

# Not Another Sausage Sizzle!



**THE KIMBERLEY GUIDE TO  
HEALTHY FOOD & FUNDRAISING**

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# THIS RESOURCE

The aim of this resource is to support Kimberley organisations to easily identify healthy fundraising ideas to promote health and wellbeing in our communities.

This guide will help you:

- Role model healthy food choices to your children, students, sports teams and community
- Provide healthy, tasty, safe, and affordable food at community events
- Provide local information on town specific healthy catering options

*This guide was originally developed in 2018 by dietetic and health promotion staff within WA Country Health Service (WACHS) and Boab Health Services (BHS). The information in the updated version was current at June 2022.*



# Food stall checklist

PROVIDING HEALTHY &  
SAFE FOOD AT YOUR EVENT



Obtain a **temporary food stall licence** from your local council.



Ensure all staff who will be serving food have completed **mandatory food safety training**.



Prepare food in a **certified commercial kitchen**. When this is not possible, ask your local butcher to pre-prepare your meat (e.g., pre-sliced) to avoid cross contamination of raw meat. Contact your local council for information about local commercial kitchen hire/use.



**Safe food handling** ensures minimal health risk when preparing and serving food.

Forms and training modules can be accessed on your local shire website. If you require assistance locating or filling these forms / training modules, speak with your local shire for support.



**Kununurra**  
08 9168 4100



**Broome**  
08 9191 3456

# 12 GOLDEN RULES OF SAFE FOOD HANDLING



*Wash hands well before food prep*



*Always wear gloves when handling food*



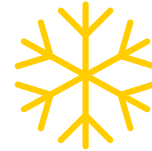
*Don't handle food when sick*



*Hot foods (>60 °C)  
Cold foods (<5 °C)*



*Defrost food in the fridge or microwave*



*Once thawed, do not refreeze food*



*Store food appropriately*



*Do not overload the fridge*



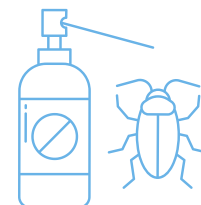
*Clean & sanitise cooking & storage area after handling raw food*



