

# WODONGA'S HEALTHY CATERING GUIDE





# THE WODONGA HEALTHY CATERING GUIDE

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What we eat has a big impact on our health.

As a community, we are eating foods that are high in fat and sugar, and are not getting enough fruit and vegetables.

As a result, in Wodonga we are seeing a rise in obesity, heart disease and diabetes.

To help the community achieve better health, Gateway Health and Wodonga Council are working in partnership through the Healthy Together Wodonga initiative to help create healthier communities, including eating more fresh foods.

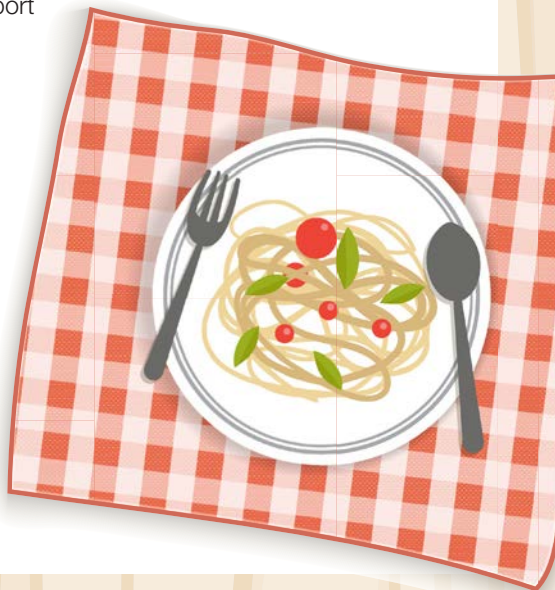
Together, they have developed the **Wodonga Healthy Catering Guide**.

This guide will not only help workplaces choose healthier options when catering for staff, but will build the capacity of individuals to recognise healthy choices outside of the workplace.

It is particularly pleasing to launch a guide that supports local businesses who in turn support the health of the community.

For further information on healthy eating or to receive an electronic or hard copy version of this resource, contact the Health Promotion team at Gateway Health on (02) 6022 8888.

Follow us on Facebook:



# ABOUT THE GUIDE

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The Wodonga Healthy Catering Guide has been developed to assist workplaces, associations and groups everywhere make healthy choices when organising catering.

Six local caterers have assisted in the development of the guide and shown that providing healthier food and drink options can be easy and delicious!

The caterers included in this guide are:

- Bean Tree Central;
- Border Catering;
- Café Grove;
- Nutrition Station;
- Yum's Food Bar; and,
- Zilch Cafe.

All menu items in this guide have been assessed by the Healthy Eating Advisory Service (HEAS) at Nutrition Australia, using the Healthy Choices Guidelines which are based on the Australian Dietary Guidelines.

This process has ensured that the healthiest ingredients are being used in all recipes and menu items.

These guidelines use the 'traffic light' rating system and only menu items with a 'Green' or 'Amber' rating have been included in this guide.

REMEMBER

LET THE CATERER KNOW YOU ARE ORDERING  
FROM THE WODONGA HEALTHY CATERING GUIDE

# THE ACHIEVEMENT PROGRAM

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The Achievement Program provides a framework and supporting resources to help co-ordinate existing and new activities to promote health and wellbeing.

It is available for schools, early childhood services and workplaces throughout Victoria.

By using this guide, workplaces and other settings are supporting themselves to work towards reaching the Achievement Program healthy eating benchmarks and supporting healthy behaviours in our community.

If you want to find out more about registering to the Achievement Program visit [achievementprogram.healthytogether.vic.gov.au](http://achievementprogram.healthytogether.vic.gov.au)

Healthy Together Wodonga is a partnership between Gateway Health and Wodonga Council, and works with workplaces, sporting clubs, schools and early learning centres as well as the wider community to address the underlying causes of poor health and help create a healthier Wodonga.

For more information visit [wodonga.vic.gov.au/healthytogether](http://wodonga.vic.gov.au/healthytogether)

## HEALTHY EATING IN THE WORKPLACE

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The most successful way to support healthy eating in the workplace is to use a 'whole of workplace' approach.

This means making sure healthy choices are available everywhere where foods and drinks are supplied, including:



- Catering for staff and clients;
- Vending machines;
- On-site food and drink outlets such as canteens, cafeterias, cafes, coffee shops and kiosks;
- Staff rooms and kitchens;
- Fundraising activities, gifts, prizes and give-a-ways; and,
- Cooking programs.



# HOW TO USE THIS GUIDE

To order healthy options from this guide, please contact the caterer directly and state you are ordering from the Wodonga Workplace Healthy Catering Guide.

