



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.

April 2014

Issue 22 – Making Hot Foods Healthier



In this month's newsletter the Healthy Food@Sport Project has provided your canteen with another sample menu (over the page) that meets the guidelines for having no more than 20% red foods on the menu. Please note that your food service needs to be a [registered food business](#) to offer these options. For product advice and supplier information, please contact Mary Martin at Nutrition Australia ACT on phone 6162 2583 or email mmartin@nutritionaustralia.org.

Below is an example of a **GREEN** meal deal that you might like to use at your site.

Tips for Making Hot Foods Healthier

During the winter season, hot foods and drinks are more preferable on the sporting canteen menu. Spectators in particular enjoy having their hands wrapped around something warm to eat or drink while watching a game. By incorporating the tips below you can help keep the saturated fat, salt and kilojoules down:

- Offer hot drinks such as cocoa, coffee and tea with reduced fat milk.
- Offer only lean sausages and lean meats at the BBQ and serve with white high fibre, wholemeal and wholegrain bread.
- Make toasted cheese sandwiches with reduced fat cheese.
- Use margarine instead of butter and use sparingly on raisin toast and warmed fruit scones.
- For meat pies and sausage rolls, please contact Mary Martin on the details above to discuss the healthier range available from the various suppliers.

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GREEN MEAL DEAL

Soup
Bread roll
Bottled water

\$ _____



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



Sweet Potato & Pumpkin Soup Recipe

Serves 4

Ingredients:

- 1 tablespoon of olive oil
- 1 large brown onion, chopped
- 2 garlic cloves minced
- 1kg butternut pumpkin, peeled and chopped
- 500 gms sweet potatoes, peeled and chopped
- 1 litre reduced salt chicken stock

Method:

- Heat oil in large saucepan. Over medium heat sauté onion and garlic stirring for 3 minutes or until onion is tender.
- Add sweet potato and pumpkin and stir for 5 minutes.
- Add stock, simmer uncovered for 15-20 minutes or until tender.
- Puree mixture until smooth and return to a slow cooker to keep warm while serving

Optional: Top each serve with a swirl of low fat plain yoghurt and chives.

Please refer to the 'Extend Your Pantry For Winter' Fact Sheet for information on the additional range of items to stock in your pantry for easy and quick dinners; and recipes for Creamy Chicken Pasta Bake and Stir Fry.

Sample Menu That Meets the New Project Targets (80% green/amber options, 20% red)

For food services that complete the food business [registration category](#)

Hot foods and sandwiches

 Salad sandwich	\$
 Chicken salad wrap	\$
 Toasted cheese sandwich	\$
 Egg/bacon sandwich	\$
 Hamburger/salad bread roll	\$
 Chicken kebab	\$
 Meat pie*	\$
 Sausage roll*	\$
 Egg/bacon sandwich	\$
 Sausage sandwich	\$

Soups

 Sweet potato & pumpkin soup (see adjacent recipe)	\$
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Snacks

 Piece of fresh fruit	\$
 Fruit salad	\$
 Reduced fat yoghurt	\$
 Small box unsalted nuts	\$
 Plain popcorn	\$
 Pretzel snacks	\$
 100% fruit leather	\$
 Paddle pops	\$
 Cheese/crackers*	\$
 Prepacked mini muffins	\$

Drinks

 Bottle water	\$
 Tea/coffee (reduced fat milk)	\$
 Hot chocolate (reduced fat milk)	\$
 Reduced fat milk (Flavour/plain)	\$
 Breakfast drink (reduced fat milk)	\$
 100% fruit juice (≤ 250 mls)	\$
 Prepackaged mini muffins	\$

* The healthier range needs to be sourced to meet this criteria.

Contact Details

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