



University of  
South Australia

# HEALTHY CATERING GUIDE



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## 1. Introduction

The environments in which we live, work and play are vital in providing the support and opportunity for us to eat and be healthy. A nutritious diet supports the prevention or delay of disease progression, maintains energy levels and concentration, whilst also being associated with better mental health and social functioning<sup>1</sup>. Diets high in saturated fat, salt and sugar and low in plant foods contribute significantly to the risk of developing health problems.

Promoting healthy eating at UniSA benefits both staff and the University. It assists in reducing the risk of health related problems as well as creating a healthier and more productive workforce. Research shows the benefits of promoting healthy eating for employers reduces sick leave absenteeism by approximately 25%, as well as reduced turnover due to healthier workplaces being more likely to retain employees<sup>2</sup>.

For staff, the benefits of promoting workplace health and wellbeing, include reduced risk of obesity, chronic diseases such as heart disease and diabetes, increased productivity, increased morale and decreased stress and other work related illness<sup>3</sup>.

The benefits from providing healthier catering at events can be achieved at a comparable cost to providing less healthy options. For example:

<b>Healthier food option</b>	<b>Price</b>	<b>Less healthy food options</b>	<b>Price</b>
Tortilla wraps with turkey, avocado, cranberry and salad	\$80.00 (serves 8-10)	Brioche Sliders	\$78.00 (serves 8-10)
Mini meatballs	\$65.00 (serves 10-12)	Gourmet savoury pies	\$60.00 (serves 8-10)

The Healthy Catering Guide has been developed to:

- Promote a healthy work place environment;
- Provide a standard for catering within the University; and
- Support staff members to select nutrient rich, healthy food and drink choices.

Refer to the [physical element](#) on our wellbeing website (being in good health and having enough energy) for further initiatives that support physical wellbeing.

You are encouraged to utilise the recommendations within the Healthy Catering Guide when organising food and beverages for UniSA catered events. In doing so, you will be helping to provide healthier food options for your colleagues which will support their health and energy levels and enable them to get more of the things that they need and want to get done each day.

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<sup>1</sup> NHMRC, Dietary Guidelines for Australian Adults, 2003

<sup>2</sup> Healthy Choices, Department of Health, Victoria 2013

<sup>3</sup> Healthy Choices, Department of Health, Victoria 2013

## 2. Scope

The Healthy Catering Guide applies to all UniSA catered events; for example:

- Meetings or forums
- Functions
- Staff training courses or workshops
- Conferences

However, the Healthy Catering Guide does not always apply to situations where food and drinks are made available to staff and visitors at:

- Fundraising events for both external and internal organisations (e.g. schools and charities);
- Special or celebration events (e.g. farewells or birthdays); and
- Food and drinks that staff bring from home for their personal use.

## 3. Guiding principles

The recommendations in the Healthy Catering Guide are based on the [2013 Australian Dietary Guidelines](#) and [The Australian Guide to Healthy Eating](#).<sup>4</sup>

When alcohol is provided to staff at UniSA catered events within the scope of these guidelines, they should not be provided in excessive quantities and should be served in accordance with the [Liquor Licensing Act 1997](#). Ensure that no greater than two standard drinks per person are supplied to staff.

If you are organising an event and would like further assistance and resources, please refer to the [Quick-Guide to Events @ UniSA](#).

## 4. Categories for food and drinks

The Healthy Catering Guide focuses on the energy, saturated fat and sodium (salt) contents of food. Consuming foods and drinks high in saturated fat and low in dietary fibre may lead to excess energy (kilojoules) being consumed, which can contribute to overweight and obesity as well as increase the risk of chronic disease later in life, such as stroke, heart disease and some types of cancer.<sup>5</sup> A high salt diet can increase blood pressure and ultimately increase the risk of chronic disease.<sup>6</sup>

This Guide utilises a 'traffic light' system<sup>7</sup> to classify food and drinks according to their nutritional content into the following categories:

- **Green** (best choices);
- **Amber** (choose carefully); or
- **Red** (limit).

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<sup>4</sup> Commonwealth of Australia, Australian Dietary Guidelines 2013

<sup>5</sup> Commonwealth of Australia, Guidelines for Healthy Foods and Drinks Supplied in School Canteens, 2010

<sup>6</sup> SA Health, 2012

<sup>7</sup> Health Food and Drink Choices for Staff and Visitors in SA Health Facility, Department of Health 2009

## Best Choices – GREEN Category



Choose **GREEN** category foods and drinks **OFTEN** as they are most nutritious choices. These foods and drinks should be included as the main choices and to be available at all times because they:

- Are excellent sources of important nutrients for good health and wellbeing
- Are low in saturated fat and/or added sugar and/or salt
- Help avoid an excess energy intake (kilojoules or calories)

## Choose Carefully – AMBER Category



Do not let **AMBER** category foods and drinks dominate your menu and avoid large serving sizes because they generally:

- Have moderate amounts of saturated fat and/or added sugar and/or salt
- Have some nutritional value but
- Can, in large serve sizes, contribute to excess energy intake (kilojoules or calories)

## Limit – RED Category



Choose **RED** category foods and drinks **RARELY** as they are not an essential part of a balanced diet. It is recommended that these foods and drinks are only consumed occasionally and in small amounts as they:

- Lack adequate nutritional value
- Are energy dense and can contribute to excess energy intake (kilojoules or calories)
- Are high in saturated fat and/or sugar and/or salt

The Healthy Catering Guide encourages consumption of foods categorised as **GREEN** as these foods contain a wide range of nutrients and are generally lower in energy (kilojoules), saturated fat, added sugar and salt.