Contact details for each caterer can be found at the top of their menu.

Icon legend			
	Green category foods	<b>GF</b>	Gluten free
	Amber category foods	<b>GF-A</b>	Gluten free option available
	Red category foods	<b>DF</b>	Dairy free
<b>V</b>	Vegetarian	<b>SF</b>	Sugar free
<b>V-A</b>	Vegetarian option available		

All prices in this guide were correct at the time of printing (May 2016).  
Prices and availability are subject to change.  
For the latest information, please contact the caterer directly.

## GREEN

Green category foods and drinks are the healthiest choices. They should be included as the main choices, promoted and encouraged where possible and available at all times. They are good sources of important nutrients and lower in saturated fat, added sugar and salt.

## AMBER

Amber category foods and drinks should be selected carefully and large serves should be avoided. Although amber foods often contain important nutrients, they can have moderate levels of sugar, fat and/or salt. They should be chosen less often than foods in the green category.

## RED

Red category foods are low in essential nutrients and high in saturated fat, sugar and salt. These should not be supplied through catering.

# HEALTHY EATING

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The key to healthy eating is to enjoy a variety of nutritious foods from the core food groups. These include:

- Vegetables and legumes/beans;
- Fruit;
- Grain (cereal) foods, mostly wholegrain or high fibre varieties;
- Lean meats and poultry, fish, eggs and/or alternatives such as tofu, nuts and seeds and legumes/beans; and,
- Reduced fat milk, yoghurt, cheese and/or alternatives such as calcium enriched legume, beans or cereal milks and yoghurts.

# WORKPLACE HEALTHY CATERING TIPS

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- Always provide water
- Offer low-fat milk as an option with tea and coffee
- Offer herbal tea
- Fruit and vegetables should be included in the majority of options
- Offer leaner meats in sandwiches (for example, roast meats, chicken breast, tinned fish in spring water) and limit processed meats (for example, salami, chicken loaf, bacon, devon, strassburg)
- Serve spreads and condiments separately and use salt reduced condiments
- Use multigrain, wholemeal, rye breads
- Avoid added sugar and salt
- Avoid over-catering
- Reduce serving sizes where possible, for example ask for mini muffins and provide pre-cut serves and half serves.



IT'S A GOOD IDEA TO  
ASK STAFF WHAT FOOD  
AND DRINK THEY PREFER,  
SO THEY ARE HAPPY  
WITH WHAT IS PROVIDED

## HOW MUCH

Determining quantities to order for catering can sometimes be difficult due to the wide variety available in most food categories.

As a general guide, serving size suggestions are:

- 1½ sandwich or wrap per person for lunch;
- One cup of green leafy or raw salad vegetables per person;
- Half cup of cooked vegetables;
- A suitable serve of fruit per person is one medium piece (apple, banana or pear), two small pieces (apricot, plum or kiwi fruit) or one cup of diced or canned fruit; and,
- 40g (two slices) cheese per person (choose reduced fat varieties).

## REMEMBER

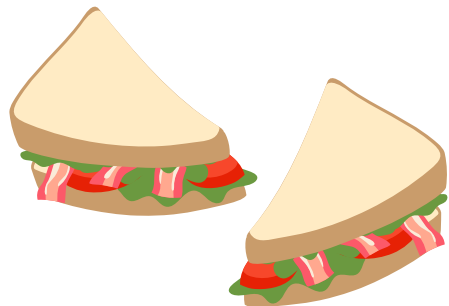
REDUCING PORTION SIZES CAN HELP INDIVIDUALS TO MANAGE THEIR ENERGY INTAKE. EVEN WHEN GREEN CHOICES ARE PROVIDED, OFFERING FOODS AND DRINKS IN LARGE PORTIONS CAN CONTRIBUTE TO EXCESS ENERGY AND WEIGHT GAIN

## WHY CREATE A HEALTHY WORKPLACE

Promoting and supporting health in the workplace makes good business sense.

A healthy workplace has benefits for both employers and employees, because it contributes to:

- More energised staff;
- More productive staff;
- Healthier and motivated staff;
- Staff that feel valued;
- Better team relationships; and,
- Improved staff retention.





