

***Not another
Sausage Sizzle!***

**The Kimberley Guide
to Healthy Food
and Fundraising**

2018



This guide was developed by dietetic and health promotion staff with WA Country Health Service and Boab Health Services.

Table of Contents

01 - Healthy Catering for events: leading by example

Catering

02 Food stalls - where do I start?

04 Not another sausage sizzle! Alternatives to sausages

05 Simple chicken or steak sangas - how much does it cost?

05 Sizzling chicken and salad

06 Don't forget the vegetarians!

07 Kebabs

08 Better than bacon and eggs

08 Savoury muffin recipes

10 Sweet muffin recipes

11 Chia pudding

Non- Food Fundraisers

12 Eco Switch

13 Create your own Cookbook

13 Living Fundraisers

14 Drink Bottles

14 With One Bean Coffee

15 My Earth

16 Life Cykel

16 Organise your own Fundraiser!

Healthy catering for events: Leading by example

The aim of this resource is to help parents, schools, community and sporting groups easily identify healthy food stall options, and provide examples of innovative fundraising ideas and healthy alternatives to less healthy foods traditionally used for fundraising.

This guide will help you:

- Role model healthy food choices to your children, students, sports teams and community;
- Provide healthy, tasty and affordable food at community events; and
- Fund raise through healthy, innovative and sustainable options.



This guide was initially developed by Lucas Brennan, an Accredited Practising Dietitian based in Broome (WACHS) with support by Kimberley based dietitians and health promotion professionals.

Pricing has been sourced from Broome and Kununurra butchers and supermarkets and is current as at 2018. Please note that costings will vary throughout the region and should be used as a guide only.

If you have any feedback please email pippa.broughton@health.wa.gov.au or joanne.sadler@boabhealth.com.au

Food stalls- where do I start?

Providing Healthy and Safe Food at your event

Step 1: Obtain a **temporary food stall license** from your local Shire.

Submit your application at least 6 working days before the event.
Applications are lengthy but an essential requirement.

If you need assistance ask your local Shire Environmental Health Officer (EHO), dietitian or health promotion officer for support.

Step 2: Ensure that all staff who will be serving food have completed **mandatory food safety training**. This training is available for free through your local Shire website by searching 'food safety training'. For more information contact your local Shire EHO.

Step 3: Where will you prepare your food?

Where possible prepare food for sale or provided for free in a certified commercial kitchen to keep the public safe from cross contamination. When this is not practical, ask your local butcher to prepare your meat (for example sliced and / or marinated chicken or beef).



Food stalls - where do I start?

Step 4: Keeping food safe when serving

You will need appropriate food storage to keep food safe, for example hotter than 60 degrees Celsius or colder than 5 degrees Celsius.

Follow the golden rules below to keep your patrons safe. These must be addressed in your application as a part of your local Shire temporary food stall safety requirements (see previous page).



TWELVE GOLDEN RULES OF SAFE FOOD HANDLING

Safe food handling is essential for preventing the spread of germs and disease in the kitchen. Remember to keep the following rules in mind whenever you prepare or cook food, in order to keep your family healthy and free from disease.

1. Always wash your hands thoroughly before you start preparing food.
2. Do not handle food with bare hands – use gloves instead.
3. Do not handle food if you are sick or have cuts or sores on your hands.
4. Keep hot foods hot ($>60^{\circ}\text{C}$) and keep cold foods cold ($<5^{\circ}\text{C}$).
5. Defrost food in the fridge or microwave.
6. Do not refreeze thawed food.
7. Store food appropriately.
8. Do not overload the fridge.
9. Clean and sanitize your cooking or storage area after preparing or storing raw food.
10. Never smoke in food areas.
11. Clean the entire cooking area regularly and thoroughly.
12. Eradicate pests, as they carry germs.

Not another sausage sizzle!

We all have an opportunity to promote healthy eating to our community! While the humble snag might be a popular community event go-to, it's important to consider the message it sends about your organisation.

Sausages and other processed meats are high in salt, saturated fat and often preservatives. These increase the risk of some cancers and are harmful for heart health. Show your organisation cares the health of your health aand spruce up your next BBQ with some healthier alternatives.

Alternatives to sausages

Instead of using sausages, why not BBQ minute steaks or flattened chicken fillets and serve on wholegrain or wholemeal bread with coleslaw?

