com.au/
- **Raisin toast fingers: cut into three fingers and use a thin spread of polyunsaturated or monounsaturated margarine instead of butter or dairy spread**

No preparation and low preparation food ideas cont.

Food Swaps to Improve Canteen Food Options

The *Strategies to Influence Healthy Practices in Community Sport Settings* document provides specific recommendations and implementation tips on increasing healthy choices in canteens.

Here are a couple of examples of food swaps that you can consider to provide healthier options in your canteen.

Make the Switch

- **Regular high saturated fat pies (red) for amber pies**
  - e.g. Tasmania Bakeries Magnificent 7 (7 veggies) Pie
- **Fried Dim Sims (red) for Steamed Dim Sims (amber)**
  - Alternatively, some vegetable dumplings, won tons or gyoza which are steamed and made with little salt and oil may be green choices
- **Regular hot dog frankfurts (red) for PFD Low Fat Skinless Franks 8" (amber)**
- **Regular full fat cheese (amber) for reduced fat varieties**
  - e.g. Coon Light'N'Tasty (green)
- **Change oil in cooking**
  - e.g. From cotton seed oil to canola oil

More Information

For more information of classification of green, amber, red foods refer to:

- **Healthy Choices: food and drink classification guide**

  https://www2.health.vic.gov.au/getfile/?sc_itemid=%7B68647AE7-A36C-4533-8FE2-DEDD1C6BECA9%7D&title=Healthy%20choices%20food%20and%20drink%20classification%20guide

For more information on implementing practical strategies for healthy choices refer to:

- **Strategies to Influence Healthy Practices in Community Sport Settings**

For more information on suppliers of green and amber foods visit:

http://healthy-kids.com.au/school-canteens/buyers-guide-search/

http://www.waschoolcanteens.org.au/star-choice-program/registered-products/

For more information on improving wellbeing through healthy eating visit:

http://heas.healthytogether.vic.gov.au