







# Healthy Food and Drinks For Catering

A GUIDE TO PLANNING HEALTHIER FOOD AND DRINK CHOICES

Choose a variety of fresh foods and limit processed or packaged foods



	Serve any of these foods	+	Any of these foods	+	Any of these foods	Limit choices from here
 <p><b>Morning or Afternoon Tea</b></p>	Fresh fruit platter  Fresh fruit skewers  Plain or fruit scones		Cheese & wholegrain crackers  Hummus or tzatziki dips with vegetable sticks  Mini savoury muffins		Dried fruit mix  Nuts and seeds trail mix  Muesli or cereal slices	Mini muffins  OR Banana loaf  OR Sweet biscuits
 <p><b>Light Lunch</b></p>	Sandwiches on wholemeal or wholegrain bread  Wholegrain wraps with vegetarian fillings  Pasta or rice salad with vegetables		Salads or chopped vegetables  Vegetable frittata  Steamed buns or dumplings		Sushi  Rice paper rolls  Cheese platter with vegetables & wholegrain crackers	Mini quiches  OR Pastries  OR Spring rolls
 <p><b>Community BBQ</b></p>	Lean meat burger patties  Chicken skewers  Lean meat steaks		Wholemeal or multigrain bread and bread rolls  Wholegrain wraps  Wholemeal lavash or pita bread		Chopped salad vegetables  Corn on the cob or mushroom 'steaks'  BBQ vegetable skewers	Lean meat sausages  OR Bacon or ham steaks  OR Marinated meat skewers
 <p><b>Savoury Snacks</b></p>	Nuts and seeds trail mix  Baked legume snacks (chick peas, fava beans)  Air popped pop corn		Steamed dim sum or dumplings  Savoury mini muffins  Vegetable sticks with low fat dips		Meatballs  Baked falafel  Vegetable fritters	Spring rolls  OR Samosas  OR Mini pizzas

**Get Started**








Use the checklist over the page and try some of the suggested swaps when planning your next community event.



## Consider these swaps to provide healthier options

Swap	↔	For This
		
Processed meats like salami or bacon		Lean meats such as chicken breast or turkey
White bread or wraps		Multigrain or wholemeal varieties
Full fat cheese and yoghurt		Low fat varieties
Butter		Margarine or olive oil spreads
Dressing, sauces, condiments and spreads		Low or reduced salt varieties
Cakes and baked goods		Raisin or fruit bread, plain or fruit scones, bagels or pikelets
Rice crackers and savoury biscuits		Wholegrain varieties
Fruit drinks, soft drinks, cordials and other sugar sweetened drinks		Water

## Check off the following to provide healthy choices

-  Water is readily available and promoted
-  Soft drinks, juices or cordials are not provided
-  Offer a variety of vegetables including salads, sandwich fillings or cut up vegetables for dipping
-  Offer a variety of fruit including freshly cut, dried or added to salads
-  Offer vegetarian and plant-based alternatives
-  Provide smaller portions (see tips below)
-  Safe food handling and storage practices are in place

## Tips for providing smaller portion sizes

Providing smaller portions is an easy way to help people make healthier choices. It can also help to minimise food waste.



For muffins and baked goods, if you can't purchase smaller portions, cut large portions into halves or quarters.



For sandwiches, rolls and wraps, cut larger portions into halves or quarters.



Using smaller cups, plates, and serving spoons makes it easier for people to select smaller portions.

## Sustainability



**Reduce packaging** by choosing foods and drinks with little to no packaging

Use **reusable, recyclable or biodegradable** cutlery, cups, plates and platters where possible

Ask guests to **bring their own** water bottles and reusable cups

Select **seasonal** fruit and vegetables

Consider a plan for composting food scraps