



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

September 2012

Issue 9 – End of Season and Spring Options



End of Season Celebrations for Winter Sports

Winter sports are winding down and it's time to celebrate the success of another extraordinary sporting season. It is a great opportunity to recognise participants, coaches, referees, parents and volunteers who have contributed immensely to make the season a success. It's no secret that everyone enjoys having lots of delicious food at the end of season celebrations, so this can be a great opportunity to send a message about healthy eating choices. You may like to consider the following party food ideas:



- Have fresh fruit available. Offer whole pieces of fruit in a basket, as fruit salad cups, or sliced fruit wedges.
- Don't forget your veggies. Vegetable sticks with dip are a popular partygoer. Use low fat yoghurt as a dip, dressing, or have it on its own.
- Always offer water as the preferred drink.
- You could also provide 100% fruit juices, low fat plain or flavoured milk, and low fat milk with tea and coffee.
- Bags of air popped, unsalted popcorn.
- Limit/ avoid offering lollies, chips, savoury snacks, iced and cream-filled cakes, muffins, slices, doughnuts.
- Consider including plain, fruit, or vegetable buns and cakes.
- Serve in small portions i.e. cut sandwiches and wraps in quarters.
- Offer at least one vegetarian option as a healthier alternative.
- Choose wholegrain, wholemeal, or white high fibre enriched breads, rolls and wraps.

All of these options will assist you to keep energy and the fat content low in the foods you eat at your party.

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Family Mealtime



Benefits and How to Avoid the Madness

Sharing food in a pleasant social environment is healthy for families in many ways. It is an effective avenue for promoting mental, physical and emotional health.

Studies show that people tend to eat a more balanced diet during their family meal times, leading to better nutrition and are less likely to be overweight and develop poor eating habits.

Children are more emotionally stable and are less affected by mental disorders such as depression and anxiety. Studies also indicate children who have been brought up with family mealtimes are less likely to partake in alcohol or drug abuse.

For further information please refer to the 'Family Mealtime: Benefits and How to Avoid the Madness' Fact Sheet.

Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or grant.voysey@act.gov.au



BBQ Tips



If you are planning to hold a **BBQ**, there are few things that you can do to make it safer and healthier!

At the BBQ:

- Choose leaner cuts of meat i.e. lean steaks, minute steaks, skinless chicken, reduced fat sausages, lean kebabs, lean burgers or vegetable patties
- Be mindful of portion sizes. Serve a portion that usually fits the size of your palm
- Be careful not to char your meats, cook on low heat
- Use marinades, herbs and spices instead of salt to flavour your meats
- Use plant seed oils and spreads such as canola or sunflower instead of vegetable oils
- Grill veggies to have on the side e.g. onions, capsicum, carrot and zucchini
- Grill your wholemeal, multigrain bread/roll for added variety in texture
- Choose tomato and BBQ sauces with reduced salt and sugar

General Food Handling:

- Make sure your raw meats are stored away from cooked meats
- Use different utensils for raw and cooked foods
- Keep cooking and serving areas separate to avoid cross contamination
- Use separate utensils for salads and vegetables
- If meat has been thawed, do not refreeze, either store in fridge or in an esky
- Always pack food in insulated containers to keep food cold until ready to serve
- Wash your hands before/after cooking and eating
- Clean utensils, bench tops and tables after use and provide antibacterial wipes

Spring Menu Ideas

As the weather is warming up you may be thinking about providing some colder options in your canteen. Below are some ice blocks and ice creams that are classified **AMBER** under the traffic light system.

Fruit Based Ice Blocks

- Bevco Icy Bites
- Golden Circle Icy Bites
- Quelch Sticks

Reduced Fat Milk Based Ice Creams

- Bulla-low fat ice cream and low fat frozen yoghurts
- Streets Paddle Pops- rainbow, chocolate and banana flavours
- Peters Billabong - chocolate, caramel and triple swirl flavours

Acknowledgments:

- Dietitians Association Australia
www.daa.asn.au
- Kidspot kitchen
www.kidspot.com.au
- Nutrition Australia
www.nutritionaustralia.org
- Greater Good: University of California Berkeley
www.greatergood.berkeley.edu