

HEALTHY CATERING IN NSW HEALTH FACILITIES

Part of the *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework*

This booklet complements the 3-Step Guide to Healthy Catering in NSW Health Facilities. It assists those arranging catering for staff functions and meetings in NSW Health facilities to put the 3-Step Guide in to action and provide a healthy offering that makes healthy choices easier.

WHAT DOES HEALTHY CATERING LOOK LIKE?

- Provide mostly healthy foods, snacks and drinks. This means offering at least $\frac{3}{4}$ **Everyday** choices at each meal.
- For example, if you offer 4 meal options, aim to include 3 healthy **Everyday** choices. This supports people to make a healthier choice.
- Water is the healthiest option and is popular when served chilled. Offer water at all of your catering events.

Here are some examples of what healthy catering looks like:

Meal Type	Everyday Options (Green Circle)	Occasional Options (Grey Circle)
<i>Morning or afternoon tea</i>	Fresh fruit skewers or platter Cheese platter served with crackers Dried fruit and nut mix	Mini muffins
<i>Light lunch</i>	Sandwiches Wraps Noodle boxes	Mini quiches
<i>Formal lunch</i>	Meat or vegetable curry Vegetable stir fry Rice or mashed potato	Schnitzel
<i>Canapés / savoury snacks</i>	Meat or vegetable skewers Sushi Rice paper rolls	Samosas

● **Everyday option** ● **Occasional option**

For more catering ideas see the **Everyday and Occasional Menu Ideas** overleaf.



EVERYDAY AND OCCASIONAL MENU IDEAS

3/4

of foods and drinks at each meal are
Everyday choices

1/4

of foods and drinks at each meal can be
Occasional choices

DRINKS

HOT AND COLD

- **Water, plain or sparkling**
- Tea
- Coffee
- 99% Fruit juice
- Flavoured milk including smoothies
- Diet and sugar-free drinks

LIGHT MEALS AND SNACKS

HOT

- Toast and fruit toast
- Scones, pikelets and pancakes served with conserves or fruit
- Frittata
- Steamed dim sum, dumplings and buns
- Meat balls and falafels
- Meat and/or vegetable skewers
- Bruschetta
- Sausage rolls
- Party pies
- Spring rolls, samosas and other deep fried foods
- Quiche
- Filo pastries
- Chicken nuggets, schnitzels and other crumbed foods
- Garlic and cheesy breads
- Battered fish

COLD

- Fruit buns and bread
- Cereal served plain or with fruit and yoghurt
- Fresh fruits served whole or as platters
- Savoury muffins
- Stewed fruit and yoghurt cups
- Cheese platters served with crackers or bread
- Vegetable sticks or pieces served with dips
- Dried fruits and nuts
- Nuts, seeds and popcorn without chocolate or other confectionery
- Muesli bars without chocolate or icing
- Sushi with lean meat, seafood and vegetable fillings
- Rice paper rolls
- Sweet biscuits
- Cakes
- Muffins
- Banana bread
- Danishes, croissants and other sweet pastries
- Cheesecakes, puddings and other desserts
- Potato chips, corn chips and pretzels
- Platters of salami, chorizo or prosciutto
- Sushi with tempura or crumbed seafood or meat



EVERYDAY AND OCCASIONAL MENU IDEAS

3/4

of foods and drinks at each meal are
Everyday choices

1/4

of foods and drinks at each meal can be
Occasional choices

MAIN MEALS

HOT

- Toasties and melts
- Asian dishes (e.g. meat or vegetable curry, stir-fried vegetables, fried rice)
- Indian dishes (e.g. chicken tikka masala, vegetable curry, lentil dahl)
- Mexican dishes with soft tortillas (e.g. burrito, fajitas and enchiladas)
- Risotto and rice dishes (e.g. chicken or vegetable risotto, paella)
- Pasta (e.g. lasagne, spaghetti bolognese, ravioli, pasta bakes)
- Chicken or vegetable pizza
- Jacket (baked) potatoes with cheese, lean meat and vegetable toppings
- Soup (e.g. chicken, pumpkin, noodle)
- Noodle boxes

- Pies
- Sausage rolls
- Quiche
- Filo pastries
- Chicken nuggets, schnitzels and other crumbed foods
- Hot potato chips and wedges
- Hash browns
- Battered fish
- Pizza with salami or bacon
- Pasta with salami or bacon

COLD

- Sandwiches, rolls and wraps containing healthy Everyday ingredients (e.g. lean meats, tuna, egg, roasted vegetables, salad)
- Cold platters (e.g. lean meats, vegetables, egg, falafel, cheeses, hummus, dips)
- Sushi with lean meat, seafood and vegetable fillings
- Rice paper rolls
- Salad bowls (e.g. garden, bean, tabouleh, couscous, pasta)

- Quiche
- Platters of salami, chorizo and other processed meats
- Sushi with tempura or crumbed seafood or meat
- Chicken schnitzel sandwich, salami sandwich, BLT

Tips for providing smaller portions:

Providing smaller portions is an easy way to support people to make a healthier choice. It can also help to minimise food waste.

- For muffins and cakes, you can order smaller portions or cut portions in halves or quarters.
- Try using smaller cups, plates, and serving spoons. This makes it easier for people to enjoy smaller portions.
- For large sandwiches, rolls and wraps, you can cut portions in halves or quarters.



CHECKLIST

STEP 1. SWAP SUGAR-SWEETENED DRINKS FOR HEALTHIER OPTIONS



Water is provided as the healthiest choice



Sugar-sweetened drinks are not provided

Examples are soft drinks, fruit drinks, cordials and iced teas.
Unsure if a drink is a sugar-sweetened drink? Check at www.foodfinder.health.nsw.gov.au



The service of alcohol is not recommended; where provided, serve responsibly

For advice on the responsible service of alcohol, including information on standard drinks and the Australian alcohol guidelines: www.liquorandgaming.nsw.gov.au/Pages/liquor/serving-alcohol-responsibly.aspx

STEP 2: PROVIDE MOSTLY HEALTHY EVERYDAY FOODS AND DRINKS



¾ of foods and drinks at each meal are Everyday choices

Examples are wraps and sandwiches, sushi and rice paper rolls, fruit and cheese platters.
See the *Everyday and Occasional Menu Ideas* included in this booklet for more examples and ideas.
Unsure if a food or drink is a healthy Everyday choice? Check at www.foodfinder.health.nsw.gov.au

STEP 3: PROVIDE SMALLER PORTIONS



Healthy-sized portions are provided for Occasional choices

Tips for providing smaller portions are included in this booklet.

OPTIONAL: PROVIDE INFORMATION



Communication materials are available near the food provided to explain to staff and visitors why healthier catering is being provided.

To view and order materials contact NSW Health's Healthy Food Information Service on 1800 930 966 or healthyfood@health.nsw.gov.au



NEED HELP?

Speak to your Local Health District's Health Promotion Department. Or contact the NSW Healthy Food Information Service on **1800 930 966** or healthyfood@health.nsw.gov.au
Still unsure about a food or drink? Check www.foodfinder.health.nsw.gov.au