



Smarter Serve

GOOD FOOD FOR OUR COMMUNITY
HEALTHY CATERING GUIDELINES



Catering Guidelines

Aboriginal and Torres Strait Islander Local Councils of Queensland



A guide for implementing healthy catering into the workplace

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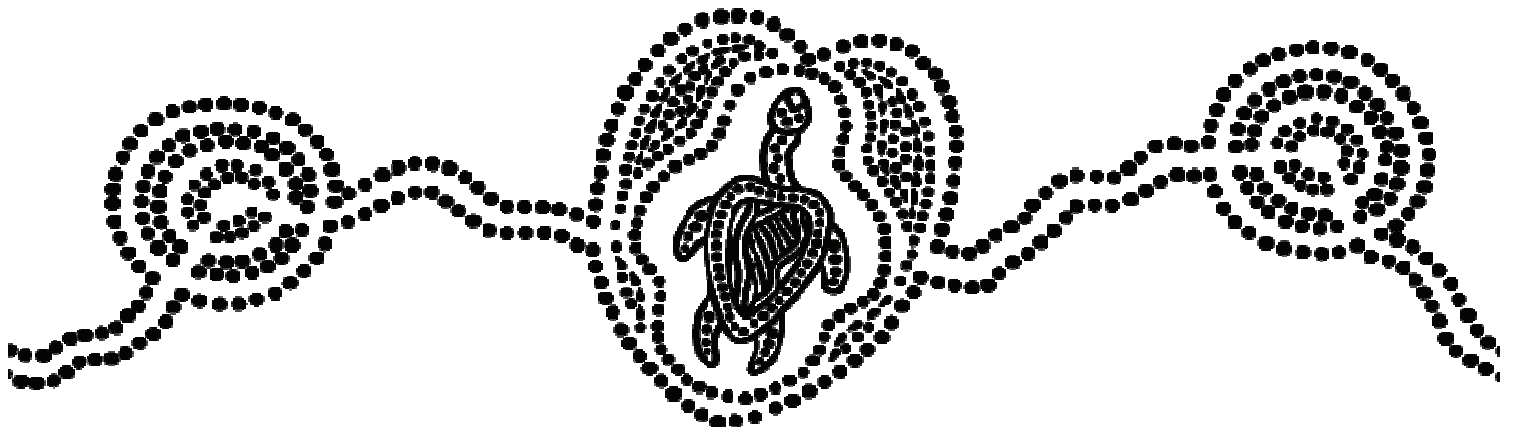
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The artwork below is an adapted version of 'Love and protect your heart' by Stan Yarramunua © 2011. This private commission was created for the National Heart Foundation of Australia. The image represents: a turtle (symbolising love) moves through the Milky Way (centre background) being surrounded by water (river symbols in four corners), protected by spirit (white dots).

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- Nutritionists from community controlled health services
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- The Heart Foundation National Aboriginal Health Unit
- Aboriginal and Torres Strait Islander local governments

Disclaimer

Smarter Serve: Good Food for Our Community has been developed to provide information on healthy catering choices to employees, contractors and visitors to Aboriginal and Torres Strait Islander local governments. These guidelines are based on the most current Australian nutrition recommendations. They have been developed for group based catering and do not represent individual meal plans.

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Introduction

The Smarter Serve: Good Food for Our Community is a guide to healthy catering for Aboriginal and Torres Strait Islander local governments. The guidelines have been written to complement the Smarter Serve Healthy Catering Policy. These guidelines assist local councils in providing healthy food options within the workplace including; staff meetings, cultural and community events, fundraisers and all other events where catering is provided.

The guidelines have been developed in consultation with various stakeholders representing Aboriginal and Torres Strait Islander peoples and acknowledge traditional Aboriginal and Torres Strait Islander food practices. The guidelines have also been developed with consideration of the limitations of access and availability of healthy food items in remote and very remote communities.

The recommendations in this document are based upon the Australian Guide to Healthy Eating. Healthy foods are not limited to those detailed in the guidelines. For further information on healthy eating please refer to the *Smarter Serve: Good Food for Our Community* Nutrition Resource List located on the LGAQ website or your local community nutritionist/dietitian.

