

Simple changes for healthier catering

Healthy choices

Providing healthier options through catering can be easy. Below are some simple changes that can have a big impact on how healthy the foods and drinks provided through catering services are.

Staff in an organisation can use this list to request healthier catering from their providers.

Tip 01

Sandwiches, rolls and wraps

- Use mostly wholemeal or wholegrain bread.
- Include vegetable or salad items in all sandwiches, rolls and wraps.
- Use fish canned in springwater instead of brine or oil.
- Avoid meats such as salami, pastrami, corned beef, etc.
- Use small amounts of margarine only, and avoid butter.
- Use reduced fat versions of mayonnaise, cheese and other dairy products.
- Offer mini rolls, half wraps and mini bagels.



Tip 02

Cakes, muffins and slices

- When baking, replace half of the flour with wholemeal flour.
- Add bran, oats or other grains to standard recipes when possible.
- Add a fruit or vegetable to cakes and muffins.
- Reduce the amount of fat used in baking, including butter, margarine and oil.
- Serve cakes/muffins/slices in mini serves or half sizes.



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03

Hot food

- Provide reduced salt versions of sauces and condiments.
- Oven-bake hot foods instead of deep frying (e.g. samosas, dim sims, spring rolls).
- Look for mini or 'party-sized' versions of hot finger foods (e.g. pies, sausage rolls).



Tip

04

Cheese, dips and fruit platters

- Include fresh or dried fruits, or vegetable sticks on cheese platters.
- Provide wholegrain crackers, and avoid flavoured cracker varieties (e.g. barbecue, salt and vinegar and cheese flavours) as these are generally high in salt.
- Offer reduced fat varieties of cheese where available.
- Offer reduced fat dips, which are vegetable or yoghurt based, such as tzatziki, beetroot, hummus etc.



For caterers

- The Healthy Eating Advisory Service has a range of healthier cake, muffin, slice and hot food recipes in large quantities (10, 15 and 25 serves) for food service and catering. All recipes are in line with the healthy catering guidelines for Victorian workplaces [1].
- The service also offers information and resources to support healthy food and drink provision in a variety of organisations, as well as assessments of catering menus. Having an assessment will provide your organisation with tailored feedback and advice on providing healthier foods and drinks in line with the catering guidelines.
- Visit www.heas.health.vic.gov.au or freecall 1300 22 52 88 for more information on healthy catering. Refer to the [Healthy choices: healthy eating policy and catering guide for workplaces](#) for additional information.



Reference

- [1] Healthy choices: healthy eating policy and catering guide for workplaces, Department of Health and Human Services, State Government of Victoria. 2013, www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering