



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 feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

November 2012

Issue 11 – Planning a Theme Day



How to Plan a Theme Day Using the National Guidelines

Step 1: Planning - Choose the date, making sure it does not clash with other sporting events. Organise it in advance so you have time to rally “one off day” volunteers.

Step 2: Choose a theme and the food - A successful theme can originate from anything. Health awareness weeks or high profile events, such as the Olympic Games, festive holidays such as Christmas and ANZAC Day would be great choices. There are many options to choose although the most successful days are those that the children know about and understand. When planning the menu only advertise theme foods rather than your normal daily menu. A mixture of prepared food and recipe based food can be used. Make the menu as **GREEN** as possible by following the National Guidelines.

Step 3: Finances - When planning the day, ensure that your costs cover the different packaging, extra staff if needed and any additional equipment or materials. Then determine the profit margin.

Step 4: The 4 P's - Price, product, placement, and promotion.

- **Price** - **GREEN** items should be priced competitively with **AMBER** and **RED** items.
- **Product** - Have products that participants want to buy. Try asking children over the counter what new foods they would suggest for the menu. Also use plenty of colourful foods that are fresh and visually appealing (wrapping food in plastic and using clear containers helps).
- **Placement** - This involves putting the **GREENER** foods you want to promote and sell at the front of the canteen, at eye level where it can easily be seen.
- **Promotion** – Promote your theme day. Advertise and promote the food and costs well in advance to the club community. Focus on the fun side of these days and the healthy message of eating **GREENER** food will get through. For example, **AUSSIE, AUSSIE, AUSSIE** foods could include: **GREEN** and **GOLD** fruit salad, popcorn, corn on the cob, cheese and salad wraps, and pizza muffins with cheese and green capsicum.

In this issue:

How to Plan a Theme Day Using the National Guidelines **1**

Why Plan a Theme Day? **2**

Q & A on Long-Life and Fresh Milk **2**

Choc Balls - Healthy and Nutritious Treat for Christmas **2**

We Want to Hear From You **2**

Contact Details **2**



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



We Want to Hear From You!

The friendly team at Nutrition Australia ACT are just a phone call or email away if you need a helping hand to make **GREEN** changes at your canteen. Make the most of this FREE service and drop us a line today. We would love to hear any comments, questions or feedback you have to help us help you and we will do our best to answer your questions in the Q & A Section in future issues of Healthy Food@Sport newsletters.

Contact us at:
(02) 6162 2583 or Email:
act@nutritionaustralia.org.

Please refer to the 'Nutritious Sandwiches and Tips to Decrease the Unhealthy Energy' fact sheet for creating easy, delicious and nutritious **GREENer** sandwiches, and for tips to decrease the unhealthy energy.

The Healthy Food@Sport project looks forward to supporting you in 2013. The next Newsletter and fact sheet will be distributed in February 2013.

HAVE A VERY MERRY
CHRISTMAS AND A HAPPY NEW
YEAR!

Contact Details

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

Why Plan a Theme Day?

Theme days provide a great opportunity to trial new **GREEN** foods. It is a chance to offer something new that you will be adding to the menu or a way of having a break from the regular menu to keep interest amongst the wider community. Having a theme day also saves time as you are only preparing certain foods; and can be a good profit booster as you are likely to get more participants participating in a theme day.

Q & A on Long-Life and Fresh Milk

Canteen Question: Is long-life milk as nutritious as fresh milk?

Answer: Long-life milk or ultra high temperature (UHT) milk as it is also known, is safe to consume and contains equivalent levels of nutrients when compared to fresh milk. It is a convenient option to have in the pantry. Just remember to store it in the refrigerator once opened! It should also be consumed within seven days of opening.

Canteen Question: Why is reduced fat milk (plain and flavoured) **GREEN** in the Guidelines and full cream milk is **AMBER**?

Answer: Milk is a nutrition powerhouse, containing protein, natural sugar (lactose), calcium, vitamin A and some B vitamins. However, full cream milk also contains significant amounts of saturated fat; the type of fat associated with the development of heart disease. Although reduced fat flavoured milk contains some added sugar, it is still a nutritious beverage and can be a major contributor in reaching children's daily calcium requirements. Therefore, consumption of reduced fat milk, plain or flavoured, should be encouraged and has been recognised in the development of the Guidelines.

Choc Balls - Healthy and Nutritious Treat for Christmas

Ingredients (makes 30)

300g whole almonds	20 pitted dates
2 tbsp. cocoa	1 tsp. cinnamon
1 tsp. cloves	Water as required



Method

1. Pour almonds into a food processor, pulse until almonds are finely chopped. Remove from food processor and place in a large mixing bowl.
2. Roughly chop dates and add to food processor. Pulse dates until they are finely chopped. Tip: add a sprinkle of warm water to soften dates. Add pulsed dates to the mixing bowl containing the almonds.
3. Add cocoa, cloves and cinnamon to mixture. Use a large mixing spoon to combine. Add a small amount of water in the mixture as required.
4. Pour coconut into a shallow bowl.
5. Using food handling gloves, take teaspoon sized portions of the mixture and roll into small balls. Dust with coconut.
6. Serve in a mini patty case.

These choc balls are nutritious and delicious! Traditional rum balls are often made from sweetened condensed milk, which is high in added sugars and kilojoules. Nutrition Australia's choc balls are a perfect substitute for kilojoule laden rum balls, contain no added sugar, a healthy dose of essential fats and a hit of fibre. Choc balls can be stored in an air-tight container in the refrigerator for up to a week.

To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au