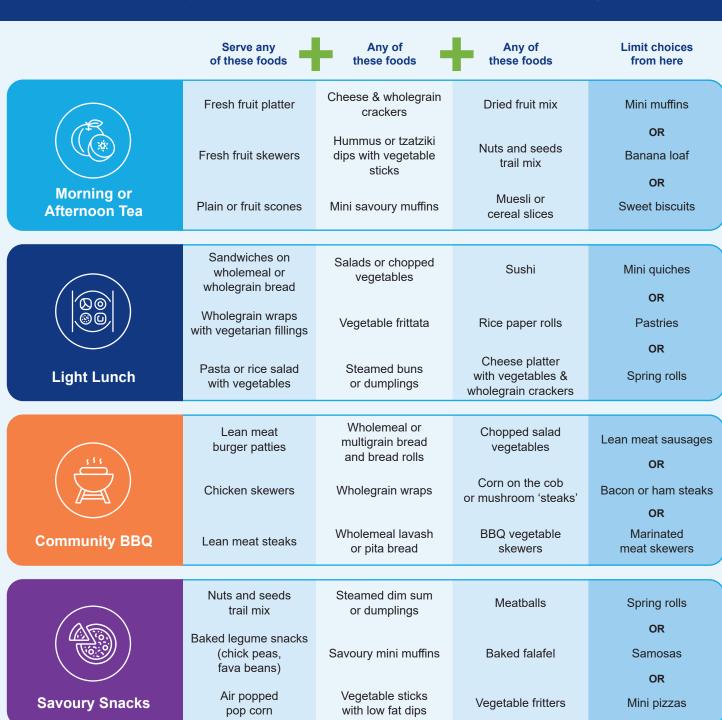


Healthy Food and Drinks For Catering

A GUIDE TO PLANNING HEALTHIER FOOD AND DRINK CHOICES

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



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

White bread or wraps

Full fat cheese and yoghurt

Butter

Dressing, sauces, condiments and spreads

Cakes and baked goods

Rice crackers and savoury biscuits

Fruit drinks, soft drinks, cordials and other sugar sweetened drinks



Lean meats such as chicken breast or turkey

Multigrain or wholemeal varieties

Low fat varieties

Margarine or olive oil spreads

Low or reduced salt varieties

Raisin or fruit bread, plain or fruit scones, bagels or pikelets

Wholegrain varieties

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