Step 1: Cut meat into strips (or ask your butcher to do this) and BBQ

Step 2: Sprinkle with mixed herbs, paprika and pepper

Serve as you would a sausage in bread and top with coleslaw. Yum!



Simple chicken or steak sangas: What do I need and how much does it cost?

Steak or Chicken 'Sangas'

60g portion of meat per person

Multigrain bread \$2

Coleslaw (pre-prepared) \$5

Total cost for 20 serves:

Chicken \$25.40 = \$2.10 / serve

Steak \$27.00 - \$40.00 = \$1.35 - \$2.00 / serve

Note this cost per serve will reduce as the quantities purchased for the dressing will make more.

Coleslaw Yoghurt dressing: Place all ingredients in clean and dry jam jar and shake to combine. Pour over grated carrot and cabbage. Mix well.

1/3 cup Greek yoghurt \$0.50

1 tbsp red wine vinegar \$0.20

1 tsp dijon mustard \$0.40

1 tbsp olive oil \$0.30

Sizzling chicken and salad

As an alternative, BBQ chicken as per previous recipe, then serve on a plate with coleslaw and a green salad.

You may be surprised how popular this simple combination can be!

FYI: Yeeda Beef offer rump steak for \$11.90 /kg or thin skirt steak for \$8.50/kg, Tenderspot Broome and Kununurra offer various cuts of steak for \$14.99 - \$16.99 /kg or chicken steaks for \$16.99 - \$17.99 /kg



Don't forget the vegetarians!

Make your own **falafel** on the BBQ as a vegetarian option:

Falafel (or chickpea patties)

- 375g (1.5 cups) dried chickpeas - soaked overnight (don't use canned chickpeas for this or your falafel will be very mushy!)
- 1 red onion, peeled
- 1 bunch of parsley (you can just tear off a handful)
- 1 bunch of coriander (same as the parsley, just tear it off)
- 4 garlic cloves, peeled
- 1 tspn ground cumin
- 1 tspn black pepper
- 4 tbsls olive or canola oil
- dash of salt



Method:

Step 1 Place all ingredients into food processor and blend until mix looks like fine bread crumbs.

Step 2 Shape into hamburger sized patties and refrigerate. These can then be cooked until golden on both sides on any bbq and served with salad the same as the steak sandwiches on the previous page.

Makes 12 portions @ \$ 1.45 / serve with bread and slaw.

There are more vegetarians out there than you may think!

If you don't have time to make your own there are many vege burger or tofu options at supermarkets.

Kebabs

Want a one hand option? Try making your own kebabs with lean meat or tofu and vegetables, the options are endless! Make sure you soak the skewers for an hour before making the kebabs to prevent splinters.

Popular kebab variations

- Lamb with zucchini, capsicum and onion marinated in garlic, oregano and red wine vinegar.
- Chicken with mushrooms, capsicums and onions marinated in soy sauce, honey, sesame oil and garlic.
- Beef or kangaroo with mushrooms, cherry tomatoes and onion with garlic and plum sauce.



Short on time?

Local butchers or supermarkets may supply ready made kebabs. For example Tenderspot Meat company in Broome offer a range of kebabs from \$2.50 each.

Better than bacon and eggs

Bacon, like sausages is high in salt and fat and contains preservatives. Consider other options that promote fruit and vegetable consumption while being low in sugar, fat and salt. Consider cooking pancakes and serve with fresh fruit and natural or Greek yoghurt, or try having muffins available for lighter options. Halving large muffins helps with portion control. Why not try these **savoury muffin recipes** below that are lower in fat and sugar?

Spinach, sweet potato and sun-dried tomato muffins

100g baby spinach leaves
1 1/2 cups plain flour
3 teaspoons baking powder
150g sweet potato, grated
1/2 cup 97% fat-free sun-dried tomatoes, drained, chopped
1/3 cup finely grated parmesan
2 eggs
2/3 cup skim milk
2 tablespoons olive oil



Method

Step 1 Grease and line a 12-hole muffin tray. Preheat oven to 180°C. Place spinach in a large heatproof bowl. Cover with boiling water for 10 seconds, then refresh under cold running water. Drain well. Squeeze out excess water from spinach, then finely chop.

