



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.

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
3. Australian Guide to Healthy Eating, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

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.



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