

School Nutrition and Healthy Eating Policy and Guidelines

Healthy Alternatives to Sausage Sizzles

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

LEAN HAMBURGERS

Use lean mince (eg beef, chicken, pork) and high-fibre white, wholemeal or multi-grain bread rolls.

Serve with:

- coleslaw
- cucumber
- lettuce
- onions and tomato
- low or reduced fat cheese slices
- pepper and 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 any of the suggested toppings above.

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 on skewers.

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.

PANCAKES

Make a basic pancake mixture then add sweet or savoury ingredients.

Mix together 1 cup self-raising flour, 1 cup milk and 1 egg.

Sweet –grated apple and cinnamon

- mashed banana
- grated pear
- frozen berries

Savoury – low or reduced fat cheese and onion

- tinned salmon and spring onion
- ham (that meets nutrient criteria), low or reduced fat cheese and tomato

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