

Canteen, nutrition and healthy eating

Healthy Food Based Fundraising

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

VEGETABLE & MEAT LASAGNA

A variety of vegetables can be added to a normal lean meat lasagne.

Examples:

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

MINI PIZZAS

Pizza bases are English muffins sliced in half. Kids can add their own toppings.

Toppings can include:

- tomato paste
- pineapple
- ham
- mushrooms
- tomato
- capsicum
- onion

VEGETABLE 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 e.g. corn, broccoli, cauliflower, tomato, peas, onion, carrot
- egg

SMOOTHIES

Blend low or reduced-fat milk, ice, fruit and honey together.

Fruits to try:

- 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 juice and served as frozen ice-blocks.

Things to try:

- 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, cinnamon and maple syrup (use sparingly)
- banana and honey (use sparingly)
- lean mince or beans (savoury)

TOASTED SANDWICHES

Use high fibre white, wholemeal or multi-grain slices of bread.

Try the following fillings:

- low or reduced-fat cheese and tomato cut into triangles

PUMPKIN SOUP

Homemade or pre-packaged, this meal is tasty, low in fat and high in fibre. Add Worcestershire sauce and/or oregano for spicy soup.

Alternative soups to try:

- chunky vegetable
- minestrone

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