

Healthier snacks for the tea room



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

Fruit boxes

Many companies provide fruit boxes delivered to the door for around \$30 a box. A few such suppliers include:

Fruit at Work: fruitatwork.com.au

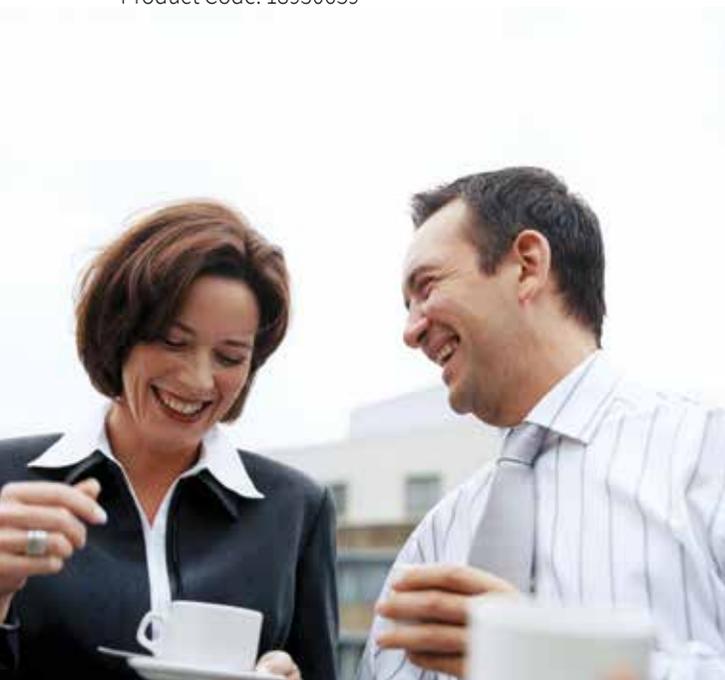
The Fruit Box: thefruitbox.com.au

Fruit Boost: fruitboost.com.au

Long- life options

Some healthier options available from Staples include:

- Victoria Gardens Fruit & Nuts Portion Control 25g Carton of 60. Product Code: 87065844
- Victoria Gardens Premium Mixed Nuts Unsalted Portion Control 25g Carton of 60. Product Code: 87065848
- Thankyou Nut & Chia Bar 210g Box of 6. Product Code: 18930659



Safety, Health and Wellbeing

A guide to healthy catering



Safety, Health and Wellbeing

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Healthy catering at UWA

By providing healthy catering at the meetings and events you organise, you can help to make healthy, easy choices, and 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 guests.

What is healthy catering?

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:

- Include plenty of vegetables, salads, fruit, wholegrain breads and cereals
- Provide moderate amounts of animal foods (meat, fish and dairy) and go for low-fat and skinless varieties
- Foods can be served fresh, steamed, stir-fried, lightly grilled, oven baked or poached. Minimise fried and heavily char-grilled foods
- Cook using 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 (gluten-free, 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 or Morning/afternoon teas

- Un-iced, fruit-based scrolls, slices or cakes such as 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

Breakfast

- Wholegrain or high- fibre cereals such as Weetbix, porridge, bran flakes or natural untoasted muesli served with reduced- fat milk, soy milk and/or yoghurt
- A variety of breads, bagels, English muffins, raisin toast, crumpets
- Eggs – scrambled, poached, boiled or in omelettes or frittatas with vegetables
- Try to incorporate vegetables (for example tomato, mushroom, spinach, asparagus)

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)

Desserts and drinks

- Aim for fruit-based desserts such as fruit crumble or 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
- Ensure water is available
- Go for 100% fruit juice with no added sugar (small serves up to 250ml)
- Provide low-fat milk options