*Never smoke in food areas*



*Clean the entire cooking area often & well*



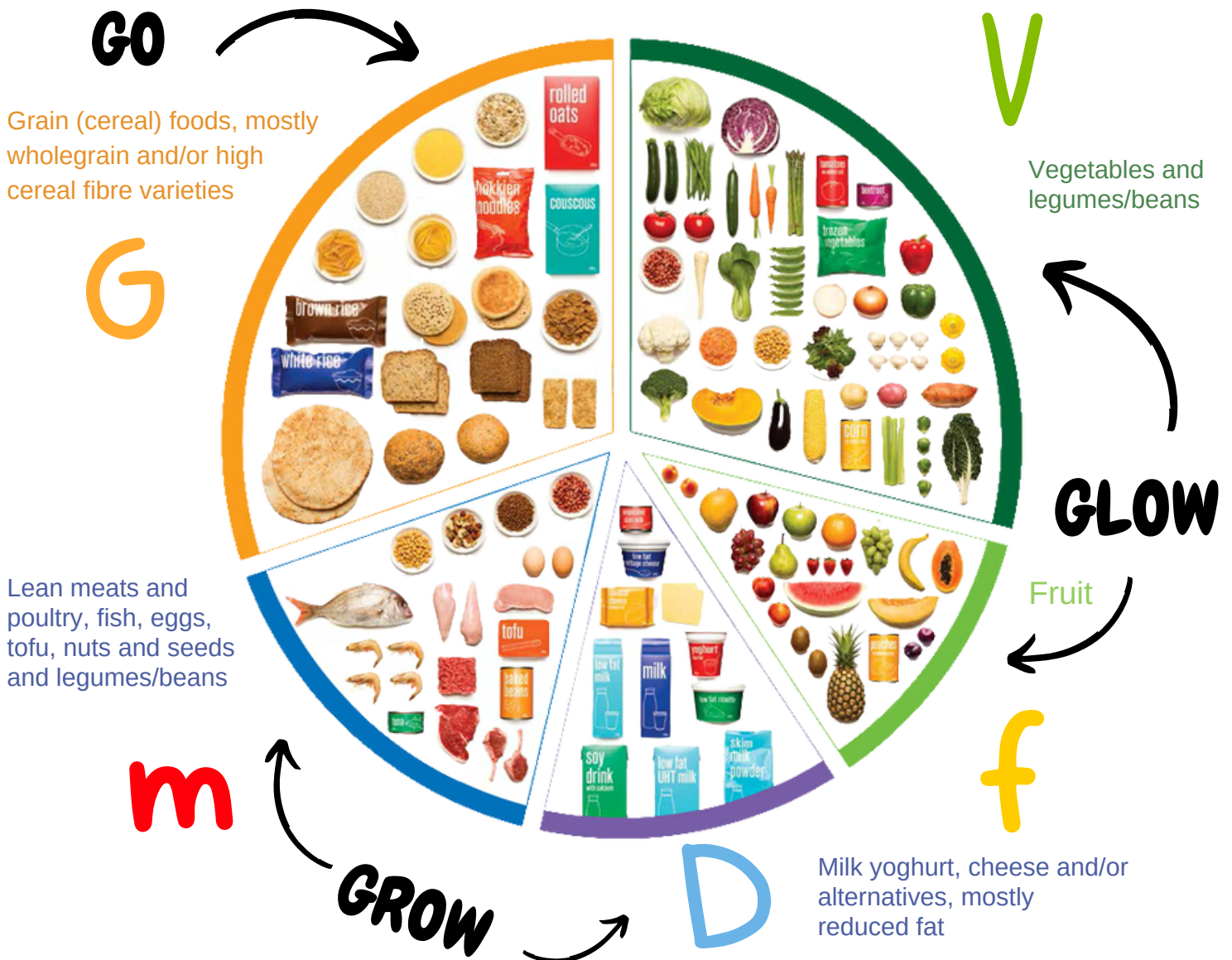
*Eradicate pests, as they carry germs*

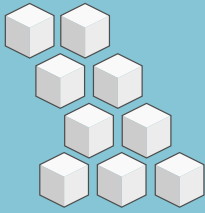
# THE AUSTRALIAN GUIDE TO HEALTHY EATING

The recipes provided in the resource are in line with the **Australian Guide to Healthy Eating**. This guide represents the proportion of the 5 food groups recommended for consumption each day for good health. The more variety the better!

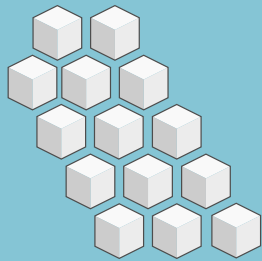


Keep an eye out for this symbol in the recipe section. To find out which food groups are in each recipe.

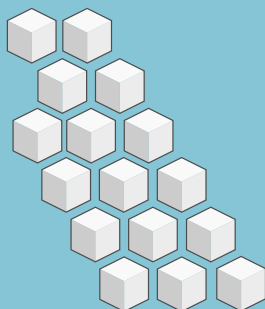




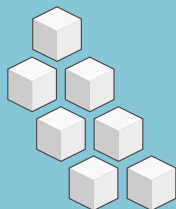
**600ml Sports drinks  
= 9 Tsp sugar**



**600ml Iced coffee  
= 14 Tsp sugar**



**600ml Cola  
= 16 Tsp sugar**



**250ml energy drink  
= 7 Tsp sugar**

# TOP TIPS

1. Ensure water is available for free or purchase
2. Encourage patrons to bring a refillable bottle
3. Get creative with these tasty combinations or create your own, fill a water dispenser, add some ice and choose your flavour:
  - Blueberry & Lemon
  - Strawberry & Basil
  - Watermelon & Mint
  - Pineapple & Mint
  - Peach & Berries
  - Orange & Cucumber



**Water is the  
best choice**

# LABEL READING

This easy reference guide is designed to help you compare the nutrition of **similar packaged foods\*** when purchasing food for an event in order to identify the healthiest choice.



Use per 100g column	Best Choice	OK sometimes	Too high
<b>Total fat</b>	Less than 3g	3 - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5 - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5 - 15g	More than 15g
<b>Salt (sodium)</b>	Less than 120mg	120 - 400mg	More than 400mg

\*A 'similar package food' means comparing like items such as tomato sauce with tomato sauce or yoghurt with yoghurt.

