

Section 5 – Beyond canteens, cafés and kiosks

In Section 3 and 4 the committee assessed the menu, collected information on current practices, developed menu alternatives and identified ways to promote healthier choices in a food outlet. This section includes information on additional areas within Queensland Health facilities where the ABC strategy applies.

This section includes:

- information on the associated ABC catering guidelines
- guidelines for vending machines
- information on healthier fundraising activities.

Key elements of success

- ✓ Internal catering menus are reviewed and offer only **GREEN** and **AMBER** choices.
- ✓ All vending machines within the facility contain only foods and drinks from the **GREEN** and **AMBER** categories.
- ✓ All vending machines comply with the ABC strategy's promotion and advertising requirements.
- ✓ Fundraising activities conducted within Queensland Health facilities that involve the provision of foods or drinks offer only **GREEN** and **AMBER** options.

Catering a better choice

Where catering is provided, prepared, paid for and/or delivered to Queensland Health facilities for the consumption of staff and/or visitors, **RED** foods or drinks are not to be supplied. *Catering Guidelines for Meetings and Functions* have been developed to ensure foods and drinks of good nutritional quality are provided and apply to the following situations:



- All meetings, forums or events paid for by Queensland Health ie. lunch provided to staff at a business meeting.
- All situations where external agencies purchase and deliver catering to Queensland Health facilities ie. a pharmaceuticals representative supplies afternoon tea for a ward in-service.
- All special events such as awards nights, program launches, official or celebratory events (excluding those that are considered as a one-off **RED** occasion).

Copies of the catering guidelines, fact sheet and associated policy statement Business Conferences and Meetings Organised by Queensland Health are available at <http://qheps.health.qld.gov.au/abetterchoice> (for internal Queensland Health staff). A copy of the catering guidelines are also available on the CD-ROM.

Healthy catering – Robina Hospital

The opening of the Accident and Emergency Department, Intensive and Coronary Care Units at Robina Hospital were identified by Food Services as an opportunity to trial changes to their catering menu.

“We put our heads together to come up with **GREEN** and **AMBER** options in place of standard assorted cakes and slices. We used mini-pikelets and wholemeal toast bites as bases for a variety of toppings. Fruit sticks and a low-fat date loaf were also offered.

“It was fantastic to hear the number of positive compliments about the taste and presentation. We managed to reduce **RED** options and offer healthier alternatives that were certainly well received.

“We have continued to offer and build on these new menu options which have become very popular,” Louvain Clewer, Coordinator Food Services.

Morning tea menu

Mixed finger sandwiches on wholemeal bread

Chicken, mayonnaise and parsley

Salmon and dill

Ham, cheese and tomato

Mini pikelets with assorted toppings

Cottage cheese and tomato

Egg and shaved ham

Capsicum and feta rolls wrapped in thinly sliced cucumber

Wholemeal toast bites with baked pumpkin or sweet potato, crumbed feta and walnuts

Fruit sticks with grapes, strawberry, honey dew and rockmelon

Low-fat date loaf

Healthy catering – Logan Hospital Food Services

The Food Services Department at Logan Hospital used the strategy and catering guidelines to create A Better Choice Function Menu. Healthier alternatives were introduced by changing ingredients and preparation methods such as oven-baking hot finger foods versus deep-frying.

“We’ve introduced some new menu items including a vegetable platter with dips as well as a greater range of plain and herbal teas. We’re also trialling some low-fat toppings to serve with scones in place of cream.

“We’ve had some success with a combination of reduced-fat cream cheese, fruit puree and reduced-fat yoghurt which is currently used as a dip with our fruit platter.

“Using the strategy we’ve also colour coded the functions menu to illustrate **GREEN**, **AMBER** and **RED** choices which customers have found very useful. We’ve now phased out **RED** options on the menu so only **GREEN** and **AMBER** options are available to comply with the new *Catering Guidelines for Meetings and Functions*.” Dudley Seneviratne, Manager, Food Services.

Healthy vending

All vending machines within Queensland Health facilities must not stock, promote or advertise foods and drinks from the **RED** category. **GREEN** choices should be always available, placed in prominent shelves and/or eye-level and actively promoted. Foods and drinks from the **AMBER** category can be displayed and stocked in machines however these products are not to be actively promoted or advertised.

Use the Food and Drink Guide on pages 27 – 39 of the ABC strategy and read nutrition information panels on products to select better options.