All catering events should offer 80% **Green** foods and drinks and no more than 20% of **Red** and **Amber** combined foods and drinks. Further information on selecting healthier food and beverages can be found using the [traffic light coding system for catering](#).

### 5. Healthier catering suggestions

[The Quick Catering Guide](#) (refer Appendix 1) provides a snapshot of healthy catering options and a list of caterers who will provide healthy food and drink options and cater for all dietary requirements.

Appendix 2 provides a list of caterers who will provide healthy food and drink options and cater for all dietary requirements. Alternatively refer to the [UniSA Healthy Catering Checklist](#) (refer Appendix 3) choosing a suitable new caterer.

### 6. Safe handling of catering foods

Food poisoning outbreaks can easily occur when foods are not handled or stored properly. You can do the following things to help prevent food poisoning:

- Purchase food from a reputable caterer and ask for food to be delivered as close as possible to the service time to reduce the likelihood of food contamination.
- Store food away from other items that are likely to be the source of contamination (e.g. chemicals).
- Do not use your hands to serve food - use serving tongs or utensils to avoid cross contamination.
- Maintain good personal hygiene - ensure you wash your hands before touching food.

- Do not take leftovers home from catered events.
- Cover and keep foods in refrigerator within 2 hours to keep cold food safe and discard all food that was placed in room temperature for over 4 hours (see the Food safety – 2 hour / 4 hour rule below).
- Do not re-offer food to other people after the catered events.

**Food safety – 2 hour / 4 hour rule**

Total time* between 5°C and 60°C	Action
Less than 2 hours	Ok to use or refrigerate immediately
Between 2 hours and 4 hours	Ok to use
More than 4 hours	Throw away

\* The total time includes all the time the food has been at room temperature (including preparation, cooling, transportation and time offered for consumption).

Further information about the safe handling of food can be found in the [Serving Food at Functions](#) WHS Guidelines.

**7. Key References**

- [Quick Catering Guide / List of Caterers](#)
- [UniSA Healthy Catering Checklist / List of Caterers](#)
- [Traffic Light Coding of Food / Drink Menu Items](#)
- [Serving Food at Functions](#)
- [Quick Guide to Events @ UniSA](#)



# Quick Catering Guide

## ALWAYS PROVIDE

Vegetarian options



Fruit (in season is best)



Reduced fat milk for tea/coffee



Water as a drink



## AND REQUEST

**Multigrain or wholemeal**

(eg bread, rolls, wraps, plain crackers, cakes, biscuits)



**Reduced fat cheese**

(eg fillings, platters, salads – watch the portion size)



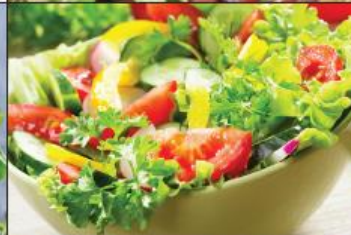
**Lean meats**

(eg ham, turkey, skinless chicken breast, roast beef or tuna in springwater)



**Different colours and types of vegetables**

(eg fillings, salads, platters)



**Healthier spreads**

(eg margarine, avocado, hummus, tzatziki)



