





Boost the number of healthier foods and drinks in your school food service by offering healthier versions of popular items.

Try swapping some commercially-prepared items (which are often **RED** or **AMBER**) for these simple healthier alternatives!

Hot foods

Swap this...	For this...	
Pies and savoury pastries	<p>Cottage pie with lean mince.</p> <p>Frittata or quiche with:</p> <ul style="list-style-type: none"> ● lean ham and tomato, or ● lean chicken and mushroom, or ● try our Easy egg and ham slice recipe at www.heas.health.vic.gov.au <p>Filo pastry squares or triangles with:</p> <ul style="list-style-type: none"> ● ricotta and spinach, or ● savoury mince, or ● roast pumpkin and feta. 	
Hot dogs, frankfurts, sausage rolls, Chicko rolls™	<p>Hot meat rolls with any combination of:</p> <ul style="list-style-type: none"> ● lean meat kebab sticks (skinless chicken, beef, pork, lamb or fish) ● lettuce, tomato, onion or beetroot ● reduced fat cheese, on ● wholemeal or multigrain rolls. 	
Hard taco shells with fillings	<p>Burritos or soft tacos made with:</p> <ul style="list-style-type: none"> ● Mexican beans, corn and reduced fat cheese, or ● lean chicken, spinach leaves, avocado, salsa, or ● lean mince, lettuce, tomato and reduced fat sour cream. 	
Nachos made with corn chips	<p>Homemade nachos made with any combination of:</p> <ul style="list-style-type: none"> ● pita chips ● tomato salsa ● kidney beans or Mexican beans ● corn kernels, green or red capsicum (cubed), and ● reduced fat cheese or reduced fat plain yoghurt. 	




<p>Pizza</p>	<p>Homemade pizza – mix and match any combination of:</p> <ul style="list-style-type: none"> ● mushrooms, sliced tomatoes, capsicum, spinach leaves, corn, or roast pumpkin ● skinless/lean roast meat, or lean ham ● reduced fat mozzarella/feta/parmesan cheese or Greek yoghurt, and ● herbs and spices. <p>Homemade ‘open grills’ on an English muffin or toast base, with a variety of toppings similar to pizza toppings above.</p> <p>Gourmet toasted sandwiches made with a choice of the fillings, such as:</p> <ul style="list-style-type: none"> ● savoury mince or chilli con carne mix with grated carrot, or ● bean mix, with corn and reduced fat cheese, or ● chicken, spinach, onion and sweet chilli sauce, or ● lean ham, tomato, reduced fat cheese and pineapple. 	
<p>Fried chips/wedges</p>	<p>Baked potatoes with a choice of fillings such as:</p> <ul style="list-style-type: none"> ● bolognese/chilli con carne sauce, or ● mix of tuna, corn and light sour cream, or ● mix of tomato paste, crushed pineapple, ham and reduced fat cheese. <p>Oven baked homemade wedges dusted with mixed herbs/paprika, served with:</p> <ul style="list-style-type: none"> ● tomato salsa and a sprinkle of reduced fat grated cheese, or ● reduced fat Greek yoghurt, or reduced fat sour cream and a little sweet chilli sauce. 	
<p>Pasta</p>	<p>Pasta dishes made with:</p> <ul style="list-style-type: none"> ● a selection of penne, fettuccini, gnocchi, or macaroni pasta (wholemeal pasta is best) ● commercial tomato-based pasta sauce or evaporated milk ● a variety of vegetables (e.g. sautéed onions, mushrooms, grated carrot, chopped tomatoes, broccoli, capsicum, zucchini, or chickpeas) ● chopped lean meat, skinless chicken or seafood ● flavouring such as garlic, mixed herbs or basil, and ● topped with a sprinkle of grated reduced fat cheese. 	
<p>Fried rice</p>	<p>Homemade fried rice made with:</p> <ul style="list-style-type: none"> ● basmati rice or brown rice ● chopped boiled eggs (or sliced egg omelette) and chopped lean ham or shredded skinless chicken ● corn kernels, green peas, diced tomatoes, capsicum, and/or onion/shallots, and ● a small splash of light soy sauce. 	

