

Canteen, Nutrition and Healthy Eating Policy

School Camp Ideas and BBQ Catering

School Camp Ideas

Breakfast

- Breakfast cereals with low or reduced-fat milk
 - Wheat biscuits
 - Flakes with fruit
 - Oats or muesli
 - Other school approved cereals
- Sprinkle cereal with fruit and nuts
- Tinned fruit
- Low or reduced fat milk and Milo
- Wholegrain or wholemeal toast with:
 - Monounsaturated or polyunsaturated margarines
 - Vegemite
 - Low or reduced-fat cheese
 - Peanut butter *
- Chunks of fresh fruit
- Boiled eggs
- Baked beans

* Please refer to the schools own policy on provision of nuts to students

Lunch / Evening Meals

- Cup of baked beans
- Wraps or sandwiches consisting of the following:
 - Wholemeal, wholegrain or high fibre bread, bread roll.
 - Lean meat, chicken, egg, fish (canned or fresh) or low or reduced-fat cheese PLUS fresh ingredients such as tomato, lettuce or canned ingredients like corn, mashed kidney beans or beetroot
 - Use avocado instead of margarine when there is no fridge
- Low or reduced-fat cheese toasties
- Camp BBQ
 - Homemade hamburgers or sausages (Heart smart or tick approved as per policy). Refer to: *A Healthier Serve, The Heart Foundation's Guide to Healthier Catering*, Page11 – 12.
<https://www.heartfoundation.org.au/images/uploads/publications/Healthier-Serve.pdf>
 - BBQ vegetables (eggplant, corn, pumpkin, zucchini, mushrooms)
- Camp oven
 - Stew with lentils, tinned or frozen vegetables, meat and tomato paste or pasta sauce

- Cooking in a fire
 - Baked potatoes and sweet potatoes cooked in foil, fill with creamed corn, salsa, low or reduced-fat cheese, tuna, or baked beans
 - Damper
- Cooking in a kitchen
 - Large pasta bake with pasta, pasta sauce, good quantity of fresh or frozen vegetables, covered in low or reduced-fat cheese and baked. Add tuna or chicken breast for protein.
 - Stew
 - Fried rice
 - Salads e.g. coleslaw
 - Healthy pizza – use pita bread bases and incorporate as many vegetables as possible.
 - Tacos/burritos – include kidney beans, salsa, low or reduced-fat cheese, tomato, carrot, lettuce, tinned corn.

Desserts

- Fruit crumbles – use tinned fruit e.g. apricot, apple, pear. Sprinkle with cinnamon and dried fruit. Make crumble with oats and a small amount of brown sugar.
- Portion controlled low or reduced fat custard with tinned or fresh fruit
- Hot chocolate made with low or reduced-fat milk
- Fruit with low or reduced-fat yoghurt dip
- Caramelised banana cooked in skin over fire

Snacks

- Fresh fruit like bananas, oranges, mandarins, apples and grapes
- Dried fruit and nut mix
- Popcorn
- Energy mix (popcorn, dried fruit, pretzels mixed in a bag)
- Dry fruit chunks
- Fruit cake
- Rice crackers, vita wheats or corn thins spread with peanut butter, vegemite or low or reduced fat cream cheese and tomato

Drinks - Drinks must be as per the policy:

GREEN ALWAYS ON THE MENU

- Water: plain (tap, spring, mineral or sparkling) with nothing added
- Low or reduced-fat milk and soy drinks, plain and flavoured
 - May contain intense (artificial) sweeteners
 - Suggested 375ml serve size or less (except coffee-style milk drinks)
 - Coffee-style milk drinks (including flavoured) may only be sold in Senior School only campuses (Year 10 – 12) (Maximum 375ml serve size)

AMBER SELECT CAREFULLY

- Full-fat milk and soy drinks, plain and flavoured
 - May contain intense (artificial) sweeteners
 - Suggested 375ml serve size or less (except coffee-style milk drinks)

- Coffee-style milk drinks (including flavoured) may only be sold in Senior School only campuses (Year 10 – 12) (Maximum 375ml serve size)
- Fruit and Vegetable Juice
 - At least 99% fruit / vegetable juice, including sparkling varieties, no added sugar (maximum 250 ml serve)

BBQ Catering

Please refer to document: *A Healthier Serve, The Heart Foundation's Guide to Healthier Catering*, Page11 – 12.

<https://www.heartfoundation.org.au/images/uploads/publications/Healthier-Serve.pdf>