



# HEALTHY CATERING GUIDELINES

Here are some helpful guidelines you can use when ordering catering for your workplace or event. We always suggest using fresh and seasonal Tasmanian produce where possible.

## DRINKS

- Aim to make water freely available throughout the session.
- We suggest you don't provide soft drinks or juice. However if you would like to provide a carbonated drink please offer sparkling mineral water.
- If you would like to offer fruit juice, please offer fresh juice or fruit juice with no added sugar

## FATS AND OILS

- We always try to avoid using trans fats in cooking and baking. Try using or request olive oil or sunflower oil instead.



## CONTACT US:

Email:  
admin@healthytasmania.com.au

Website:  
www.healthytasmania.com.au



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TASMANIA**

## LUNCH

- Try and base lunch on a combination of grain (cereal), protein, salads and vegetable foods Example: multigrain bread sandwiches filled with meat and salads/vegetables
- Aim to include at least one wholemeal or wholegrain choice for each type of grain provided. Examples include wholemeal bread, wholemeal pasta, rice, quinoa, kidney beans
- We prefer to use protein sources are fresh meats, eggs, fish, poultry or tofu.
- Where possible, try to avoid:
  - processed meats (salami, sausages)
  - baked items (pies, sausage rolls, spring rolls, samosas, pasties)
  - highly processed, high sugar or high-fat foods (excluding cheese)
  - pizza (unless adheres to above guidelines)
  - white breads, heavy pasta dishes or hot chips

**WE SUGGEST INCLUDING GLUTEN FREE AND VEGETARIAN OPTIONS WHEN CATERING AND USING SIGNAGE TO DISPLAY ALLERGENS.**

## MORNING / AFTERNOON TEA

- Try and include a combination of vegetables, fruit, dairy and nuts/seeds. You might want to try hommus with fresh celery; carrot and cucumber; greek yoghurt with berries, and unsalted raw cashews.
- We encourage milk, yoghurt, cheese and other dairy alternatives to have mostly reduced fat with sugars of less than 10g per 100g.
- We always try to include wholemeal or wholegrain (cereal) foods. Try wholemeal bread, wholemeal flour, wholegrain crackers
- Where possible, try to avoid:
  - baked items, crisps, chocolates, cakes and lollies
  - highly processed and refined snacks (muffins, cookies & biscuits)
  - high sugar or high-fat foods (excluding cheese)
  - foods high in sodium. Aim for less than 120mg per 100g

1. What's in season, Eat Well Tasmania, 2018, <https://www.eatwelltas.org.au/whats-in-season/>

2. Australian Dietary Guidelines, National Health and Medical Research Council, 2013, [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

3. Australian Guide to Healthy Eating, National Health and Medical Research Council, 2013, [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)