

Healthy food-based fundraising – information for schools

The School nutrition and healthy eating policy and guidelines¹ have been developed to ensure all students have access to healthy foods and drinks and a consistent approach to the availability and sale of food and drinks in Northern Territory (NT) Government schools.

These ideas are perfect for school fetes, fundraisers, canteens and sporting events.

Vegetable and meat lasagne

A variety of vegetables can be added to a normal lean meat lasagne, for example:

- carrot
- broccoli
- cauliflower
- celery
- capsicum
- spinach
- mushrooms
- beans.

Mini pizzas

Pizza bases are english muffins sliced in half. Kids can add their own toppings, for example:

- tomato paste
- pineapple
- ham that meets nutrient criteria
- mushrooms
- tomato
- capsicum
- onion.

Vegetable and fried rice

With the right ingredients, fried rice is a great source of protein and is low in saturated fats. Add some of the following:

- fresh vegetables for example corn, broccoli, cauliflower, tomato, peas, onion or carrot
- egg.

¹ <https://education.nt.gov.au/policies/health-safety/school-nutrition-and-healthy-eating>

Smoothies

Blend low or reduced fat milk, ice and fruit together. Fruits to try include:

- bananas
- mango
- berries, including strawberries.

Frozen summer treats

Frozen fruit makes a sweet, tasty treat and can be served in a variety of ways. Any fruits can be blended with water and served as frozen ice blocks. Things to try include:

- bananas on skewers
- pineapple pieces rolled in desiccated coconut.

Pancakes or pikelets

Pancakes and pikelets can be sweet or savoury, for a different flavour. Try the following toppings:

- canned apple and cinnamon
- banana and honey, use sparingly
- lean mince or beans, savoury.

Toasted sandwiches

Use high fibre white, wholemeal or multigrain slices of bread. Try the following fillings:

- low or reduced fat cheese and tomato cut into triangles
- ham that meets nutrient criteria and reduced or low fat cheese.

Pumpkin soup

Homemade or pre-packaged pumpkin soup is a meal that is tasty, low in fat and high in fibre. Add Worcestershire sauce and oregano for spicy soup. Alternative soups to try include:

- chunky vegetable
- minestrone.

Courtesy of the QLD Health Department and approved by the NT Department of Education.