

Sport Safe

Sun Smart

Smoke Free

Drug Free

Healthy Eating

Drink Safe

Healthy Catering

Providing healthy food options for members and spectators has the capability to increase revenue and encourage healthy living.

It is often thought that a pie and sauce or sausage sizzles are great ways to cater for your club members, however times have changed and people are expecting more choice and variety when they attend club events.

Guidelines on Developing a Healthy Canteen

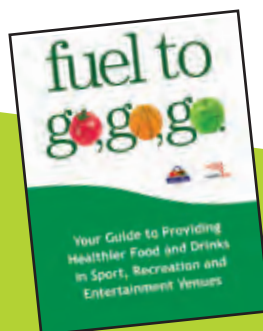
- Consider your potential customers and tailor your menu ideas to what they might like.
- Customise the menu to reflect the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- Include more vegetables and fruit with menu items, for example more salad in sandwiches and rolls or a variety of soups for winter.
- Use minimal amount of polyunsaturated or monounsaturated oil for cooking and seek out food suppliers that offer low fat options, such as low fat burger patties.
- Limit the amount of deep fried foods, pastry and confectionary available to members and spectators; try to introduce a selection

of healthy snacks such as popcorn or fruit based desserts.

- Seek out healthy recipe ideas or approach vendors that offer healthy substitutes.
- Look at similar menu items at different venues or shopping centres to get ideas on healthy meals and to gain an idea on price setting.
- Display your product (or an image of it) at the front of the counter or somewhere VERY visible to entice customers.
- Offer meal deals (buy one get one free) on new products to show customers that they are getting a healthy product and saving money.
- Advertise your new menu choices in newsletters or flyers.

Easy Menu Ideas and Tips

For ideas and advice on menu's and recipes check out the new manual that has been developed to help sport clubs provide healthier foods and drinks in their canteens and kiosks. Order a copy of the Fuel to Go Guide through the WA School Canteen Association Inc. by phoning 9264 5096 or emailing fueltoغو@det.wa.edu.au



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