Guidelines for suitable drinks

Hot beverages:

- Offer reduced-fat, low-fat and/or skim milk options
- Offer reduced-fat chocolate flavourings
- Offer sugar alternatives ie. artificial sweetener

Cold beverages:

- Plain water
- Plain unflavoured mineral or soda water
- Some flavoured waters (check label against nutrient criteria for **RED** drinks page 18 of the ABC strategy)
- Flavoured milk and milk alternatives up to 300ml as sold
- Plain regular, reduce-fat, low-fat and/or skim milk and milk alternatives
- Fruit juice (96 – 100%) up to 300ml as sold
- Artificially sweetened, low-joule, and/or sugar free soft drinks

Guidelines for suitable snack options

Foods:

- Tuna and crackers
- Salsa and crackers
- Some flavoured rice crackers (check label against nutrient criteria for **RED** snacks page 19 of the ABC strategy)
- Plain air-popped popcorn
- Crispbreads, crackers, rice or corn cakes (offer reduced salt where possible)
- Reduced-fat, reduced salt re-constituted soups
- Reduced-fat, reduced salt noodle bowls or cups
- Cereal-based or fruit-filled bars (check label against nutrient criteria for **RED** snacks page 19 of the ABC strategy)

- Sliced or chopped fruit ie. fruit salad in tubs or sliced apple in a bag
- Packaged whole fruit
- Packaged salads (offer dressing separate where possible)
- Packaged sandwiches, rolls or wraps (use Food and Drink Guide on page 27 – 39 of the ABC strategy for appropriate fillings and request extra salad)
- Dried fruit
- Dried fruit and plain nuts
- Plain or salted dry roasted nuts
- Reduced-fat plain sweet biscuits (check label against nutrient criteria for **RED** snacks page 19 of the ABC strategy)
- Reduced-fat fruit – or vegetable-based muffins (check label against nutrient criteria for **RED** snacks page 19 of the ABC strategy)
- Reduced-fat chocolate or coffee flavouring sticks

Some facilities may find non-food items a useful addition to vending machines such as:

- Toothpaste and tooth brushes
- Shower caps
- Shower gel, shampoo and conditioner
- Band-aids.

Healthy fundraising

Most Queensland Health facilities undertake fundraising activities. They can be a good way of involving everyone in health-promoting activities.

Under the ABC strategy, all fundraising activities that are conducted within health facilities must not use foods or drinks from the **RED** category. Such activities must be consistent with the values, purpose and goals of Queensland Health and the Queensland Government – to promote a healthier Queensland.

There are many fundraising ideas that can raise revenue for facilities and complement the ABC strategy.

Some examples of healthy fundraising that supports *A Better Choice* include:

- Healthy barbecues, raffles and bake sales.
- Physical activity events – walk-a-thons, fun runs, bike-a-thons, round robin sporting competitions (ie. touch football, soccer, or netball).
- Leisure, culture and the arts – local cinemas run preview screenings of new movies and a percentage of the profit comes back to the facility, produce a recipe book, offer travel vouchers or host an art show.
- Social events – gala dinner, charity ball, or trivia night.
- Non-food fundraisers – spring flower drives, books or CDs, home wares, gardening tools, calendars or cards.
- Supporting other health issue fundraisers – Red Nose Day, Jeans For Genes Day, Australia’s Biggest Morning Tea, Daffodil Day, Pink Ribbon Day, and Jump Rope For Heart.



Healthy alternatives to sausage sizzles

There are a number of ways to make the common sausage sizzle consistent with *A Better Choice*. Consider approaching a local butcher to make sausages using leaner cuts of meat and less added salt. Such sausages are also commercially available from a number of distributors.



Source: Courtesy of Health Promotion Connections.

Provide lots of salad ingredients and use reduced-salt sauces. Consider offering sliced zucchini, capsicum, mushrooms and onions or sliced pineapple and bananas for variety.

Offer wholemeal bread options and don't pre-butter buns as this will save time and will also give people a choice. Consider offering whole fruit or a fruit salad too.

Other suggestions include:

- Lean hamburgers
- Vegie burgers
- Kebabs
- BBQ corn cobs
- Stuffed jacket potatoes

For more ideas for healthy fundraising visit:

Fruitful fundraising

A comprehensive guide that includes food and non-food fundraising ideas. Features include

ways to promote physical activity; event and special day ideas; healthy fundraising policy information; evaluation and other useful resources.

A CD-ROM is available on request by email community.nutrition@dhhs.tas.gov.au.

Fundraising Directory 2008

This guide contains information on events, non-food and some healthier fundraising suppliers available at www.fundraisingdirectory.com.au.

Nutrition Australia

Fundraising Ideas for Healthy Kids available at www.nutritionaustralia.org.

Check your progress

- Catering menus contain **GREEN** and **AMBER** options.
- All vending machines contain **GREEN** and **AMBER** options and comply with promotion guidelines.
- Healthier fundraising options are developed for those events that require improvement.