Too high		Okay sometimes
Total fat = 0.4g		Total fat = 0.1g
Saturated fat = <0.1g		Saturated fat = 0g
Sugar = 24.8g		Sugar = 12.1g
Salt (sodium) = 828mg		Salt (sodium) = 395mg

**Compare the pair**



# HEALTHIER COOKING METHODS

The way a food or drink is prepared can impact upon the nutritional value. Using cooking methods from the 'use often' section are the healthiest choices and encouraged in all community events.

Use often			Use sometimes	Avoid
Bake (without added oil/fat)	Boil	Microwave	Shallow fry with a small amount of oil	Deep fry
Barbeque	Braise	Poach		Roast in oil or fat
Blanch	Dry fry (non stick pan)	Steam	Stir-fry with a small amount of oil	Shallow fry in a large amount of oil
Brush with a small amount of oil	Grill	Stew		Stir-fry with a large amount of oil or fat

*\*Reproduced with permission from Fuel to Go & Play®, an initiative of the Western Australian School Canteen Association Inc. (WASCA), funded by Healthway*



## Fats & Oils



Use these **healthy fats** in small amounts e.g. margarine, canola, extra virgin olive, grapeseed, light olive, olive, soybean, sunflower, light coconut milk

Use these **less healthy fats** sparingly e.g. butter, ghee, coconut oil, palm oil, full fat coconut milk and cream


# NOT ANOTHER SAUSAGE SIZZLE

## RECIPES FOR A HEALTHY EVENT

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, unhealthy fats and often preservatives which can be harmful to our health.

Show your organisation cares about the health of the community with these healthier alternatives at your next event or fundraising drive.

<b>Steak or Chicken 'sangas'</b> P9.	<b>Beef patties</b> P10.	<b>Veggie patties</b> P11.
<b>Mexican Burrito Mince</b> P12.	<b>Sandwiches</b> P13.	<b>BBQ kebabs</b> P14.
<b>Corn on the cob</b> P15.	<i>Yum!</i>	<b>Beef stew</b> P17.
<b>Minestrone soup</b> P18.	<b>Salad builder</b> P19.	<b>Pancakes</b> P20.
<b>Bliss ball builder</b> P21.		<b>Fruitfall</b> P22.





# Steak or chicken 'sangas'

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



	Multigrain bread (loaf)	pre-prepared coleslaw (200g bag)	chicken thigh or rump steak (kg)	Greek yoghurt (cup)	Red wine vinegar (Tbsp.)	Dijon Mustard (Tsp.)	Olive oil (Tbsp.)
20 ppl.	1	3	1.2kg	1/3	1	1	1
30 ppl.	2	6	2.4kg	2/3	2	2	2
60 ppl.	3	9	4.8kg	1	3	3	3
80 ppl.	4	12	9.6kg	1 1/3	4	4	4

1. Cut meat into strips and BBQ

2. Sprinkle with mixed herbs, paprika and pepper



3. Coleslaw yoghurt dressing: Place yoghurt, vinegar, mustard and olive oil in a clean and dry jam jar, shake to combine. Pour over grated carrot and cabbage. Mix well



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

As an alternative, serve meat on a plate with coleslaw and a green salad.



# Beef patties

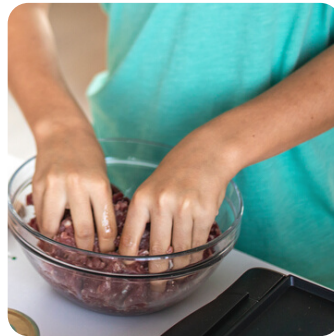


## Equipment:

- Mixing bowl
- Grater
- Plate
- BBQ or fry pan
- Spatula
- Fork
- Knife



1. Prepare ingredients: grate onion, lightly whisk egg, chop parsley, crush garlic



2. Place beef, breadcrumbs, onion, egg, parsley, onion, garlic and worcestershire sauce in a large bowl, season with salt and pepper, mix with hands until all is combined



3. Divide mixture into individual portions and shape into patties with hands. Place patties on a plate, cover and refrigerate for 30 minutes



4. Heat oil on pan or BBQ and cook patties on low heat until golden brown on both sides (approximately 4 mins each side).



