



Healthy Catering Guidelines

Healthy Catering Guidelines can support your efforts to provide a healthy work environment for your employees. The purpose of these guidelines is to ensure the availability of nutritious food and beverages at your workplace catered meetings / events. These guidelines exclude food brought to work by employees for their own consumption and staff shared lunches.

The below table provide caterers with a list of healthy foods that can make up snacks or light meals which can be adjusted by amending the variety and quantity of options. Ensure there are plenty of fruits and vegetables on offer and foods are prepared with minimal fat, sugar, and salt. You may want to ask your staff if they have any special dietary requirements e.g. gluten free or vegetarian.

<p>Drinks</p> <ul style="list-style-type: none"> ▪ Water (add fresh lemon, lime or orange slices for flavour) ▪ Low fat milk (green / light blue top) for tea and coffee
<p>Fruit</p> <ul style="list-style-type: none"> ▪ Colourful platter fresh fruit cut into bite size pieces or fruit kebabs
<p>Fresh vegetables and dip</p> <ul style="list-style-type: none"> ▪ <i>Vegetables:</i> Selection of fresh raw vegetables cut into bite size pieces ▪ <i>Dip:</i> Low fat dip such as hummus or tomato based dips
<p>Cheese and crackers</p> <ul style="list-style-type: none"> ▪ <i>Cheese:</i> Low fat cottage, edam or feta cheese ▪ <i>Crackers:</i> Low fat/salt wholegrain crackers ▪ <i>Fresh salad vegetables:</i> e.g. tomato, cucumber, capsicum
<p>Wholegrain fruit or vegetable muffins, scones, pikelets* - small unbuttered servings</p> <p><i>*Low sugar, fat and salt varieties. Try toppings such as salmon/tuna and cottage cheese or tomato and cheese</i></p>
<p>Selection unroasted and unsalted nuts, seeds, and dried fruit</p>
<p>Small baked potatoes, frittata, crust less quiche, pita bread pizza slices with reduced fat toppings</p> <p><i>e.g. chopped vegetables such as tomato, mushroom, spinach, onion, capsicum, low fat cheese</i></p>
<p>Wholegrain club sandwiches, pita pockets, buns, wraps</p> <ul style="list-style-type: none"> ▪ <i>Breads:</i> wholegrain bread, buns, pita, baps, bagels, wraps ▪ <i>Fillings:</i> lean meat, chicken, fish, egg, low fat cheese, hummus, pesto, chutney, pickles ▪ <i>Salad:</i> tomato, cucumber, spring onion, capsicum, lettuce, avocado, carrot, beetroot
<p>Sushi (meat and vegetarian options – no deep fried options)</p>
<p>Vegetable or tomato based soup with wholegrain bread</p>