

HEALTHY FOOD OPTIONS FOR COMMUNITY EVENTS

Local events are a great opportunity for families and communities to get together and experience a fun atmosphere while taking advantage of what the community has to offer. When organising such events, it's important to give consideration to all aspects of your planning, particularly the food and drink options that you have on offer.

Encourage the consumption of healthier foods and drinks in place of the typical highly processed foods with high sugar, salt and/or unhealthy fat ingredients. Local events are a perfect opportunity to showcase fresh local produce, promote local business and encourage a culture of healthy living within your community.

Give your community event a healthy overhaul and try our 'Go for your life' healthy food options below.

Typical Festival/Event Foods	'Go for your life' Healthy Food Options
Hot chips and potato cakes	Baked whole potatoes or baked potato skins with healthy topping options such as reduced fat coleslaw, baked beans, diced tomato and corn salsa, reduced fat cheese and reduced fat sour cream.
Corn chips and nachos	Corn on the cob (pre-boiled and then browned and kept warm on a BBQ works well).
Hot Buttered popcorn	Air popped popcorn.
Deep fried foods	Oven-baked versions (there are many commercial products that are reduced fat and suitable for oven-baking).
Souvlaki, kebabs and falafels	Use wholemeal pita and mountain bread wraps and plenty of salad fillings.
Pies, pasties, sausage rolls, spring rolls and other hand held foods	Fresh whole grain or wholemeal sandwiches and rolls with fresh healthy fillings, including lots of salad options. Healthy triangle sandwich plates and platters Fresh salads such as garden, pasta and rice salads.
Ice creams, lollies, fairy floss and other sweet treats	Fresh fruit, fruit skewers and fruit salads with reduced fat yoghurt as an optional extra. Reduced fat, frozen yoghurts. Reduced fat ice-creams. Pure (100%) fruit sorbets. Frozen bananas on sticks or other frozen fruits such as frozen grapes.
Soft drinks, and other high sugar drinks such as cordial, fruit drinks, sports drinks and energy drinks	Water. Contact your local water retailer to provide their water hydration station: City West Water 131 691 South East Water 131 867 Yarra Valley Water 131 721

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When planning an event Barbeque or sausage sizzle try these healthier options:

Typical Festival/Event Foods	'Go for your life' Healthy Food Options
Sausages	Reduced fat/reduced sodium sausages. (Kanga bangas/kangaroo sausages are a very lean, inexpensive choice – and good for the environment too!).
Hamburgers	Lean beef mince patties (for example 'Trim', 'Extra Trim' and 'Heart Smart' – look for <10g/100g total fat). Vegetable burgers.
Other ideas	Meat and vegetable skewers. Corn on the cob with sweet chilli sauce or other toppings.
White Bread	Wholemeal, wholegrain breads and/or gluten free bread options. Do not spread bread with butter or margarine (it saves your volunteers time and there is enough fat in the BBQ meats).
Sides	Cooked vegetables on the barbeque: mushrooms, corn, onion, tomato, capsicum, zucchini.
Sides	Salads such as coleslaw made with low fat mayonnaise or a green garden salad with reduced fat dressings.
Condiments	low fat mayonnaise, reduced fat salad dressings, no added salt tomato sauce, mustards, chutney and relishes.

Additional hints and tips:

- Make healthier options financially friendly by creating meal deals, snack packs and 'buy one, get one free' incentives.
- Try coupling healthy meal deals with water as a cheap drink option.
- Offer half serves and varied serving sizes to complement the differing energy needs of adults, adolescents and children.
- Provide salads on burgers and wraps, and wholemeal/wholegrain breads as standard – not as optional extras or on request.
- Consider implementing a traffic light system to your festival food area. This allows attendees to make health conscience food choices more easily.
Note: Offer only foods that fall within the Green and Amber light categories. Visit the ['Go for your life' Canteens Advisory Service](#) for more information.
- Link in with local business such as greengrocers, and work together to create a healthy event. visit ['Go for your life' Just Add Fruit and Veg](#) to assist you further in creating positive local partnerships.