



# healthyfood@sport

## Healthy Catering and Tips for End of Season Celebrations – Fact Sheet

Celebrating successes at the end of a sporting season is always fun. It is also a great time to reward and acknowledge the efforts of your volunteers. These particular events are usually celebrated in conjunction with delicious food and furthermore, can also be a time to send a great message about the importance of eating healthy. But first it is important that cooks/chefs know and practice good food hygiene and this will all depend on the type of facilities available for preparing and storing food.

### FOOD HYGIENE CHECKLIST

- Thaw and store meat in fridge, if no fridge is available then store in an esky.
- Always pack food in insulated containers with plenty of ice blocks to keep food cold until ready to serve.
- Always wash hands before and after handling food. Disinfectant wipes or instant hand sanitisers are useful when there are no hand washing facilities.
- If no hand washing facilities are available, prepare salads and ready-to-eat foods ahead of time to reduce food handling.
- Wash all cooking equipment well after use.
- Use clean plates and utensils for cooked food. Never use the same plates/utensils that handled raw meat.
- Avoid fingers touching the food. Wear plastic gloves and when serving food provide forks, spoons and tongs.
- Have wet wipes and paper towels ready for wiping up quick spills and wiping down messes.
- Keep hot cooking area separate from serving area.
- Always keep cooking area and serving area clean. Avoid cross contamination.

### CREATE HEALTHY OPTIONS

- Serve low kilojoule and low fat foods.
  - This includes light or low fat dairy products – low fat milk for coffee/tea, low fat yoghurts, dressings and dips.
- Serve fruit and vegetables whenever possible.
  - Provide a range of seasonal fresh fruits. Display whole pieces of fruit in a bowl or serve cut up fruit in self seal bags or cups with spoons.
  - Provide low fat yoghurt as a side.
  - Use vegetables sticks.

