



Healthy

CATERING HANDBOOK

Mildura Region

3RD EDITION



SCHS
Sunraysia Community
Health Services

www.schs.com.au/healthycateringhandbook



SCHS
Sunraysia Community
Health Services



SCHS
Sunraysia Community
Health Services

INFORMATION

P- (03) 5022 5444
137 Thirteenth Street, Mildura
www.schs.com.au

About

The Healthy Catering Handbook has been developed by Sunraysia Community Health Services www.schs.com.au to assist workplaces, associations and groups to make healthier choices when organising catering.

Assessment of all menu items in this guide has been conducted using the Victorian Government Healthy Choice Guidelines.

<https://heas.health.vic.gov.au/healthy-choices/guidelines>

These guidelines use a 'traffic light' rating system; **GREEN** - Best Choice, **AMBER** - Choose Carefully and **RED** - Limit. Only menu items with a **GREEN** or **AMBER** rating have been included in this handbook. All menus and prices within this handbook were correct at time of publishing and are subject to change.

For updates, check the individual catering websites or visit www.schs.com.au/healthycateringhandbook for the online version of the Healthy Catering Handbook.

If you are a caterer and would like to be involved, please contact Health Promotion on (03) 5022 5444 or hp@schs.com.au

A Healthy Workplace

Workplaces can play a key role in supporting and improving the health of staff. A healthy workplace has benefits for both employers and employees because it contributes to:

- Staff being more satisfied and productive in their work
- Decreased stress and anxiety in the workplace
- Staff being more likely to stay in their jobs
- Decreased absenteeism or sick days
- Reduced workers compensation costs

Healthy catering is one of the many ways to create a healthy workplace. It is recommended that workplaces in the Mildura region use this Healthy Catering Handbook and include it in the organisation's health and well-being policy. This will help ensure healthy food options are always made available in meetings and events within the workplace.



SCHS
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Health Services

INFORMATION

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137 Thirteenth Street, Mildura
www.schs.com.au

The Achievement Program

The Victorian Government Healthy Workplace Achievement Program provides a framework and resources for workplaces throughout Victoria. This framework aims to promote health and well-being by encouraging and supporting healthy behaviours. Healthy catering is not only good practice; it's also a component of the Workplace Achievement Program Healthy Eating benchmark.

To find out more about registering to the Achievement Program visit:
www.achievementprogram.health.vic.gov.au

How To Use This Guide

To order healthy options from the guide, please contact the caterer directly. Contact details for each caterer can be found at the top of each menu.

Please inform your caterer of any special dietary requirements. Most caterers are able to provide vegetarian and gluten free options.

REMEMBER

Let the caterer know you
are ordering from the
Mildura Healthy Catering Handbook



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www.schs.com.au

INFORMATION

Icon Legends

The Healthy Choice Guidelines

The Healthy Choice guidelines classify food and drink into three categories according to their nutritional value.



GREEN category foods and drinks are the healthiest choices. They are good sources of important nutrients and lower in fat, added sugar and salt. Examples include: breads and cereals, fruits and vegetables, reduced fat dairy products, lean meats and poultry, fish, eggs, nuts and seeds.



AMBER category foods and drinks should be selected carefully and consumed in moderation. Although AMBER items may provide some valuable nutrients they can contribute moderate amounts of fat, added sugar or salt. Examples include: regular fat milk, yoghurt and cheese, dried fruit, fruit juice and artificially sweetened drinks.



RED category foods and drinks are low in nutrients and are high in sugar, fat or salt, and should be eaten rarely and in very small serves. Avoid red category choices in catering. Examples include: Deep fried foods, lollies, chocolates, cakes, chips, pastries and soft drinks.



Vegetarian



Vegetarian option available



Gluten Free



Gluten Free option available



Banjo's

BAKERY CAFE

P- 03 5051 6155
84 Langtree Mall Mildura
mildura@banjos.com.au
www.banjos.com.au

MENU

Traditional Sandwich Platter

Combines freshly baked Banjo's preservative-free bread with various fillings - *Wholegrain bread recommended*

Banjo's Cajun chicken mix ●

Banjo's seeded chicken mustard mix ●

Banjo's curried egg mix ● (V)

Banjo's ham, mayonnaise & salad ●

\$60 full box
32 portions

\$32 half box
16 portions

(V-A)
(GF-A)

Pita Platter

Can include the above mentioned sandwich fillings and in addition;

Banjo's salmon dill mix ●

Banjo's Dijon chicken & avocado ●

\$70 full box
16 portions

\$37 half box
8 portions

(V-A)

Fresh Fruit Platter

A selection of seasonal fruits ● (V) (GF)

\$60 full box

\$32 half box

Fruit & Cheese Platter

Fresh bread stick, brie and cheddar cheese and a selection of fruit ● (V)

\$75 full box

Scones

Banjo's scones, served with margarine ● (V)

\$3.20 p/item
serves 2

Fruit Bun Platter

Banjo's fruit bun served with margarine ● (V)

\$3.00 p/item
serves 2

Please contact the caterer for further menu options and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free. Please place order at least 24 hours prior to event. Delivery available in local Mildura region, cost \$5.00