Appendix 2 - List of Caterers

General events	Corporate events
<p><a href="#"><u>Aroma Café</u></a> Based on campus                      City West - (08) 8302 7101                      City East - (08) 8302 1022                      Magill – (08) 8302 4416                      Mawson Lakes – (08) 8359 0354                      Whyalla - (08) 8645 1613</p>	<p><a href="#"><u>Adelaide Classic Catering</u></a>                      5 Bacon Street, Hindmarsh                      (08) 8340 1288</p>
<p><a href="#"><u>Adelaide Classic Catering</u></a>                      5 Bacon Street, Hindmarsh                      (08) 8340 1288</p>	<p><a href="#"><u>Are You Being Served</u></a>                      (08) 8211 7216</p>
<p><a href="#"><u>Corporate Platters</u></a>                      Unit 2, 210 Henley Beach Rd, Torrensville                      (08) 8234 0056</p>	<p><a href="#"><u>It's Simply Delicious</u></a>                      21 Sturt St Adelaide                      (08) 7123 1889</p>
<p><a href="#"><u>Cut Lunch</u></a>                      9/211 Pirie St Adelaide                      (08) 8232 0802</p>	<p><a href="#"><u>No Fuss Catering</u></a>                      4/900 South Road, Edwardstown 5039                      (08) 8371 0505</p>
<p><a href="#"><u>Funk Coffee+Food</u></a>                      45 Grenfell St Adelaide                      (08) 8231 6324</p>	<p><a href="#"><u>Rory's Corporate Catering &amp; Functions</u></a>                      0423 450 115</p>
<p><a href="#"><u>Grassroots Food</u></a>                      Telstra House, 30 Pirie Street, Adelaide                      (08) 8231 2883; or                      Learning Hub, Adelaide University                      (08) 8359 2333</p>	<p><a href="#"><u>Taylor and Holmes</u></a>                      (08) 8354 1716</p>
<p><a href="#"><u>It's Simply Delicious</u></a>                      21 Sturt St Adelaide                      (08) 7123 1889</p>	
<p><a href="#"><u>No Fuss Catering</u></a>                      4/900 South Road, Edwardstown                      (08) 8371 0505</p>	
<p><a href="#"><u>Phat Kitchen</u></a>                      201 Hindley St, Adelaide</p>	
<p><a href="#"><u>Platters Plus</u></a>                      20a Maple Ave, Forestville                      (08) 8371 1855</p>	
<p><a href="#"><u>Redstar Catering</u></a>                      23 Gilbert Place, Adelaide                      (08) 8410 7088</p>	
<p><a href="#"><u>Tart Catering</u></a>                      21-23 Belair Road Kingswood                      (08) 8373 4155</p>	
<p><a href="#"><u>Taylor and Holmes</u></a>                      (08) 8354 1716</p>	
<p><a href="#"><u>The Caf</u></a>                      City West Campus                      0433 536 217 or 0433 536 217</p>	
<p><a href="#"><u>The Lunch Bar</u></a>                      418 Payneham Rd, Glynde 5070                      (08) 8365 7799</p>	
<p><a href="#"><u>Zouki Café</u></a>                      RAH, Frome Road Adelaide                      (08) 8253 9111</p>	



Appendix 3 – UniSA Healthy Catering Checklist

When ordering food or choosing a new caterer, use the checklist below.

UniSA Healthy Catering Checklist	Yes	No
<b>Check that the menu offers the following:</b>		
<ul style="list-style-type: none"> <li>• A variety of foods - a range of different foods should be offered including vegetables; wholegrain; lean meats; fruit; &amp; low/reduced or no fat dairy products.</li> </ul>		
<ul style="list-style-type: none"> <li>• A variety of vegetables - a range of vegetables and salads should be available for all meals and be incorporated into other menu items (e.g. sandwich fillings &amp; finger foods).</li> </ul>		
<ul style="list-style-type: none"> <li>• A variety of fresh fruit - seasonal fruit should be offered for morning/afternoon tea and incorporated into other menu items (e.g. salads &amp; finger foods).</li> </ul>		
<ul style="list-style-type: none"> <li>• Lean meat, poultry and fish - meat should be trimmed of all visible fat and chicken should have the skin removed. Limit processed meats (e.g. sausages) and deli meats (e.g. salami, prosciutto, pastrami &amp; bacon).</li> </ul>		
<ul style="list-style-type: none"> <li>• Vegetarian options - vegetarian items (e.g. legumes, eggs, and tofu) should be included to provide choice for people who do not eat meat/poultry or fish. Aim for 50% of items to be vegetarian.</li> </ul>		
<ul style="list-style-type: none"> <li>• Dairy products and alternatives - offer only reduced fat or skim milk whenever tea and coffee is served. Low fat fruit/natural yoghurts can be offered as morning/afternoon tea and lunch options.</li> </ul>		
<ul style="list-style-type: none"> <li>• Polyunsaturated or monounsaturated fats/oils - healthier spreads and margarines made from nuts and seeds (e.g. canola, sunflower, and olive) should be chosen. Thin spreads of tahini, avocado or hummus are also good choices.</li> </ul>		
<ul style="list-style-type: none"> <li>• Minimal salt - menu items should contain no or minimal added salt. Herbs and spices can be used to enhance the flavour. When using processed foods, ensure the 'no added salt', 'low salt' or 'salt reduced' items are selected.</li> </ul>		
<ul style="list-style-type: none"> <li>• Dressings, sauces and spreads are served separately on the side where possible</li> </ul>		
<b>Healthy cooking methods:</b>		
Have only healthy cooking methods been used? <ul style="list-style-type: none"> <li>• Healthy cooking methods include grilling, stir-frying, steaming, oven baking, boiling, poaching, dry-frying, barbequing and microwaving</li> </ul>		
<b>Beverages:</b>		
Is plain water readily available? Suitable non-alcoholic beverages include – <ul style="list-style-type: none"> <li>• Plain water: tap, spring, mineral (still or sparkling)</li> <li>• Diet soft drinks</li> <li>• 100% fruit juices</li> <li>• Tea (herbal, green, black)</li> <li>• Coffee (caffeinated and decaffeinated)</li> </ul>		
<b>Other Considerations:</b>		
Serves per person – to promote healthy eating and minimise waste and costs, are only small to moderate serves per person provided?		
Special dietary needs – have people with special dietary requirements (e.g. vegetarian, vegan, gluten/wheat free, lactose/dairy free, seafood) been catered for?		