5. Option to serve with bread and/or salad



Ingredient	10ppl	50ppl
Lean beef mince (Kg)	1.4	7
Whole meal breadcrumbs (cups)	2	10
Brown onion	2	10
Egg (raw)	2	10
Parsley (cups)	0.5	1.25
Garlic (cloves)	4	20
Worcestershire sauce (TBS)	2	10
Salt and pepper	to taste	to taste
Olive oil (TBS)	4	20

# Veggie patties



Ingredient	10ppl	50ppl
Dried chickpeas (cups)	1.5	7.5
Red onion	1	5
Parsley (bunch)	1	5
Coriander (bunch)	1	5
Garlic (clove)	4	20
Canola oil (TBS)	4	20
Cumin (TSP)	1	5
Ground black pepper (TSP)	1	5



1. Soak dried chickpeas overnight (don't use canned chickpeas for this or your patty will be very mushy)



2. Place all ingredients into food processor and blend until mix looks like fine breadcrumbs



3. Shape into hamburger sized patties and refrigerate (until ready to cook)



4. Cook patties until golden brown on both side



5. Option to serve with bread and/or salad

# Mexican Burrito Mince



Ingredient	10ppl	50ppl
Olive oil (TBS)	3	15
Onion	3	15
Garlic clove	3	15
Zucchini	2	10
Carrot	2	10
Beef mince (kg)	1.5	7.5
Kidney beans (kg)	0.9	4.5
Diced tomatoes (kg)	1.2	6
Cumin (Tsp)	3	15
Paprika (Tsp)	3	15



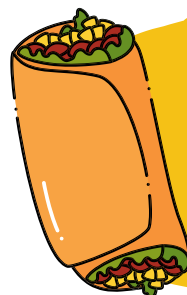
1. Chop onion and garlic, set aside. Grate zucchini and carrots, set aside



2. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.



3. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.



**Serving suggestion:** Roll up the Mexican Mince in a tortilla with tomato, corn, onion, cucumber and lettuce. Add a spoonful of natural low-fat yoghurt and chilli flakes for extra kick.

A go to crowd pleaser and suitable for different dietary needs and numbers. When making sandwiches for your event we suggest brown bread or whole grain bread for an extra filling meal. Try these combos below at your next event...



Ham and Salad



Tuna, Cheese and Tomato - Toasted



Meat Rissoles with Salad - Toasted



Egg (curried), Lettuce and Mayonnaise



Salmon and Salad



Banana, Sultana and Peanut Butter



Beef, Pickles and Tomato



Chicken (with the skin removed),  
Lettuce and Mayonnaise



Canned Apple with Sultanas and  
Cinnamon - Toasted



Sardines and Tomato



Mince with Vegetables - Toasted



Baked Beans and Cheese - Toasted



Baked Beans and Cheese



Cheese, Grated Carrot and Sultanas



Corned Beef and Salad (Lettuce,  
Carrot, Tomato, Beetroot and Corn)



# BBQ 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. Chop up the ingredients of your favourite combo, add to skewers and bbq until cooked.

## Popular kebab combinations



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.





# Corn on the cob



1.Heat a BBQ, griddle pan or frypan until very hot.

Ingredient	10ppl	50ppl
Corn cobs (kg)	1	5
Coriander (kg)	0.4	1.8
Limes	2	10
Parmesan cheese (Tbs)	2	10
Olive oil (Tbs)	2	10
Paprika (Tsp)	2	10
Chilli flakes (Tsp)	2	10



2.If the corn cobs are in their green skins, pull the skins back but leave attached to make a handle. Remove the corn silks.



3.Cook corn cobs on a high heat, turning often, until lightly charred all over (10 - 15 mins).



4.Mix the olive oil and smoked paprika and chilli flakes (if using).



5.Once the corn is cooked, brush with the paprika oil, sprinkle with parmesan and coriander and serve with lime wedges.



