Healthier snacks for the tea room
Consider replacing the biscuits, chocolates or lollies in your tea room with some healthier options.

Fruit boxes
Many companies now provide fruit boxes delivered to the door for around $25 to $30 a box. A few such suppliers are listed below:

- Fruit at Work: fruitatwork.com.au or 1300 246 256
- The Fruit Box: thefruitbox.com.au or 1300 766 760
- Fruit Boost: fruitboost.com.au or 1300 850 865
- Fruit Express: fruit-express.com.au or 1300 854 095

Long life options
Some healthier options available from Staples (previously Corporate Express) include:

- Victoria Gardens Fruit and Nuts Portion 25g (carton of 60). Product Code: 87065844
- Victoria Gardens Unsalted Mixed Nuts 25g (carton of 60) Product Code: 87065848
- Be Natural Trail Bars 32g (Honey Nut or Fruit and Nut) Box of 6. Product Code: 87200005 and 87200007
- Parkers Baked Mini Pretzels 225g Product Code: 86684263

More information
Further menu suggestions, details of caterers used by University staff, and other suggestions for healthier events can be found on the wellbeing website: safety.uwa.edu.au/healthyeating
Healthy catering at UWA

By providing healthy catering at the meetings and events you organise, you can help to make healthy choices, easy choices, and to contribute to a workplace environment that supports good health and wellbeing.

Your actions can make a positive difference to your health and that of your colleagues, students, and invited guests.

What is healthy catering?
The Australian Dietary Guidelines recommend eating a variety of nutritious foods from the five food groups each day and limiting our intake of foods containing saturated fat, added salt, added sugars and alcohol.

Overall, aim for the following when planning catering for events:

- Plenty of vegetables, salads, fruit, wholegrain breads and cereals
- Moderate amounts of animal foods (meat, fish and dairy) and go for low-fat and skinless varieties
- Foods served fresh, steamed, stir-fried, lightly grilled, oven baked or poached. Minimise fried and heavily char-grilled foods
- Healthier (unsaturated) fats such as olive, canola or sunflower oils and margarine
- Minimise or avoid extra foods such as sweet biscuits, cakes, fried foods, cordial and/or soft drinks
- Ensure that any alcohol provided is done so in accordance with relevant University policies
- Ensure that water is readily available and promoted
- Also consider serving sizes, dietary requirements (eg. halal, vegetarian) and food safety.

Healthier food and drink suggestions

Some suggestions for tasty and nutritious food and drinks are provided below. More suggestions can be found at safety.uwa.edu.au/healthyeating

Snacks/Morning or afternoon teas

- Un-iced, fruit-based scrolls, slices or cakes (eg. banana loaf, apple or apricot scrolls)
- Fresh or dried fruit platters
- Mini fruit or vegetable muffins
- Fruit scones with margarine
- Reduced-fat vegetable dips served with vegetable sticks or crackers
- Cheese and nut platters (go for unsalted nuts and lower-fat cheeses)
- Quiches or frittatas containing vegetables
- Lean beef meatballs
- Pita bread pizza or bruschetta
- Sushi or California rolls with dipping sauce
- Fresh rice paper rolls with vegetables.

Lunch or dinner

- Soups – especially containing vegetables and without cream
- Sandwiches, rolls and wraps with a variety of different breads and fillings
- Can you offer a healthier barbeque? Try low fat sausages and hamburgers, kebabs containing vegetables, corn on the cob
- Lean meat, fish, or skinless chicken
- Offer a variety of salads and/or vegetables and legumes (beans, lentils etc).

Desserts and drinks

- Aim for fruit-based desserts (e.g. fruit crumble, fruit kebabs with dipping sauce)
- Consider whether you really need to supply alcohol at your event. If you do decide to, ensure service complies with the University’s Policy on Alcohol and Other Drugs and Consumption of Liquor on Campus Policy
- Ensure water is available
- Go for 100% fruit juice with no added sugar (small serves up to 250ml)
- Provide low fat milk options.