# SAMPLE MENU

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## Morning tea

- Jugs of water
- Tea, coffee including herbal teas and decaffeinated coffee with low fat milk available
- Seasonal fresh fruit platter and vegetable platter with low fat dips

## Lunch

- Jugs of water
- Tea, coffee including herbal teas and decaffeinated coffee with low fat milk available
- Sandwiches, wraps and whole-grain mini rolls with assorted fillings such as lean meats (chicken, roasted meats, tinned fish in spring water) plenty of salad, reduced fat cheeses
- Seasonal fresh fruit platter



# BEAN TREE CENTRAL

Shop 3, 176 High St, Wodonga

(02) 6056 8851

\*All prices are for 8 to 10 people



[facebook.com/Bean-Tree-Central-792663274141861](https://www.facebook.com/Bean-Tree-Central-792663274141861)

Menu item	Classification	Dietary	Price
Fresh veggie sticks and dips	★	GF	\$25
Flat bread platter (chicken, turkey)	★		\$60
Flat bread platter (roast beef, ham)	★		\$60
Sandwich platter	★	GF - A	\$50
Zucchini slice	★	GF	\$50
Asian chicken rice paper rolls	★	GF	\$50
Homemade sausage rolls	★		\$50
Thai chicken salad	★	GF	\$65 (x10 individual boxes)
Pumpkin, spinach and beetroot salad	★	GF	\$65
Fruit platter	★		\$25
Bean Tree chocolate cake	★	DF, GF, SF	\$25
Peaches and cream slice	★		\$25



# BORDER CATERING

Order online at [bordercatering.com.au](http://bordercatering.com.au)

 [facebook.com/bordercatering](https://facebook.com/bordercatering)

\*Prices in small and large.

- Small (six to eight people)
- Large (eight to 12 people)

Menu item	Classification	Dietary	Price
Dips platter			\$30/\$50
Seasonal fruit platter			\$30/50
Cheese, fruit and nut platter		GF - A	\$40/60
Sushi platter	 	GF - A	\$30/\$50
Mini quiche platter			\$48 (36 pieces)
Economy class sandwiches			\$35/\$55
Business class sandwiches			\$45/65
Baguettes platter			\$45 (20 pieces)
Wraps platter	 		\$45 (20 pieces)



# CAFE GROVE

198A High St, Wodonga

(02) 6024 5655



[cafe-grovetwodonga.com.au](http://cafe-grovetwodonga.com.au) or [facebook.com/cafe-grovetwodonga](https://facebook.com/cafe-grovetwodonga)

Menu item	Classification	Dietary	Price
Mixed gourmet sandwich platter		V - A	\$8.50 (per sandwich)
Fruit platter		V	\$25 <small>6-8 people</small> \$50 <small>10-12 people</small>
Salt and pepper calamari with lemon aioli		GF If requested	\$50 (30 pieces)
Mini house-made sausage rolls			\$50 (50 pieces)
Mini house-made beef pies			\$50 (50 pieces)
Chicken tandoori spiced skewers with tzatziki		GF - DF	\$50 (30 pieces)
Sweet potato, feta, spinach and sundried tomato frittata squares		V - GF	\$50 (50 pieces)
Sushi platter		GF - DF V	\$50 (30 pieces)
House-made antipasto platter		GF - DF	\$50 (10 pieces)
House-made cheese platter			\$50 (10 pieces)
House-made dips and toasted ciabatta platter		GF - DF If requested	\$50 (10 pieces)





# NUTRITION STATION

135 High St, Wodonga

(02) 6056 2215



[nutritionstation.com.au](http://nutritionstation.com.au) or  
[facebook.com/nutritionstationwodonga](https://facebook.com/nutritionstationwodonga)

\*Prices shown

- Small (six to eight people)
- Medium (eight to ten people)
- Large (10 to 12 people)

Menu item	Classification	Dietary	Price
Breakfast wrap platter	★	V - A	\$45/\$60
Granola cups with fresh berries and reduced fat yoghurt	★		\$36.70 (6 cups)
Fruit platter	★		\$15/\$25/\$35
Wrap platter	★ ★	V - A	\$45/\$60
Sandwich platter	★	V - A	\$45/\$60
Chicken and quinoa salad	★	GF	\$35 <small>6-8 people</small>
Marinated lamb salad	★	GF	\$35 <small>6-8 people</small>
Chicken and avocado salad	★	GF	\$35 <small>6-8 people</small>
Lentil salad	★	V - GF	\$35 <small>6-8 people</small>
Roast beetroot, feta and walnut salad	★	V - GF	\$35 <small>6-8 people</small>
Tuna salad	★	V - GF	\$35 <small>6-8 people</small>
Greek salad	★	V - GF	\$35 <small>6-8 people</small>





# YUMS


3 Elgin Boulevard, Wodonga

(02) 6024 3361

One round = A sandwich  
(four points)



[facebook.com/Yums-Food-Bar-185829114790920](https://www.facebook.com/Yums-Food-Bar-185829114790920)

Menu item	Classification	Dietary	Price
Sandwich platter	 	V - A	\$7.80 (per round)
Cottage cheese with walnuts, honey and banana sandwich			\$7.80 (per round)
Cake platter (banana cake, carrot cake, fruit cake)			\$5.50pp
Fresh seasonal fruit platter	 		\$5pp
Fruit and cheese platter	 		\$6pp



# ZILCH

1 Stanley St, Wodonga

(02) 6056 2400

\*All prices are based on platters for 10.

