

Canteen, Nutrition and Healthy Eating Policy

Healthy Alternatives to Sausage Sizzles

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

LEAN HAMBURGERS

Use lean mince and high-fibre white, wholemeal or multi-grain bread rolls.

Serve with:

- coleslaw
- onions and tomato
- pepper & parsley
- BBQ capsicum and onion slices

Get the local bakery to donate or provide bread rolls at a discount, offer wholemeal and multigrain varieties, no need to butter rolls. For small children offer mini burgers.

HOMEMADE VEGIE BURGERS

Make burger patties using vegetables and/or lentils and/or beans.

Serve with:

- onion rings
- tomato
- chopped lettuce

BBQ CORN COBS

Corn on the cob is an excellent source of Vitamin C and fibre. Cobs can be grilled on the BBQ or steamed.

Serve with toothpicks.

KEBABS

Use pre-skewered lean meat or chicken.

Try adding some of the following:

- assorted vegetables e.g. mushroom, zucchini, onion, tomato (or vegetables that are on special)
- chopped pineapple (for sweetness)

JACKET POTATOES

Jacket potatoes or sweet potatoes are delicious when cooked on the BBQ and can be topped with a variety of fillings.

Try some of the following:

- low or reduced-fat sour cream
- low or reduced-fat shredded cheese (place under grill to melt cheese)
- lean mince, salsa or beans (chilli or Bolognese)
- tomato, lettuce, etc.

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