



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.

October 2013

Issue 18 – 2013-14 Summer Season



Spring cleaning! Preparing your canteen for success

It is time to make sure your canteen is clean and ready to start operating for the 2013-14 summer season.

Below are some simple tips that can help you identify areas requiring attention to ensure your canteen is functional, safe and operating in accordance with the [ACT Food Act 2001](#):

- Ensure you have [registered or notified](#) your food service with the Health Protection Services, ACT Health and you have your certificate displayed.
- If you have registered your food service, ensure you have a designated Food Safety Supervisor who has completed the [I'M ALERT](#) training course.
- Wipe down the whole interior of the canteen with basic soap and hot water, freeing the area from dust, cobwebs and insects.
- Remove any unnecessary items from the floor and high traffic areas.
- Identify if there are any broken or chipped equipment, cupboards, lights and handles that may need to be repaired.
- Check that the power points are readily available and working.
- Ensure you have adequate counter space for serving, preparing and displaying foods and beverages.
- If your canteen has cooking appliances make sure they are functional and clean.
- Make sure there is access to sufficient cold food storage such as a refrigerator or eskies.
- Ensure you have sufficient space for storing dry food off the floor.
- Prepare your menu boards, displays, and presentation of your menu to assist with marketing and promoting the healthy food options.
- Ensure you have hot water available to wash equipment/utensils.
- Make sure hand washing facilities are labelled and separate from equipment washing facilities.
- Ensure you wash your hands under a tap with soap and dry them with a hand towel or paper towels, and use hand sanitiser.

Please note: hand sanitiser is not a substitute for hand washing.



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Welcome Back!

The team at the Healthy Food@Sport project would like to welcome back the following sporting clubs/organisations as they commence their 2013-14 summer season:

- Touch Football ACT
- Netball ACT
- Kids Football Club
- Basketball ACT
- Gungahlin Little Athletics
- Cricket ACT
- Weston Creek Little Athletic
- Canberra Olympic Pool
- Lakeside Leisure Centre
- Manuka Pool
- Dickson Aquatic Centre
- Softball ACT

The Healthy Food@Sport team is looking forward to assisting your club/organisation have a healthy and successful 2013-14 summer season!

Please refer to this month's fact sheet titled 'Water – Nature's Best' for information on how much water is required each day for children and adolescents; and for tips on how to drink more water.



Contact Details

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

Recipe ideas for a sandwich press

Some of the sporting clubs/organisations have received a sandwich press following the development of their Health Promotion Policy. Below are some examples of healthier options you might like to consider if you looking for some inspiration other than the basic ham and cheese toasted sandwich.



Please note you require a food business [registration](#) to provide these options.

HAWAIIAN MELT

Ingredients

Serves	2	4	8
bread	2 slices	4 slices	8 slices
pineapple ring	2 rings	4 rings	8 rings
low fat ham (shaved)	2 slices	4 slices	8 slices
reduced fat cheese	2 slices	4 slices	8 slices
paprika (optional)			

Method: Place the ham, followed by the pineapple ring and cheese on to a slice of bread. Sprinkle with paprika if desired. Place and melt under grill for a few minutes, until cheese is melted.

Variation: Try other toppings such as ham, tomato, mushroom and cheese, or replace the ham with chicken for a chicken, pineapple and cheese melt.

Food group serves: ½ serve of breads, cereal and fruit.

Cost per serve: \$0.83 approximately for the ingredients.

APPLE JAFFLES

Ingredients

Serves	10
400g can unsweetened pie apple	1 can
Sliced raisin bread	1 loaf
Reduced fat custard	1 cup

Method:

Place two tablespoons of the pie apple and one tablespoon of custard on one slice of raisin bread. Place another slice of raisin bread on top. Place in a pre-heated, non-stick sandwich press. Cut in half and serve in a paper bag. Allow to cool slightly before serving.

Variation: use other fruit of your choice in the same quantity.

Food group serves: 1 serve of fruit.

Cost per serve: \$0.67 approximately for the ingredients.

To access the range of newsletters and fact sheets in this series please visit:
www.health.act.gov.au