Goal

Smarter Serve: Good Food for Our Community aims to reduce the risk of chronic disease of Aboriginal and Torres Strait Islander local government workers by; increasing the availability of healthy food choices within the workplace and decreasing the availability of unhealthy food choices within the workplace.

Rationale

The incidence of chronic disease is responsible for 70% of the burden of disease in Aboriginal and Torres Strait Islander peoples (Vos, et al. 2009). It contributes the largest portion of the life expectancy gap between Aboriginal and Torres Strait Islander people and non-Aboriginal and Torres Strait Islander peoples (Vos et al. 2009). On average, Aboriginal and Torres Strait Islander peoples are expected to live approximately 10 years less than non-Aboriginal and Torres Strait Islander people (Australian Bureau of Statistics 2010). This is partly due to socio-environmental determinants such as poor nutrition and lack of access to education and resources (Vos et al. 2007). Research demonstrates that consuming a healthy diet, adequate in fruit and vegetables, is protective against chronic diseases such as cardiovascular disease (ABS 2010b; Penm 2008).

Workplaces are appropriate settings to promote and improve the health of workers. In the short term, workers can improve their dietary intake and decrease their risk of developing chronic disease (Geaney et al. 2011). This can lead to decreased absenteeism and increased productivity, minimising costs to the workplace (World

Health Organisation 2005). The risk of developing chronic disease can be reduced by embedding programs which support the development of healthy behaviours as well as working with the food supply to make more healthy food choices available (Australian Government Department of Health and Ageing 2009). The following catering guidelines have therefore been developed to assist Aboriginal and Torres Strait Islander local governments throughout Queensland to support healthy eating practices within the workplace.

For more Information

For more information on healthy eating, visit the LGAQ webpage for the *Smarter Serve: Good Food for Our Community* Nutrition Resource List.

Councils located in remote areas may benefit from using the Heart Foundation *Buyer's Guide for managers of remote Indigenous stores and takeaways* to identify products which are a healthier choice. All foods and drinks in this guide have either earned the Heart Foundation Tick, or are eligible for the Tick. For your copy, contact Health Information Service on 1300 362787.

For all information regarding your health, please contact your local health practitioner.

Implementation Procedures

The following phases have been recommended for the implementation of the *Smarter Serve* policy and *Smarter Serve: Good Food for Our Community healthy catering* guidelines.

Phase 1:

- a. Trial the guidelines at workplace events/meetings (use nutrition resources/nutrition education to support the trial)
- b. Gather employee feedback on the catered events

Phase 2:

- c. Gain management support for policy
- d. Gain employee support for the policy
- e. Have policy approved by management for implementation

Phase 3:

Implement the policy at:

- Meetings conducted within the workplace
- Workshop and training events held within the workplace
- Conferences held within the workplace

Phase 4:

Implement the policy at all other catered events:

- Birthday celebrations
- Cultural events
- Fundraisers

Phase 5:

Implement the policy at:

- Sporting clubs/other facilities owned by the local council
- All vending machines owned by the local council including those outside of the council premises

Note: the policy does NOT apply to food and drink brought in by employees from home for individual consumption.

Food Safety

The occurrence of food poisoning can be avoided if simple food safety procedures are followed. This refers to the handling, storage and preparation of foods.

Some basic principles to reduce the risk of food-borne illness are outlined below.

Food Handling

- Wash and dry hands thoroughly before touching food
- Separate raw and cooked foods to prevent cross contamination

Food Storage

- Keep hot food above 60°C and cold food below 5 °C
- Cover all foods immediately after preparation in containers with lids to prevent cross-contamination
- Refrigerate cold foods as soon as possible

Food Preparation

- Use separate utensils and chopping boards for raw meat
- Clean utensils and chopping boards with warm soapy water after contact with raw meat
- Clean benches and work surfaces with hot soapy water
- Ensure food is cooked thoroughly before serving

For more information visit: www.foodstandards.gov.au or National Health and Medical Research Council Dietary Guidelines for Australians.



