

School Nutrition and Healthy Eating Policy

School Camp Ideas and BBQ Catering

School Camp Ideas

Breakfast

- Breakfast cereals that meet nutrient criteria with low or reduced-fat milk
 - Wheat biscuits
 - Flakes with fruit
 - Oats or muesli
- 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 Heart Smart sausages.
 - BBQ vegetables (eggplant, corn, pumpkin, zucchini, mushrooms)
 - For more healthy BBQ ideas, see *A Healthier Serve, The Heart Foundation's Guide to Healthier Catering*, Page 11 – 12
<https://www.heartfoundation.org.au/images/uploads/publications/Healthier-Serve.pdf>
- Camp oven
 - Stew with lentils, tinned or frozen vegetables, meat and tomato paste or pasta sauce (use reduced or low salt varieties)
- 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. Use reduced or low salt sauces.
 - Stew
 - Fried rice
 - Salads e.g. coleslaw
 - Healthy pizza – use pita bread bases and incorporate as many vegetables as possible like capsicum, tomato, onion, mushrooms. Use low or reduced-fat cheese on top.
 - 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)
 - Prepacked smoothies, liquid breakfast and yoghurt drinks must have Milk listed as first ingredient and be 900kJ or less per serve and contain 3g or less of saturated fat per serve

- 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)