



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 2013

Issue 19 – Merry Christmas



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Closing up Checklist for Sporting Canteens

With summer holidays just around the corner, is your canteen ready to close-up shop? Below is a simple checklist to help you plan for a safe and stress-free summer holiday closure.

Two weeks before closure:

- Will the refrigerator and freezer be turned off over the summer break?
- Are there perishable foods stored in the pantry that are required to be used?
- Check expiration dates on packages. If they have expired, throw them out.
- If foods are still safe to consume, plan to use the contents in the next fortnight. Plan some meal deals or snack packs to help use up the food – promote them on the Healthy Food@Sport menu board.

One week before closure:

- If the refrigerator and/or freezer will be kept on over the break, check that they are operating at the correct temperature. Refrigerators should be less than 5°C and freezers less than -18°C.
- Are foods safely stored in airtight packaging and date labelled? If foods do not have a date label, they must be thrown out, as there is no way of knowing how long it has been stored for.
- If you cannot use all of the food, consider selling them at a discounted rate. Please note you cannot sell food that is outside its use-by date. This food must be thrown out.

Last day of operation:

- Ensure all aprons and tea-towels have been laundered.
- Clean and sanitise surfaces, sweep and mop floors.
- Make sure rubbish bins have been emptied and adequately cleaned.
- Turn off equipment, e.g. microwave, toaster, at the power source. .
- Ensure all equipment is thoroughly cleaned, including the oven, pie-warmer, microwave, coffee maker and refrigerator.

Please note that this is a guiding tool and each canteen may already have their own procedures in place.



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



Nutrition Advisory & Support Service

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, or help to confidently categorise a product against the Traffic Light Guidelines. Make the most of this FREE service and drop them a line today.

Contact Nutrition Australia ACT at: (02) 6162 2583 or Email: act@nutritionaustralia.org.

The Healthy Food@Sport team is delighted with the range of healthy food and drink items that have been added to the menus of participating sporting clubs/organisations during 2013. The project team looks forward to working with these clubs/organisations in 2014 to build on the changes that have occurred to date.

The next Newsletter and Fact Sheet will be distributed in February 2014.

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

Health Promotion Policy for your Sporting Club

With 2014 just around the corner, has your sporting club considered implementing a "Health Promotion Policy"? Incentive items – such as display fridges, toasters, sandwiches presses, small convection ovens, and popcorn makers – are available for Healthy Food@Sport participating canteens that develop a health promotion policy and have it endorsed by their board/management committee. For more information, or for a sample policy, please contact Grant Voysey, Senior Project Officer – Healthy Food@Sport on 6207 1696 or email grant.voysey@act.gov.au.

Christmas in a Cup – Recipe*



Serves 4

Ingredients:

- 1 punnet of strawberries, sliced
- 3 kiwi fruit, peeled and cut into wedges
- 400 g of low fat vanilla yoghurt
- Mint leaves

Method:

- Using four glasses, layer fruit and yoghurt in the glass.
- Optional: Garnish with a mint leaf.

*Your food service is required to be a registered food business to sell this item.

Please refer to the 'Festive Season Tips and Recipes' Fact Sheet for a meat and vegetable kebab recipe and tips for being food safe during the holidays.

Did you know you can loan the following items?

To assist sporting clubs/organisations with promoting their healthy menu and drink during carnivals and tournaments, the Healthy Food@Sport project has a number of items that can be loaned. These include:



A-Framed Menu Boards - Please note that only **GREEN** and **AMBER** items are to be advertised on the menu board.

Labeling these items as healthy options and adding green or amber coloured dots will assist with promoting this range.



19 Litre Water Dispensers – Please note that only water can be dispensed from these containers.

Please contact Grant Voysey, Senior Project Officer – Healthy Food@Sport Project on 6207 1696 or email grant.voysey@act.gov.au for more information.

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

www.health.act.gov.au