Step 2 Sift flour and baking powder into a large bowl. Add spinach, sweet potato, sun-dried tomato and cheese. Place eggs, milk and oil in a large jug and whisk to combine. Add wet ingredients to the dry ingredients and stir until just combined.

Step 3 Divide mixture between prepared muffin holes. Bake for 15-20 minutes or until muffins are golden and cooked through.

Pumpkin, feta, semi-dried tomato and basil muffins

1 cup (150g) plain flour
2/3 cup (100g) wholemeal flour
3 teaspoons baking powder
1 cup (160g) grated pumpkin
1/4 cup finely chopped basil leaves
1/2 cup (110g) oil-free semi-dried tomatoes, roughly chopped
75g reduced-fat feta, crumbled
2 eggs
3/4 cup skim milk
1/4 cup (60ml) light olive oil, canola or rice bran oil

Method

Step 1 Preheat oven to 180°C. Line 12 x 1/3-cup-capacity muffin-tray cups with paper cases. Sift flours and baking powder into a large bowl. Add unsifted flour bran (in sieve). Add pumpkin, basil, semi-dried tomato and feta.

Step 2 Whisk eggs, skim milk and oil in a large bowl. Pour wet ingredients into dry ingredients and stir until batter is just combined.

Step 3 Divide batter among muffin-tray cups. Bake for 20 minutes, or until muffins are golden brown.

Quick Pancake Recipe

2/3 cup self raising flour
1/3 cup wholemeal self raising flour
1 egg
Canola or olive oil spray

Method

Step 1 Mix all ingredients (except oil) together in a large mixing bowl until smooth.

Step 2 Poor mixture onto a lightly oiled frypan or BBQ hotplate. Flip pancakes when bubbles appear.

Serves 4 to 6.



Sweet muffins



Berry and banana brunch muffins

100g reduced-fat table spread
1/2 cup caster sugar
2 eggs, lightly beaten
1 teaspoon vanilla essence
1 1/2 cups self-raising flour
1/2 teaspoon baking powder
2 tablespoons linseeds
3/4 cup mashed banana
2/3 cup buttermilk
1 cup frozen mixed berries
1/4 cup rolled oats

Method

Step 1 Preheat oven to 180°C. Line a 12-hole baking tray with paper muffin cases.

Step 2 In a large bowl or mixer, combine table spread and sugar, beating well until light in colour and fluffy.

Step 3 Gradually add eggs and vanilla essence. Add the rest of the ingredients, except the berries and oats.

Step 4 Slowly fold through the berries and divide among the muffin cases. Sprinkle with oats and bake for 20–25 minutes until golden and risen.

Short on time?

Consider providing these recipes to your local catering organisation or talking to your local registered training organisation who offers hospitality course to make these muffins for you.

Mango and coconut muffins

1/2 cup rice bran or canola oil
1/2 cup caster sugar
2 eggs, beaten
1 cup self-raising flour
1/2 cup dessicated coconut
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup skim milk
400g Frozen mango,



Step 1 Preheat oven to 180°C. Line a 12-hole muffin tray with 12 paper cases.

Step 2 In a bowl, beat together spread and sugar until light and fluffy. Gradually add eggs, beating well. In a separate bowl, sift together dry ingredients. Fold into egg mixture. Gradually stir in milk.

Step 3 Place drained pears on a paper towel to remove excess liquid. Carefully fold into muffin mixture.

Step 4 Spoon into paper cases until two-thirds full. Bake for 15–20 minutes, until golden. Cool on a wire rack.

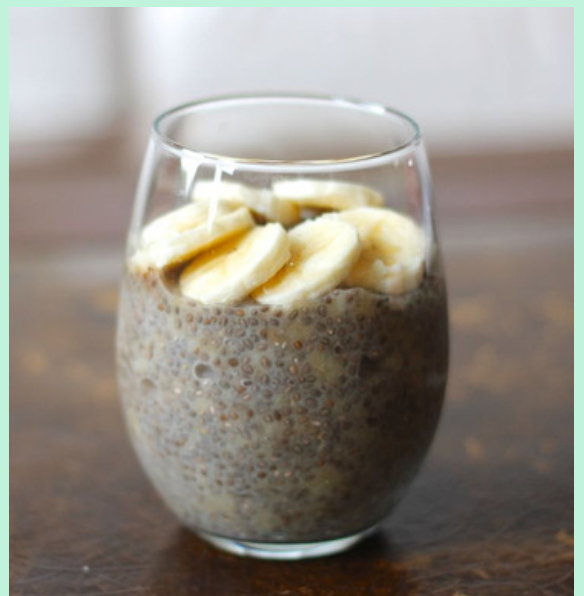
Or use some locally grown Kimberley chia seeds and make Chia Pudding

Basic recipe:

2 cups low fat milk
2 cups Greek yogurt
4 tablespoons pure maple syrup
2 teaspoons pure vanilla extract
1/2 cup chia seeds

Step 1 Mix all ingredients together then pour into cups for serving.

Step 2 Refrigerate for 30 min or until set (or overnight). Serve in cups with fresh fruit. Makes 8 serves.



Non- food Fundraisers

Fundraising can send a powerful message about your organisation, here are some examples of national fundraising initiatives that promote health and caring for the environment.

Eco Switch



Ecoswitch is a simple product that can **reduce your household energy bill** by 10% annually by eliminating wasted energy from devices on standby.

Recommended retail for the switches is \$19.95 which still allows for a generous profit margin.

For more information visit
www.ecoswitch.com.au

Create your own Cookbook

IMPROVE LITERACY, LEARNING & CONFIDENCE

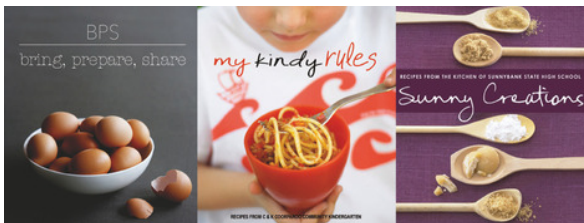


Ask members of your school or organisation to submit nutritious recipes that can be put together into a beautiful **recipe book** and sold to the wider community.

Visit: www.createacookbook.com.au

or

www.schoolyardstories.com.au



For extra assistance with recipes contact the WACHS Kimberley Population Health Nutritionist ph: (08) 9194 1612

Living Fundraisers



Living Fundraisers offer a variety of products including greeting and birthday **cards** and **seeds** for fruits, vegetables, herbs and flowers. They have a fundraising timetable and products designed to suit the Kimberley's tropical climate.

Carry bags are distributed to participating families to sell the products and have a 40% profit margin

Visit: <http://livingfundraisers.com.au>

The Drink Bottle Fundraiser



Personalised Drink bottles for all ages



Reduce plastic waste and keep hydrated with customisable stainless steel **drink bottles** from the Drink Bottle Fundraiser. The bottles are very durable and all logos are engraved so will not scratch off. Can be customised with your school or organisation logo and pictures and names. Profit return is \$5 per bottle less cost of postage.

Visit: www.drinkbottlefundraiser.com.au

With One Bean Coffee



Get your caffeine fix while at the same time supporting your community and sustainable and ethical farming in Timor Leste. **Coffee** sold as beans or grinds in boxes of 10 x 250g bags for distribution within your organisation. Alternatively for schools the company offers resources for students to create their own coffee social enterprise project:

Visit: <http://withonebean.org.au>

4 My Earth



4MyEarth are based in Perth and ethically produce a range of reusable **fabric food wrappers** in India. These products help to reduce plastic waste in our environment and a portion of profits go back to CRY.org (Child Rights and You) who work to ensure the fundamental rights of underprivileged children in India are honoured.

The products are machine washable and will last for years and offer a 30% return on all products sold.

Available for order are **pockets, wraps, bags** and **insulated cases** in a variety of prints. Custom fabric available for large orders.

Visit: www.4myearth.com.au

Email: sales@4myearth.com.au

ph: 0400 210 468



Life Cykel



Support sustainability and grow your own gourmet mushrooms. Life cykel started in Perth and have been collecting coffee grinds from cafes and then mixing with mushroom spores with the spent grinds and cleverly packaging so you can grow and eat multiple crops of **mushrooms** from each box.

Wholesale price \$15 with rrp of \$25.

Visit: www.lifecykel.com.au



Otherwise organise your own creative fundraiser !

It's way too easy to organise a fundraiser selling chocolates or wine and other things we know have negative impacts on our health.

Think about other ways you can create fundraising events that show your organisation is committed to creating a healthy community. You could try something like a school fun run or a car wash.

Creative fundraisers are a great opportunity to show what makes your organisation so special!