Cold foods



Swap this...	For this...
White bread sandwiches/wraps/ focaccia with processed or crumbed meats (e.g. sausage, frankfurt, salami, bacon)	Sushi (no deep fried ingredients). Rice paper rolls with any combination of: <ul style="list-style-type: none">● soaked rice noodles● sliced skinless chicken, roast beef, lean ham, tuna in spring water, or sliced boiled eggs● grated carrot, bean shoots, chopped bok choy/spinach, and● a little sweet chilli dipping sauce. 
	Wholemeal sandwiches/rolls/ wraps with any combination of: <ul style="list-style-type: none">● lean meats (e.g. skinless chicken breast or thigh fillets, reduced salt ham, tuna in spring water, or roast beef)● salad/cooked vegetables (e.g. sliced tomato, red onion, mushrooms, beetroot, grated carrot, lettuce leaves, roast pumpkin or capsicum), and● reduced fat cheese. 

Snacks

Swap this...	For this...
Popcorn (highly salted, butter, caramel etc.)	Canteen-made popcorn (plain or lightly dusted with cinnamon). Corn cobs with dipping sauce. Canned baked beans/spaghetti. Reduced fat cheese sticks. Wholemeal rice or corn cakes/crackers served plain, or with any combination of toppings such as: <ul style="list-style-type: none">● canned tuna in spring water, lean ham, chicken● tomato and avocado● reduced fat cheese, or● banana and cinnamon. 
Chips/crisps	Reduced fat cheese and grainy cracker packs Pita chips with dips such as: <ul style="list-style-type: none">● tomato salsa, or● reduced fat tzatziki, or● hummus and sweet chilli, or● reduced fat Greek yoghurt, or● reduced fat sour cream and sweet chilli sauce. 

<p>Confectionery</p>	<p>Dried fruit, nut and popcorn mix (in zip lock bags or patty cake cases).</p> <p>Seasonal fruit and apple slinkies.</p> <p>Mixed fruit salad (serve in cups or ice cream cones).</p> <p>Fruit kebabs with reduced fat yoghurt (as a dipping sauce).</p> <p>Canned fruit in natural juice.</p>	
<p>Sweet cakes/muffins/slices</p>	<p>Fresh or canned fruit (in natural juice), with reduced fat yoghurt or custard.</p> <p>Reduced fat yoghurt with muesli topping.</p> <p>Reduced fat rice pudding.</p> <p>Un-iced fruit/currant buns.</p> <p>Warm fruit toast or English muffin base with:</p> <ul style="list-style-type: none"> ● ricotta, sliced banana and cinnamon, or ● light spread of margarine. <p>Fruit crumble - try the following method:</p> <ul style="list-style-type: none"> ● bake fruits such as apple, berries, peach, banana, nectarines or pears ● top with natural muesli and cinnamon or mixed spice (before baking), and once fruit is cooked (soft), serve with reduced fat custard. 	
<p>Ice creams/ice blocks</p>	<p>Reduced fat yoghurt and fruit pops (made on site).</p> <p>Frozen fruit pieces.</p> <p>Frozen 100% fruit juice pops (no larger than 125ml).</p>	

Drinks

Swap this...	For this...	
<p>High sugar content soft drink</p>	<p>Plain, mineral and soda water.</p> <p>At least 99% fruit juice (no added sugar and no larger than 250ml).</p>	
<p>Full fat plain or flavoured milk</p>	<p>Reduced fat plain or flavoured milk (containing no more than 900kj per serve sold).</p> <p>Smoothies made with any combination of:</p> <ul style="list-style-type: none"> ● reduced fat milk ● reduced fat yoghurt (plain, vanilla or fruit flavoured) ● fresh, frozen or canned fruit in natural juice (e.g. bananas or peaches), and cinnamon, nutmeg or mixed spice. 	
<p>Flavoured or sports water</p>	<p>Plain water (still or carbonated).</p>	

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