Foods to Choose	Foods to Limit
Fruit ✓ Fresh, canned (and drained), frozen or dried ✓ Fruit puree with no added sugar	Fruit ✗ Chocolate/cream dipping sauces
Cereals ✓ Untoasted muesli, bircher muesli, oats, porridge, bran, wheat breakfast biscuits or wheat based cereal flakes ✓ Serve with low-fat yoghurt, low-fat milk, soy milk or soy yoghurt	Cereals ✗ Toasted muesli ✗ Highly processed/sweetened breakfast cereals ✗ Full-fat dairy products
Bread ✓ Wholegrain, multigrain, wholemeal, rye; bread, English muffins, crumpets ✓ High fibre white bread ✓ Wholemeal or vegetable based damper ✓ Fruit breads	Bread ✗ Pastries e.g. croissants, danishes ✗ Plain white bread ✗ Doughnuts
Cooked Breakfast ✓ Eggs – scrambled, poached, boiled or omelette ✓ Grilled vegetables e.g. tomato, mushroom ✓ Vegetable fritters (not deep fried) ✓ Salt-reduced baked beans ✓ Low-fat, low-salt sausages – kangaroo, beef, chicken, lamb, pork, vegetable ✓ Fruit pancakes (see recipe 2, p.16) ^ Use no or small amounts of vegetable-based oils when cooking	Cooked Breakfast ✗ Fried eggs ✗ Hash browns/potato rosti ✗ Bacon ✗ Sausages ✗ Fried/tempura vegetables
Spreads and toppings ✓ Margarine spread made with unsaturated vegetable oil ✓ Avocado (in small amounts) ✓ Low-fat cheese e.g. ricotta and cottage ✓ Jam and honey (in small amounts)	Spreads and toppings ✗ Butter ✗ Cream/butter based sauces e.g. hollandaise ✗ Cream ✗ Chocolate-based spreads

*Choose reduced-salt/low-salt options where possible (look for the Heart Foundation tick)



Foods to Choose	Foods to Limit
Cakes, slices, muffins and breads* <ul style="list-style-type: none"> ✓ Un-iced, un-coated, wholemeal, vegetable or fruit based ✓ Wholemeal/vegetable based damper ✓ Low-fat varieties ^Limit to a small slice/piece per person or 2 mini muffins	Cakes, slices, muffins and breads <ul style="list-style-type: none"> ✗ Iced varieties ✗ Chocolate varieties with or without chocolate chips
Biscuits (Sweet/Savoury)* <ul style="list-style-type: none"> ✓ Plain or fruit filled e.g. Malt, Full O'Fruit ✓ High fibre, low-fat varieties e.g. corn cakes, rice cakes, crispbreads, water crackers 	Biscuits (Sweet/Savoury) <ul style="list-style-type: none"> ✗ Cream filled biscuits ✗ High fat biscuits e.g. Jatz, cheddar biscuits
Scones <ul style="list-style-type: none"> ✓ Plain or fruit ^Cut in half to reduce serve size	Scones <ul style="list-style-type: none"> ✗ Scones with chocolate or cream
Fruit <ul style="list-style-type: none"> ✓ Fresh, frozen, canned (drained) or dried ✓ Fruit served with low-fat yoghurt or low-fat custard ✓ Fruit puree with no added sugar 	Fruit <ul style="list-style-type: none"> ✗ Chocolate/cream dipping sauces
Sandwiches (see lunch guidelines)	Sandwiches (see lunch guidelines)
Finger food* <ul style="list-style-type: none"> ✓ Low-fat cheese e.g. cheddar cheese, cottage cheese ✓ Low-fat yoghurt or vegetable based dips ✓ Vegetable sticks ✓ Unsalted and unroasted nuts and seeds ✓ Lean cuts of meat ✓ Cherry tomatoes, grilled vegetables ^Use no or minimal vegetable-based oils when cooking	Finger food <ul style="list-style-type: none"> ✗ Cream based dips and soft cheese e.g. camembert, brie ✗ High fat processed meats – e.g. salami, strassburg ✗ Chocolate and lollies ✗ Potato/corn chips ✗ Mini pies/ sausage rolls Pastries eg. cheese and spinach
Spreads and toppings* <ul style="list-style-type: none"> ✓ Margarine spread made with unsaturated vegetable oil ✓ Low-fat cheese e.g. ricotta and cottage cheese ✓ Jam and honey (in small amounts) ✓ Avocado (in small amounts) ✓ Reduced-fat mayonnaise 	Spreads and toppings <ul style="list-style-type: none"> ✗ Butter ✗ Cream ✗ Chocolate-based spreads

*Choose reduced-salt/low-salt options where possible (look for the Heart Foundation tick)



