

# Catering for your group

## Ideas for healthy morning and afternoon tea's



	<b>Recommended choices</b>	<b>Further Ideas and notes</b>
<b>Drinks</b>	<p>Plain water Tea, Coffee Green tea Herbal teas</p>	<ul style="list-style-type: none"> <li>• Soups (Sodium &lt; 400mg/100g)</li> <li>• Iced Herbal Teas</li> <li>• Decaf coffee</li> <li>• Plain mineral or soda water with ¼-⅓ cup of 100% fruit juice</li> <li>• Low fat milk for children's groups, plain or tsp of milo</li> </ul> <p>Serve with low fat milk</p>
<b>Fruit</b>	<p>Fresh fruit whole or cut pieces Include mini tomatoes (seasonal)</p> <p>Dried fruit (not recommended by dentists due to increased chance of the fruit sticking to teeth similar to lollies, therefore increasing tooth decay)</p>	<ul style="list-style-type: none"> <li>• Platter of dried fruit and nut mix with optional small squares of cheese</li> <li>• Individual small boxes/packages dried fruit and nuts available from supermarkets</li> <li>• Frozen orange or mandarin segments</li> </ul> <p>Serve fruit plain or with a dip of Low fat vanilla yoghurt</p>
<b>Vegetables</b>	<p>Raw* or blanched, cut into julienne style Roasted or Grilled (drained of oil)</p>	<ul style="list-style-type: none"> <li>• Carrots, celery, cucumber, snow peas</li> <li>• Soup (&lt;400mg/100g Sodium)</li> </ul> <p>Serve with dips as below</p>
<b>Breads</b> **	<p>Plain uncoated, un-iced bread and loaves</p> <p>Preferably wholemeal/wholegrain</p> <p>Allow 1 slice per person</p>	<ul style="list-style-type: none"> <li>• Raison bread</li> <li>• Fruit loaf or fruit &amp; nut loaf</li> <li>• Muesli/ fruit and Multi Grain</li> <li>• Cape seed loaf</li> <li>• Mountain or Sorj wraps</li> </ul> <p>Suitable plain or very lightly spread with margarine or 5% cream cheese or made into sandwiches/wraps</p> <p><i>Aim for fibre more than 5g per 100g</i></p>
<b>Sweet biscuits</b> **	<p>Plain(un-iced, un-coated), wholemeal or oat based sweet biscuits</p> <p>ie. wholemeal flour, oats and/or fruit as first ingredient list</p> <p>beware of health claims on packages</p>	<ul style="list-style-type: none"> <li>• Snack right or other fruit slice biscuit</li> </ul> <p><i>Aim for fibre more than 5g per 100g Fat less than 10g/100g – Saturated fat less than 3g/100g</i></p>

Cont....	Recommended choices	Further Ideas and notes
<b>Savoury biscuits</b> **	Plain, un-coated, savoury biscuits wholemeal/salt reduced where possible  Allow 2-3 biscuits per person	<ul style="list-style-type: none"> <li>• Cruskits</li> <li>• Lavosh</li> <li>• Vita weat</li> </ul> <p>Serve with thin slices of cheese, spread with phillycheese or dips (as below), sliced vegetables e.g. tomato, cucumber</p>
<b>Condiments Dips etc</b> **	Dips – e.g. Tzatziki, Hommus, eggplant, beetroot Relish Salsa	<ul style="list-style-type: none"> <li>• Reduced fat margarine</li> <li>• 5% fat philly cream cheese</li> <li>• Avocado</li> <li>• Cottage or ricotta cheese</li> </ul> <p>Low or reduced fat where possible</p>
<b>Cakes / muffins / bars</b> **  (not preferable as a first choice)	Uncoated, un-iced, fruit or vegetable and/or whole meal based  allow small serve per person (~40-60g)	<ul style="list-style-type: none"> <li>• Big sister fruit cake</li> <li>• Pumpkin or fruit scones</li> <li>• Pikelets</li> <li>• Muesli Bars (per bar &lt;550kJ) **</li> </ul>
<b>Other</b>	Nuts *(avoid if children are present) Popcorn, Plain* Sushi (ensure suitable refrigeration) Almond bread* Boiled eggs (sliced on biscuits or on own)	Nuts: preferably unsalted or less than 250mg per 100g of sodium

\*Beware of Allergies and choking hazard if children are present

\*\* Aim for fibre more than 5g per 100g

Aim for fat less than 10g per 100g & Saturated fat less than 3g/100g

Aim for sugar less than 10g per 100g or less than 20g per 100g if added fruit

**Note:** A reasonable snack is equivalent to 1 slice of bread or a piece of fruit (~300kJ) – Offering healthy choices is great, the serve size is also important

## Putting together ideas

### Ideas for Minimal Preparation:

Snack Right biscuits per person  
*Optional:* add Platter of strawberries or other fruit, e.g. ½ mandarin each



*Allow 2 biscuits per person and ½ piece of fruit or 3 biscuits per person*



Loaf of fruit bread thinly sliced, spread with 5% cream cheese or lightly with margarine



*Cut in half or quarters and allow 1 slice per person*

Platter of mixed fresh fruit

*Optional:* served with low fat Vanilla yoghurt as a dip



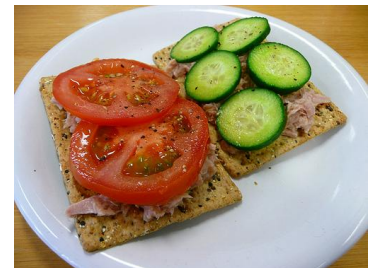
*Allow for 1 serve of fruit per person (choose seasonal produce)*

