SA Health Healthy Food and Drink Policy

Guide to Healthy Catering

Government of South Australia
SA Health

SA Health's Healthy Food and Drink Policy - Guide to Healthy Catering applies to all catering, whether provided internally or by external suppliers, for meetings, events, and conferences funded by SA Health.

This includes onsite and offsite events, with the exception of internal events catered by staff members (e.g. shared morning tea). It is recommended green category foods and drinks are always available.

Catering requirements

More than 50% **GREEN** category foods and drinks

AMBER category foods and drinks should be limited

NO **RED** category foods and drinks

Menus

Breakfasts

- Breakfast cereals - Unflavoured and unsweetened wholegrain cereals and puffed cereals, wholewheat biscuits and flakes, porridge, untoasted muesli, with small amounts of dried fruit
- Bread, rolls, bagels, English muffins, fruit toast
- Fresh fruit
- Mono or poly-unsaturated margarine instead of butter
- Yoghurt – low or reduced fat varieties
- Eggs prepared with minimal salt and fat

- Oven-baked potato products (such as wedges, chips, French fries, gems, hash browns, potato cakes/fritters)

- Croissant (savoury and sweet) and Danish pastries
- Bacon

Morning and Afternoon Tea

- Plain scones with fruit and /or vegetables
- Use mono- or poly-unsaturated margarine instead of butter, fruit puree instead of jam and whipped ricotta or yoghurt instead of cream
- Offer spreads separately and in small amounts
- Fruit platters - fresh fruit
- Filo pastry and reduced fat cheese vegetable pasties or parcels, cheese and spinach triangles, quiche and savoury tarts
- Dips and salsa that are yoghurt or vegetable based
- Fresh salad/vegetables
- Plain, wholemeal, or multigrain variety rice cakes, corn cakes, crackers, crispbreads, grissini and bread sticks
- Lean meat (such as beef, pork, lamb, veal, chicken, turkey) with visible fat and skin removed
- Cheese that is naturally lower in fat (such as cottage and ricotta) and reduced-fat forms of other cheeses (for example, reduced-fat cheddar cheese or cream cheese)

- Muffins - Fruit based muffins (in small serving size <80g)
- Olives
- Full fat cheeses, e.g. vintage cheddars, Brie or Camembert
- Processed luncheon meats and cured meats (such as ham, silverside/corned beef, sliced chicken, turkey, roast beef)

- Large cakes and muffins
- Savoury pastries such as pies, sausage rolls and pasties, savoury snack foods, biscuits and crisps
- Processed luncheon meats and cured meats (such as bacon, fritz, salami, pastrami)

Lunch

- Salads - all types (garden, Caesar, Greek, Thai, potato, chicken, beef, tuna, coleslaw, calamari, pasta), with small amounts of dressings
- Salads containing a variety of vegetables, lean, uncoated and un-crumbed meat, skinless poultry, tinned fish in spring water or reduced-fat cheese with small amounts of dressings
- Plain grains (rice, pasta, noodles, couscous, barley, buckwheat, semolina, polenta, burghul, quinoa, oats)
- Lentil patties, falafel balls -grilled or oven-based options made on site with minimal oil and salt
- Plain, unsalted, and unflavoured nuts and seeds
- Pasta dishes (spaghetti bolognaise, lasagne, pasta bakes) that use evaporated milk, natural yoghurt, ricotta cheese or reduced-fat coconut milk or use tomato or vegetable-based sauces
- Commercial, freshly prepared pizzas and filled breads, topped with reduced-fat cheese, lean meats and plenty of vegetables
- Dressings - oil or mayonnaise-based dressings (Caesar, coleslaw, French, thousand island, Italian, honey mustard) with mono- or poly-unsaturated oils and little salt or commercial low-fat varieties with lower sodium (salt) content
- Sandwiches, wraps, rolls, baguettes, toasties, focaccias, include vegetables, lean meat, fish canned in spring water and reduced-fat cheese, and small amounts of mono- or poly-unsaturated margarine or reduced-fat mayonnaise. Wholemeal, multigrain, or other high-fibre breads
- Dips and salsa (legume, dairy, vegetable based) low in salt and fat
- Mayonnaise, aioli, dijonnaise, tartare low in fat
- Quiches made on site from filo pastry or without pastry (for example, frittata)

- Ready-to-eat lentil salads, bean and rice products
- Salads with regular-fat cheese, dried fruit, crumbed or coated meats and seafood, and large amounts of oil-based dressing are amber
- Crumbed chicken patty burger bread bun, crumbed chicken (oven baked) with lettuce and onion. No mayonnaise
- Savoury pastries, filled breads, pizza, dumplings, dim sims, samosas, spring rolls, instant noodles with low salt and fat (NOT deep fried)
- Savoury- topped breads, cheese breads, twists, pull-aparts, scrolls, garlic/herb breads with vegetable toppings – choose wholemeal where possible
- Processed luncheon meats and cured meats (such as ham, silverside/corned beef, sliced chicken, turkey, roast beef)

- Deep fried foods
- Savoury-topped breads, cheese breads, twists, pull-aparts, scrolls, garlic/herb breads with high-fat meats (such as bacon, and salami) and large amounts of butter
- Processed luncheon meats and cured meats (such as bacon, fritz, salami, pastrami)

Drinks

- Plain, unflavoured water
- Reduced and low-fat plain milk
- Plain, calcium-fortified dairy alternatives (including soy/rice/almond/oat drink)
- Reduced-fat flavoured milk and calcium-fortified flavoured milk alternatives in small serving sizes

- Full fat flavoured milk (250ml or less)
- Water flavoured with natural essence (NO sugar added)
- ≥99% fruit juice (250ml or less)
- Diet soft drinks

- Sugar-sweetened drinks such as soft drinks, flavoured waters, flavoured mineral waters, flavoured teas, fruit drinks, cordials, sports waters, sports drinks, and energy drinks
- Kombucha and other brewed soft drinks
- NO alcohol