Foods to Choose	Foods to Limit
Sandwiches/wraps <ul style="list-style-type: none"> ✓ Wholegrain, multigrain, wholemeal, rye; bread, breadrolls, lavash, Lebanese, pita ✓ High fibre white bread ✓ Wholemeal or vegetable based damper ✓ Vegetables (fresh, frozen or canned*) raw or grilled ✓ Lean meats; grilled/baked ✓ Fish (fresh, frozen or canned*) e.g. tuna, salmon ✓ Eggs (boiled) ✓ Skinless poultry ✓ Low-fat/reduced-fat cheese 	Sandwiches/wraps <ul style="list-style-type: none"> ✗ Plain white bread ✗ Meat with visible fat or marbling ✗ High-fat processed meats – e.g. salami, Strasburg ✗ Deep fried, battered, crumbed meat or sausages ✗ Pizza ✗ Pastries e.g. spinach and ricotta pastries, sausage rolls ✗ Garlic bread
Salads <ul style="list-style-type: none"> ✓ Vegetables (fresh, frozen or canned*) raw or grilled ✓ Lean meats ✓ Fish (fresh, frozen or canned*) e.g. tuna, salmon ✓ Eggs (boiled) ✓ Legumes and beans (dried or canned*) ✓ Low-fat/reduced-fat cheese ✓ Unsalted and unroasted nuts and seeds <p>^ See Bush Tucker/Kaikai section, p.13</p>	Salads <ul style="list-style-type: none"> ✗ Meat with visible fat or marbling ✗ High-fat processed meats – e.g. salami, Strasburg ✗ Deep fried, battered, crumbed meat or sausages ✗ Soft-cheese e.g. brie and camembert ✗ Deep-fried croutons <p>^ See dressings below</p>
Casseroles/stews/soups <ul style="list-style-type: none"> ✓ Vegetables (fresh, frozen or canned*) ✓ Lean meats ✓ Fish (fresh or frozen) ✓ Serve with pasta, rice, couscous or bread ✓ Add lentils and/or legumes ✓ Use tomato-based sauce ✓ Use reduced-salt stock ✓ Use coconut flavoured evaporated milk 	Casseroles/stews/soups <ul style="list-style-type: none"> ✗ Meat with visible fat or marbling ✗ Cream or coconut milk ✗ Fried foods ✗ Soy sauce ✗ Worcestershire sauce
Spreads and dressings <ul style="list-style-type: none"> ✓ Margarine spread made with unsaturated vegetable oil ✓ Avocado ✓ Relishes, chutney, mustards ✓ Dressings – low-fat/reduced-fat, lemon juice, balsamic vinegar, low-fat natural yoghurt, herb based 	Spreads and dressings <ul style="list-style-type: none"> ✗ Butter ✗ Commercial salad dressings, especially cream based dressings (e.g. Caesar, ranch, mayonnaise)

*Choose reduced-salt/low-salt options where possible (look for the Heart Foundation tick)



Barbeque

Foods to Choose	Foods to Limit
Meat <ul style="list-style-type: none"> ✓ Lean meats (steaks or kebab) ✓ Fish (fresh or frozen) ✓ Low-fat, reduced-salt sausages e.g. kangaroo, beef, chicken, lamb, pork, vegetable ✓ Vegetable rissoles (see recipe 1, p.15) <p>^Always have two different meat options e.g. chicken breast and sausages</p> <p>^Use no or minimal vegetable-based oils when cooking</p> <p>^ See Bush Tucker/Kaikai section, p.13</p>	Meat <ul style="list-style-type: none"> ✗ Meat with visible fat or marbling ✗ Cooking meats with butter ✗ Adding salt to meats
Vegetarian options <ul style="list-style-type: none"> ✓ Chickpea or lentil patties; grilled/baked ✓ Vegetable patties; grilled/baked 	Vegetarian options <ul style="list-style-type: none"> ✗ Cooking patties in butter or oil
Bread <ul style="list-style-type: none"> ✓ Wholegrain, multigrain, wholemeal, rye; bread, breadrolls, lavash, Lebanese, pita ✓ High-fibre white bread ✓ Wholemeal or vegetable based damper 	Bread <ul style="list-style-type: none"> ✗ Plain white bread
Vegetables <ul style="list-style-type: none"> ✓ Always serve with vegetables or salad (fresh, frozen or canned*) ✓ Add vegetables to the barbeque – e.g. corn, mushrooms, tomato or potato 	Vegetables <ul style="list-style-type: none"> ✗ Deep-fried/tempura vegetables
Spreads and sauces <ul style="list-style-type: none"> ✓ Margarine spread made with unsaturated vegetable oil ✓ Low-salt sauce – e.g. Fountain low-salt tomato and barbeque sauce (<120mg/100g) ✓ Low-fat/reduced-fat cheese ✓ Relishes ✓ Chutneys 	Spreads and sauces <ul style="list-style-type: none"> ✗ Gravies ✗ Cream based sauces ✗ Commercial salad dressings, especially cream based dressings ✗ Butter

