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.

# Vegetable and meat lasagne

A variety of vegetables can be added to a normal lean meat lasagne, for example:

* carrot
* broccoli
* cauliflower
* celery
* capsicum
* spinach
* mushrooms
* beans.

# Mini pizzas

Pizza bases are english muffins sliced in half. Kids can add their own toppings, for example:

* tomato paste
* pineapple
* ham that meets nutrient criteria
* mushrooms
* tomato
* capsicum
* onion.

# Vegetable and fried rice

With the right ingredients, fried rice is a great source of protein and is low in saturated fats. Add some of the following:

* fresh vegetables for example corn, broccoli, cauliflower, tomato, peas, onion or carrot
* egg.

# Smoothies

Blend low or reduced fat milk, ice and fruit together. Fruits to try include:

* bananas
* mango
* berries, including strawberries.

# Frozen summer treats

Frozen fruit makes a sweet, tasty treat and can be served in a variety of ways. Any fruits can be blended with water and served as frozen ice blocks. Things to try include:

* bananas on skewers
* pineapple pieces rolled in desiccated coconut.

# Pancakes or pikelets

Pancakes and pikelets can be sweet or savoury, for a different flavour. Try the following toppings:

* canned apple and cinnamon
* banana and honey, use sparingly
* lean mince or beans, savoury.

# Toasted sandwiches

Use high fibre white, wholemeal or multigrain slices of bread. Try the following fillings:

* low or reduced fat cheese and tomato cut into triangles
* ham that meets nutrient criteria and reduced or low fat cheese.

# Pumpkin soup

Homemade or pre-packaged pumpkin soup is a meal that is tasty, low in fat and high in fibre. Add Worcestershire sauce and oregano for spicy soup. Alternative soups to try include:

* chunky vegetable
* minestrone.

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)