Savoury biscuits  
Tub of Low fat hommus dip  
Dried fruit or Fresh Grapes

*Allow 3 biscuits per person, 1 tbsp of dip and ~ tbsp of dried fruit or ½ piece fresh fruit*

Mixed nuts (preferably unsalted)  
Thin slices of cheese  
Round vita weat biscuits

*Allow 15g nuts per person and 2-3 biscuits and 20g cheese per person*



Thin slices of cheese on top of savoury biscuit with slice of tomato

*Allow 2-3 biscuits per person*



Platter:

- Dried fruit & Unsalted nuts
- Hard cheese cubes
- Cherry Tomatoes

## Ideas with More preparation:

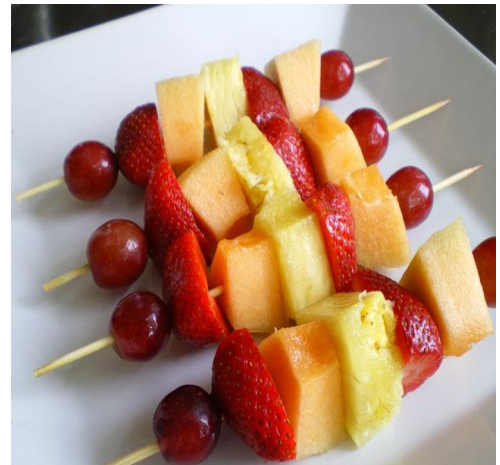
Fresh fruits served on skewers



Sandwiches using wholemeal bread, wraps or at least a mix of white and wholemeal  
e.g. Low fat ham & cheese  
Sliced roast beef and chutney  
Egg and low fat mayonnaise  
Mashed avocado, tuna

*Allow ½ sandwich per person (2 points)*

Chopped Vegetables (celery, carrot, cucumber, snow peas)  
Dips of choice



# Catered

*(Request healthy alternatives, minimal fried & pastry based foods)*

## Sandwiches

Preferably wholemeal, wholegrain and or rye, flat breads  
Range of vegetables, salad and lean meats, fish & egg

## Soups

Low fat, reduced salt

## Quiche

Low fat, added vegetables preferably with no pastry base

## Cheese platters

Small serves of cheeses

Include a variety of biscuits (wholemeal where possible)

Include a variety of dried fruit, roasted or grilled vegetables (drained of oil)

## Comprehensive guides for further ideas

<http://www.deir.qld.gov.au/workplace/resources/pdfs/healthy-choice-info-sheet.pdf>

<http://www.health.qld.gov.au/ph/documents/abetterchoice/32924.pdf>

Australian Guide To Healthy Eating (1998)

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-resources.htm>

<http://www.health.sa.gov.au/pehs/branches/health-promotion/healthycaterings4-hp-sahealth-20100805.pdf>

Foundation and Total Diets Draft (2010)

[http://www.nhmrc.gov.au/guidelines/consult/consultations/food\\_guidance.htm](http://www.nhmrc.gov.au/guidelines/consult/consultations/food_guidance.htm)

Healthy choices: food and drink guidelines for Victorian public hospitals (2010)

<http://www.health.vic.gov.au/healthychoices/guidelines.htm>

A Better Choice Healthy Food and Drink Supply Strategy for Queensland Health Facilities (2010)

[http://www.health.qld.gov.au/health\\_professionals/food/abetterchoice.asp](http://www.health.qld.gov.au/health_professionals/food/abetterchoice.asp)

- A Better Choice <http://www.health.qld.gov.au/ph/Documents/abetterchoice/32511.pdf>
- Catering Guidelines for Meetings and Functions  
<http://www.health.qld.gov.au/ph/documents/abetterchoice/32924.pdf>
- Morning and Afternoon Tea Menu  
[http://www.health.qld.gov.au/ph/documents/hpu/catering\\_menu\\_options.pdf](http://www.health.qld.gov.au/ph/documents/hpu/catering_menu_options.pdf)
- Guide to Green and Amber Options  
[http://www.health.qld.gov.au/ph/documents/hpu/guide\\_menu\\_options.pdf](http://www.health.qld.gov.au/ph/documents/hpu/guide_menu_options.pdf)

<http://www.Heartfoundation.org.au> healthy catering section

The Heart Foundation – Commercial Caterers: The caterers pack

<http://www.heartfoundation.org.au/sites/HealthyEating/healthiercatering/Pages/Commercialcaterer.aspx>

- Healthy Workplace Catering (2010)  
[http://www.heartfoundation.org.au/sites/HealthyEating/SiteCollectionDocuments/WorkplaceCatering\\_IS\\_FINAL.pdf](http://www.heartfoundation.org.au/sites/HealthyEating/SiteCollectionDocuments/WorkplaceCatering_IS_FINAL.pdf)
- 3 Step Guide (2007)  
<http://www.heartfoundation.org.au/SiteCollectionDocuments/Tick%203%20Steps%20Guide%20New.pdf>
- The right ingredient (2010)  
[http://www.heartfoundation.org.au/sites/tick/SiteCollectionDocuments/RecipeGuidelines\\_10.03\\_FINAL.pdf](http://www.heartfoundation.org.au/sites/tick/SiteCollectionDocuments/RecipeGuidelines_10.03_FINAL.pdf)
- A Healthier Serve The Heart Foundation's Guide to healthy catering (2008)  
<http://www.heartfoundation.org.au/SiteCollectionDocuments/HW%20CAT%20A%20Healthier%20Serve.pdf>