*Choose reduced-salt/low-salt options where possible (look for the Heart Foundation tick)



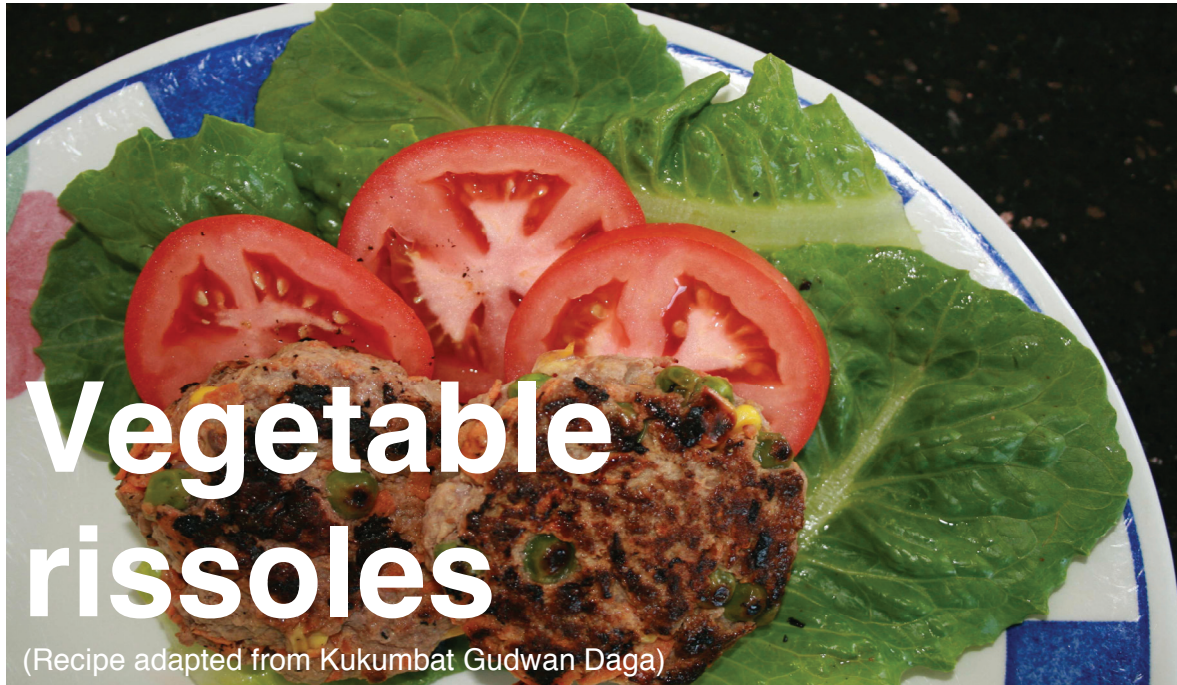
Foods to Choose	Foods to Limit
Breads ✓ Wholemeal, wholegrain or vegetable damper (see recipe 2, p.17)	Breads ✗ White damper
Meats ✓ Lean meats e.g. kangaroo, emu, possum, goose, snake ✓ Seafood e.g. oysters, mussels, prawns, crab, crocodile, yabbies and shrimp ✓ Eggs from any animal ^Use no or small amounts of vegetable-based oils when cooking	Meats ✗ Animal products with fat ✗ Deep-fried meat ✗ Dugong, turtle, goanna (consume in small amounts)
Insects ✓ Honey pot ants ✓ Australian plague lotus ✓ Blackwood apple ✓ Lerp scale	Insects (consume in small amounts) ✗ Green ants ✗ Bogong moths ✗ Witchetty grubs
Fruits ✓ Any fresh or dried fruit e.g. lilly pilly, wild cherry, cashew fruit, bush plum, finger lime, riberry, hibiscus, native raspberry, sandpaper figs	Fruits ✗ Nil fruits to limit
Vegetables ✓ Any fresh vegetables e.g. grasses, root vegetables, tubers ^Use no or small amounts of vegetable-based oils	Vegetables ✗ Deep-fried vegetables
Nuts/Seeds ✓ All varieties (unroasted and unsalted) e.g. bunya nut, candle nut, Moreton Bay chestnut/blackbean	Nuts/Seeds ✗ Roasted and salted
Spreads ✓ Honey and nectar (in small amounts)	Spreads