# Beef stew



Ingredient	10ppl	50ppl
Diced beef (kg)	1	5
Onion	2	10
Carrot	2	10
Potato	2	10
Broccoli (head)	1	5
Cauliflower (head)	0.5	2
Chopped tomatoes (425g)	1	5
Beef stick (Tbs or cubes)	2	8
Minced garlic (Tbs)	1	4
Cornflour (Tbs)	1	5
Vegetable oil (TBS)	2	4



1. Chop vegetables and gather all ingredients.



2. Heat oil in a pot. Add vegetables, beans and garlic. Fry until soft.



3. Add vegetables and stir.



4. Add beef stock powder and garlic to the pot and stir.



5. Add some water to cover the top of the beef, and bring to the boil.



6. Stir through corn flour. Turn heat down low and simmer for 40 - 50 minutes until beef is cooked. Serve with rice, pasta or bread.

# Minestrone Soup



The Fred Hollows Foundation  
www.hollows.org



1. Chop vegetables and gather all ingredients.

2. Heat the oil in a pot, add beef and fry until brown.



3. Add water to cover and bring to the boil.



4. Turn heat down to low and add pasta.



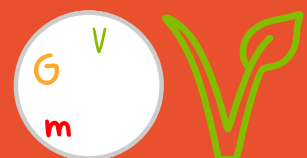
5. Simmer until the pasta is soft.



6. Serve.



Ingredient	10ppl	50ppl
Onion	2	10
Carrot	2	10
Celery	1	5
Zucchini	2	10
Cabbage	0.5	2.5
Four bean mix (425g can)	1	5
Chopped tomatoes (425g)	1	5
Minced garlic (Tbs)	1	5
Pasta (kg)	1	5
Water (L)	5	25
Vegetable oil (TBS)	2	10



Recipe developed by the Fred Hollows Foundation ( <https://www.hollows.org.au/home> ) and Uncle Jimmy Thumbs Up! <http://www.thumbsup.org.au/healthy-food-recipes/> Reproduced with permission

# Salad builder



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

**1 G**  
Choose a grain... rice, cous cous, barley, quinoa

**1 G**

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

**5 m**

**Add your protein...**  
don't forget the vegetarians!  
eggs, beans, nuts and tofu can be good alternatives to meat

Milk yoghurt, cheese and/or alternatives, mostly reduced fat

**4 D**

**V 2**

**Add some veg...**  
cooked, canned or fresh

Vegetables and legumes/beans

**Looking for a fruity touch?**  
pineapple, sultanas or apples all do well in salads

**f 3**

**Say cheese...**  
cheddar, parmesan, feta...

**Q. Why did the tomato blush?**

**6** **Add a dressing...**  
try one of these

**A. Because it saw the...**



# Salad dressing

**Balsamic dressing**

- 1/4 cup balsamic vinegar
- 3/4 cup olive oil
- Salt and pepper to taste

Shake in a jar, refrigerate.

**Yoghurt dressing**

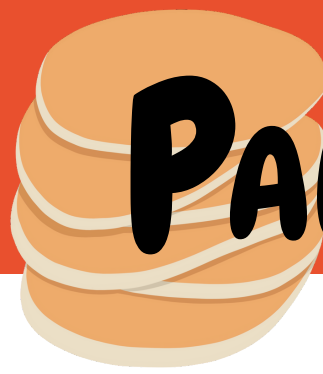
- 1/3 cup greek yoghurt
- 1 TBS red wine vinegar
- 1 TBS dijon mustard
- 1 TBS olive oil

Shake in a jar, refrigerate.

**Honey mustard dressing**

- 6 TBS olive oil
- 2 TBS wholegrain mustard
- 2 TBS honey
- Juice of 1 lemon
- Salt and pepper to taste

Shake in a jar, refrigerate.



# PANCAKES

## Ingredients

- 50g self-raising flour
- 50g wholemeal flour
- 2 small eggs, separated
- 150ml skimmed milk

## Method

1. Sift the flours into a bowl
2. Add the egg to the flour
3. Slowly add the milk to create a smooth batter
4. Heat a non stick pan on medium heat, pour pancake batter to desired pancake size. Cook for just under a minute on each side
5. Serve with your favourite topping or try some of our suggestions below



Grated apple & cinnamon | Ricotta | Crushed or chopped nuts

t o p p i n g s

Berries | Nut butter | Yoghurt | Grated orange zest | Banana

# Bliss ball builder



## Pick a flavour

2 tablespoons (30ml) cocoa powder  
2 tablespoons (30ml) vanilla extract  
Nuts or cinnamon for rolling



2 tablespoons (30ml) cocoa  
2 tablespoons (30ml) peanut butter  
1 teaspoon (5ml) vanilla extract

Zest from 1 orange  
1 cup (250ml) cashews  
2 tablespoons (30ml) cocoa



Blend your ingredients, roll into balls, serve.

