The School nutrition and healthy eating policy and guidelines[[1]](#footnote-1) 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
* 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.

1. <https://education.nt.gov.au/policies/health-safety/school-nutrition-and-healthy-eating> [↑](#footnote-ref-1)