**It is acknowledged that each community has different traditional bush tucker/kaikai foods. Please adapt the list to suit your community. If you require assistance please contact your local community nutritionist.*



Drinks to Choose	Drinks to Limit
<ul style="list-style-type: none"> ✓ Water, including sparkling, soda and mineral ✓ Low-fat/reduced-fat milk ✓ Soy milk ✓ Skim milk (powdered or long life) ✓ Fruit smoothies made with low-fat yoghurt and/or milk ✓ 100% fruit juice with no added sugar (125ml per serve) ✓ Tea and coffee (use reduced-fat milk) ✓ Diet cordial 	<ul style="list-style-type: none"> ✗ Caffeinated energy drinks ✗ Soft drinks ✗ Sports drinks ✗ Cordial ✗ Commercial iced tea ✗ Full-fat flavoured milk drinks ✗ Alcohol

Recipes



Serves 30

Ingredients

- 3kg lean beef mince
- 5 onions
- 6 carrots
- 9 eggs
- 1.5kg frozen mixed vegetables
- 3 cups of bread crumbs
- 6 tablespoons beef stock powder

Methods

- 1) Chop onions and carrots very finely
- 2) Combine all ingredients with the mince
- 3) Roll into balls/ patties
- 4) Place on a BBQ or cook in oven for 30min until cooked
- 5) Serve with salad and wholemeal burger roll



Makes 20

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 200g low-fat natural yoghurt, beaten
- 250g fruit (fresh, canned (drained) or frozen), sliced
- 1 ½ cups self-raising flour
- ½ Tsp ground nutmeg
- 375ml (1 ½ cups) skim milk (use skim milk powder if necessary)
- 4 eggs (powdered egg if necessary – follow direction on packet)
- 1 Ts margarine

Methods

- 1) Whisk yoghurt until smooth and stir in strawberries
- 2) Sift flour and nutmeg into a large bowl. Make a well in the centre and add milk and eggs and whisk until smooth
- 3) Heat a non-stick fry pan over a low heat. Melt a little margarine. Add 2 tablespoons of mixture. Cook until bubbles begin to appear on surface. Turn and cook until golden. Remove and repeat
- 4) Serve pancakes topped with low-fat yoghurt

*Fruit examples include; fresh/frozen strawberries/raspberries, tinned peaches, fresh/tinned mango slices, banana slices, passionfruit



Pumpkin Damper

(Recipe adapted from Living Strong Healthy Lifestyle Cook Book)

Serves 6-8

Ingredients

- 2 ½ cups self-raising flour
- 2 ½ cups wholemeal self-raising flour
- 1 teaspoon cinnamon
- ¼ cup sugar
- 1 Tbsp margarine
- 2 cups cooked mashed pumpkin
- 1 lightly beaten egg
- ½ cup reduced-fat milk
- Extra low-fat milk to brush over the dough
- Canola or olive oil to grease baking tray

Methods

- 1) Preheat oven to 200°C
- 2) In a large bowl mix together self-raising flour, wholemeal self-raising flour, cinnamon and sugar. Rub the margarine into this dry mixture with your fingers
- 3) Add pumpkin, egg and milk and mix ingredients until dough starts to form
- 4) Knead on a lightly floured surface until smooth (about 5-8 minutes)
- 5) Shape dough into a round circle
- 6) Place dough on a lightly greased oven tray and use a sharp knife to cut across the top of the dough
- 7) Brush the top of the dough with extra milk and bake for 30 to 35 minutes or until golden brown.

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