# Fruit4all



Watermelon  
Cake



START  
HERE



Fruit Skewers



Watermelon crush



Fruit Platters



Smoothies



Fruit Salad



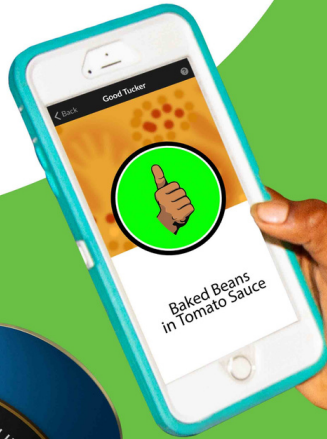
Apple  
Slinky





# DOES YOUR FOOD GET THE THUMBS UP?

Download the  
**FREE**  
**GOOD TUCKER**  
**APP!**



Scan a barcode  
find the  
**GOOD TUCKER!**





# Kimberley Healthy Catering Services



## Broome

### SUBWAY

P: (08) 9192 7900

### The Aarli

P: (08) 9192 5529

E: aarlibar@bigpond.com

W: <https://www.theaarli.com.au/>

### DMK Kitchen

P: (08) 9193 6272

W: [dmkthekitchen.com.au](http://dmkthekitchen.com.au)

### Ginreab Thai

P: (08) 9192 2533

E: [enquiries@ginreabthai.com.au](mailto:enquiries@ginreabthai.com.au)

W: [ginreabthai.com.au](http://ginreabthai.com.au)

### Mr Saigon

P: 0467 578 799

W: <https://www.facebook.com/mrsaigonbroome/>

### The Green Mango

P: (08) 9192 5512

W: <https://www.facebook.com/greenmangobroome/>

## Kununurra

### SUBWAY

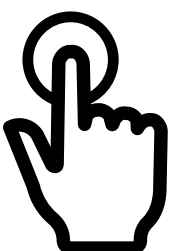
P: (08) 9168 1737

### Dinner@7

P: 0458 167 991

E: [dinnerat7@hotmail.com](mailto:dinnerat7@hotmail.com)

W: <https://www.dinnerat7.com.au/catering.html>



## How to pick a healthy menu option?

- Choose grilled, boiled, steamed or roasted over fried where possible
- Choose fresh over deep fried where possible e.g. fresh springs rolls
- Choose wholegrains such as brown bread and brown rice where possible
- Choose options that include vegetables and salad

# Non-food Fundrai\$ing



Ask for a gold coin donation for activity participation



## Promote active living



Walk, run, cycle, swim, dance and skate **a- thon's**



Get moving with a disco



Tug-of-war, egg & spoon, or three-legged races



Pedometer step challenge, who can do the most steps

## Health neutral



Host a quiz night



Host a themed dress up day or casual dress day



Face painting days



Multi-cultural celebration days



Sell low cost items throughout the year e.g. healthy cookbooks, kitchen supplies, sports gear, sun block, toothbrushes, plants, seed pots for fruit and veg or flowers

# Create a healthy catering or fundraising policy



## What is a policy?

A policy provides a framework for an organisation to set and achieve specific goals and objectives.

## Why have a healthy catering or fundraising policy?

To support organisations in identifying healthy choices when planning and selecting catering for events or fundraising, ensuring that food and drinks provided supports healthy messaging.

## Where can I go for support?

**For policy templates and additional information contact:**



133 777



[www.healthway.wa.gov.au](http://www.healthway.wa.gov.au)

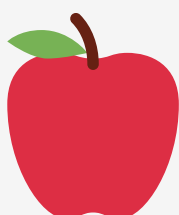


(08) 9264 4999



<https://www.fuelto.go.com.au/>

**For further support contact:**



Your local community Dietitian or Nutritionist:

- Boab Health Services
  - Kununurra: 08 9166 8100
  - Broome: 08 9192 7888
- WACHS (Population Health Broome): 08 9194 1630

