

Healthy alternatives to sausage sizzles – 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.

Lean hamburgers

- use lean mince, for example beef, chicken or pork, and high fibre white, wholemeal or multigrain bread rolls
- serve with:
 - coleslaw
 - cucumber
 - lettuce
 - onions and tomato
 - low or reduced fat cheese slices
 - pepper and parsley
 - barbeque 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, and offer mini burgers for small children.

Homemade vegie burgers

- make burger patties using vegetables, lentils and 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
- steam cobs or grilled cobs on the BBQ
- serve on skewers.

Kebabs

- use pre-skewered lean meat or chicken

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

- try adding some of the following:
 - assorted vegetables, for example mushroom, zucchini, onion and 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 bolognaise
 - tomato, lettuce or other vegetables.

Pancake

- 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.