**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*