



# 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.

February 2014

Issue 20 – Welcome to 2014



## Organising a BBQ Stall

If you are considering organising a BBQ for your fast approaching end of season celebrations, below is a checklist to ensure that your BBQ stall is well planned and runs smoothly. And remember, BBQs can provide delicious healthy options that are easy to prepare and popular with customers.

Plan ahead by completing the following tasks:

### 1. Helpers/staff:

- Recruit volunteers
- Develop a roster
- Allocate jobs – ideally have one person for each task (cooking food, serving food and handling money)

### 2. Food/storage:

- Identify the canteen's refrigeration/freezer storage capacity
- Design a menu incorporating healthy options and generate a price list. Choose items from the healthy menu tips list over page
- Develop a list of food and ingredients that your require
- Purchase ingredients and organise appropriate transport to ensure your food is transported safely
- Confirm delivery details from the suppliers

### 3. Equipment:

- Have adequate cooking equipment/utensils required for the BBQ
- Have adequate disposable cutlery, containers, plates and serviettes for serving
- Have adequate hats, and hand washing facilities with soap and paper towels
- Have adequate wash cloths, paper towels and supplies for cleaning up
- Have adequate rubbish and recycle bins available

### 4. Promotion:

- Generate posters and signs to display around your food service
- Utilise the Healthy Food@Sport A-frame menu board to advertise the healthy options (green and amber options only).

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



## Welcome Back

The Healthy Food@Sport project team hopes you had a wonderful summer break and enjoyed special time with family and friends. The team is delighted to have the opportunity to work with you again this year to:

- Further increase your range of healthy food and drink items;
- Encourage you and your club to develop a Health Promotion Policy and, once endorsed by your management committee/board, access the incentive items available;
- Encourage you to trial a number of meal and snack deals to assist with the promotion of healthier menu items; and
- Keep you updated on the range of healthy food and drink products available from the evolving list of suppliers.

The Healthy Food@Sport team is looking forward to assisting your organisation/club to have a healthy and successful **2014!**

Please refer to the 'Cool Ways to Beat Heat' Fact Sheet for information on how to keep cool these warmer months, as well as recipes for Fruit Dip and Fruity Popsicles.

## Contact Details

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

## Operating a BBQ Stall



It is important to ensure that your BBQ stall observes safe food handling practices and cooks food thoroughly. Below is a practical checklist to ensure that the food you cook is fit to be served to your customers. You will need to consider the following:

### 1. Hand washing facilities:

- Do you have access to hand washing facilities with running water?
- Do you have liquid hand soap and paper towel available?
- Do you have rubber gloves available to wear to wash up the utensils/dishes with?

### 2. Cooking and serving:

- Are your raw meats stored in a fridge or eskies with ice, and kept at 5°C or colder?

Please note the following:

- It is recommended that cooked food is stored in a metal tray or similar on the BBQ hotplate (separate from raw food) until sold;
- To decrease risk of any food borne illnesses, it is best to serve meat straight from the BBQ; and
- If you are considering storing cooked food it must be kept at 60°C or above until sold (i.e. in a bain-marie and temperature measured with a food grade digital probe thermometer), and you may need to be a Registered Food Business to operate your BBQ. Please contact the Health Protection Service (HPS), ACT Health on Ph: (02) 6205 1700 for more information.

For further information [on food safety tips](#), please visit the HPS website at: [www.health.act.gov.au](http://www.health.act.gov.au).

## Healthy Menu Tips – Keep it Simple

Below are some healthier options you might like to consider for your BBQ and meal/snack deals:

- Meats:** - Choose leaner cuts of meat i.e. lean steaks, minute steaks, skinless chicken, reduced fat sausages, lean kebabs, lean mince/burgers, vegetable patties or eggs. Keep portion sizes no larger than your palm.
- Breads:** - Choose wholegrain, wholemeal, or white high fibre enriched breads, rolls and wraps.
- Fruit:** - Choose whole fruits such as bananas, apples and oranges.
- Drinks:** - Offer plain water as a first choice to quench thirst. Small serves of 100% juices (no more than 250mls) and reduced fat plain and flavoured milks (no more than 375mls) may also be considered. Avoid the temptation to supply soft drinks and sports drinks.
- Snack options:** - Contact Nutrition Australia – ACT on Ph: (02) 6162 2583 to discuss the healthier range available and contact details of suppliers for the following prepackaged options: air popped popcorn; plain or fruit scones; un-iced fruit buns; mini muffins; fruit and nut nibble mix; dried fruit boxes; 100% fruit leathers; and wholegrain crackers.

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

[www.health.act.gov.au](http://www.health.act.gov.au)