Inquire depending on your numbers



[facebook.com/pages/Zilch-cafe-and-catering/431282543548976](https://facebook.com/pages/Zilch-cafe-and-catering/431282543548976)

Menu item	Classification	Dietary	Price
Tandori chicken skewers with greek yoghurt	★		\$30
Mini corn fritters	★		\$30
Rare beef, pesto and candied tomato roll	★		\$30
Pumpkin and cashew tart	★		\$25
Zucchini slice	★		\$30
Rice paper rolls vegetarian	★		\$30 (\$3 per roll)
Rice paper rolls with chicken	★		\$30 (\$3 per roll)
Sandwich platter one (salad sandwiches and chicken avocado)	★		\$57
Sandwich platter two (lamb and eggplant and pumpkin)	★		\$57
Thai chicken balls	★		\$25
Spanish onion and feta tarts	★		\$25
Pumpkin bread (sweet option)	★		\$30
Carrot muffins (sweet option)	★		\$30
Wraps - salad with choice of chicken, turkey, beef or lamb	★		\$25 (For 5 people, or \$5 each)
Seasonal fruit platter	★		\$25





# HEALTHY BARBECUE

## GUIDE

If you live in Australia, then there's a good chance you love a good barbecue.

A simple, traditional Aussie barbie usually consists of sausages, white bread and tomato sauce.

This meal is not only low in fibre, it's also high in saturated fat, oil and salt.

However, with a little thought and a few small changes, a barbecue can be a healthy and tasty meal.

Healthy Together Wodonga has developed a Healthy Barbecue Guide to help you make easy changes and offer more nutritious options at your next barbecue.

The guide includes healthy menu ideas and basic catering tips.

Download the guide at <http://wod.city/HealthyBBQGuide>



## 7 TIPS FOR A HEALTHIER BARBECUE

1. Cut down the fat
2. Choose healthier cooking oils
3. Add vegetables and fruit
4. Swap the seasoning
5. Provide water
6. Provide better bread
7. Make healthy eating easy

# HELPFUL LINKS AND RESOURCES

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Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces

## **Healthy Eating Advisory Service**

[heas.healthytogether.vic.gov.au/workplaces/healthy-eating-policy-and-catering-guide](https://heas.healthytogether.vic.gov.au/workplaces/healthy-eating-policy-and-catering-guide)

Guidelines for serving healthier foods at meetings, functions and events

## **Cancer Council**

[cancercouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf](https://cancercouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf)

Guidelines and resources for catering and preparing foods

## **The Heart Foundation**

[heartfoundation.org.au/information-for-professionals/food-professionals/Pages/cateringpreparing-foods.aspx](https://heartfoundation.org.au/information-for-professionals/food-professionals/Pages/cateringpreparing-foods.aspx)

Healthy fundraising ideas

## **Cancer Council**

[cancercouncil.com.au/20126/reduce-risks/local-government-initiatives/resources-forlocalgovernment/healthy-eating-for-local-government/](https://cancercouncil.com.au/20126/reduce-risks/local-government-initiatives/resources-forlocalgovernment/healthy-eating-for-local-government/)

Fact sheets and recipes

## **Healthy Together Healthy Eating Advisory Service**

[heas.healthytogether.vic.gov.au](https://heas.healthytogether.vic.gov.au)

Australian Dietary Guidelines

## **Department of Health**

[eatforhealth.gov.au](https://eatforhealth.gov.au)

## **Dieticians Association Australia: Smart Eating for You**

[daa.asn.au/for-the-public/smart-eating-for-you/](https://daa.asn.au/for-the-public/smart-eating-for-you/)

## **Healthy Together Wodonga Healthy Barbecue Guide**

<http://wod.city/HealthyBBQGuide>

## **Disclaimer**

All reasonable efforts were made to approach suitable caterers to be a part of this guide.

If you are a caterer and would like to be involved in future editions, please contact The Health Promotion Team at Gateway Health, 155 High St, Wodonga or on (02) 6022 8898.



Healthy Together Wodonga is improving the health of Victorians, in partnership with the Victorian Government.