

# School camp and BBQ ideas – information for schools

The School nutrition and healthy eating policy and guidelines<sup>1</sup> 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 Government schools.

## School camp ideas and barbecue catering

### Breakfast

- breakfast cereals that meet nutrient criteria with low or reduced fat milk, such as:
  - 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 and 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, tinned fish such as tuna, low or reduced fat cheese **plus** fresh ingredients such as tomato, lettuce or canned ingredients like corn, mashed kidney beans or beetroot
  - avocado instead of margarine when there is no fridge

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

- toasted sandwiches with any of the following:
  - low or reduced fat cheese
  - tomato
  - avocado
  - vegemite
  - shaved ham that meets nutrient criteria.
- camp BBQ:
  - homemade hamburgers or Heart Smart sausages
  - BBQ vegetables, for example eggplant, corn, pumpkin, zucchini, mushrooms and carrot
  - for more healthy barbeque ideas, see A Healthier Serve, The Heart Foundation’s Guide to Healthier Catering<sup>2</sup>.
- 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 bakes 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, for example coleslaw
  - healthy pizza – use pita bread bases and incorporate as many vegetables as possible like capsicum, tomato, onion, mushrooms and use low or reduced fat cheese on top
  - tacos or burritos – include kidney beans, salsa, low or reduced fat cheese, tomato, carrot, lettuce and tinned corn.

## Desserts

- fruit crumbles – use tinned fruit, for example apricot, apple, pear. Sprinkle with cinnamon and make crumble with oats and a small amount of brown sugar
- portion controlled low or reduced fat custard with tinned or fresh fruit, for example bananas
- hot chocolate made with low or reduced fat milk
- fruit with low or reduced fat yoghurt dip

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<sup>2</sup> <https://www.heartfoundation.org.au/>

- caramelised banana cooked in skin over fire.

## Snacks

- fresh fruit, for example 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, for example mango
- fruit cake
- rice crackers, vita wheats or corn thins spread with peanut butter\*, vegemite or low or reduced fat cream cheese and tomato.

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

## Drinks

Drinks must be in accordance with the School nutrition and healthy eating policy and guidelines.

### 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 375 ml serve size or less, except coffee style milk drinks
  - coffee style milk drinks, including flavoured, may be sold in senior school only campuses, year 10 to 12, maximum 375 ml serve size.

### Amber - select carefully

- full fat milk and soy drinks, plain and flavoured:
  - may contain intense, artificial, sweeteners
  - suggested 375 ml 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 900 kJ or less per serve and contain 3 g or less of saturated fat per serve
  - coffee style milk drinks, including flavoured, may be sold in senior school only campuses, year 10 to 12, maximum 375 ml serve size.
- Fruit and vegetable juice:
  - at least 99% fruit or vegetable juice including sparkling varieties, no added sugar, maximum 250 ml serve.