Banjo's
BAKERY CAFE

P- 03 5051 6155
84 Langtree Mall Mildura
mildura@banjos.com.au
www.banjos.com.au

Menu subject to change according to availability of seasonal produce.
Please place order 48 hours prior to event Note: We are trying to do our part for the environment.
Please bring your own plate/container for us to put your catering on or ensure to return ours.
Ask our friendly staff about delivery.



clove
✂

P- 03 5021 2230
121a Eighth St, Mildura
cloveorganics@gmail.com
facebook.com/CloveMildura

Free delivery in Mildura CBD on orders over \$20.00



MENU

Sandwiches, Wraps and Rolls

A variety of generous fillings available; Salad, (including roast pumpkin, avocado, fresh basil) chicken, turkey, roast beef, tuna, cheese, egg and condiments ●

\$6 - \$8.50
p/round or roll
(V-A)

Vegetable/Salad Platter and Meat Platter

Platters of vegetables, salad and cold meats - roast chicken, roast beef - (1 dinner roll per person) ●

\$10 - \$16
p/person
(V-A)
(GF-A)

Fresh Fruit or Fruit and Cheese Platter

- A platter of fresh seasonal fruit ● (V)
- With option to be served with variety of biscuits, cheeses and dips ●

\$2.50 - \$6.50
p/person
(GF-A)

Vegetable Muffins

Mini muffins made with a variety of roasted vegetables - Perfect for a light snack ● (V)

\$15.00
serves 6

Spinach and Ricotta Slice

Spinach and ricotta combined with cheese, oven baked in a filo pastry base ● (V)

\$8.00
p/person

Scones with Jam and Cream

A platter of freshly baked scones to be served with a 100% fruit jam and lite whipped cream ● (V)

\$3.00
p/item
serves 2

Please contact the caterer for further menu options and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order at least 24 hours prior to event.

Free delivery available in, CBD Mildura.



FOOD for the MOOD

P- 03 5023 6941
551 Eleventh Street, Mildura
canteen@sunitafe.edu.au

MENU

Vegetable Lasagne

Layers of seasonal vegetables, pasta and cheese.
Served with garden salad ● (V)

\$12.00
p/person
(GF-A)

Roasted Vegetable Frittata

Roasted seasonal vegetables, herbs and cheese baked in a light mixture of eggs. Can be served snack size or meal size ● (V)

\$3.50 - \$8.00
p/person
(GF-A)

Finger Food Menu

Pan-Fried Salt and Pepper Calamari ●
Calamari lightly dressed and pan fried, served with aioli dipping sauce

\$3.00 p/person
(GF-A)

Parmesan Crumbed Chicken Tenders ●
Chicken tenderlions with crispy parmesan crumb, fresh herbs and aioli dipping sauce

\$3.20 p/person

Marinated Chicken Tenders ●
Chicken Tenderlions with Asian style chilli soy marinade

\$3.20 p/person
(GF-A)

Chicken Meatballs with Chutney ●
Chicken breast meatballs with fresh herbs and spices, served with tomato chutney

\$3.00 p/person
(GF-A)

Satay Skewers (Chicken or Beef) ●
Chicken breast or tender beef, onion, capsicum skewers served with authentic peanut satay sauce

\$5.00 p/item
(GF-A)

Spinach and Feta Filo Rolls ● (V)
Light spinach, herbs and feta filling wrapped in delicate filo pastry

\$3.00 p/item

Please contact the caterer for further menu options and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.
Please place order at least 24 hours prior to event
Free delivery available in, CBD Mildura.



FOOD
for the
MOOD

P- 03 5023 6941
551 Eleventh Street, Mildura
canteen@sunitafe.edu.au



The Gourmet
chef

P- 1300 785 995
110 Eighth Street, Mildura
info@thegourmetchef.com.au
www.thegourmetchef.com.au



The Gourmet chef

MENU

P- 1300 785 995
110 Eighth Street, Mildura
info@thegourmetchef.com.au
www.thegourmetchef.com.au

Lamb Skewers

Honey balsamic and rosemary lamb skewers ● GF

\$3.50
p/item

Prosciutto Asparagus

Wrapped with prosciutto and fontina cheese ● GF

\$3.50
p/item

Bruschetta

With goats cheese, roma tomato and basil leaves ● V

\$3.50
p/item

Vietnamese Rice Paper Rolls

With chicken, prawn, duck or vegetarian ●

\$3.50
p/item
(V-A)
(GF-A)

Tandoori Chicken

On naan bread and minted yoghurt ●

\$3.50
p/item
(GF-A)

Gourmet Fruit Platter

Fresh seasonal fruit ● V GF

\$71.50
serves 20

Sandwiches

- Chicken breast, avocado & soy mayonnaise ●
- Roast beef, swiss cheese, semi dried tomato pesto, caramelised onion & mixed greens ●
- Egg, lettuce, soy mayonnaise & chives ● V
- Double smoked ham, swiss cheese, tomato and seeded mustard mayonnaise ●
- Vegetarian options including hummus, caramelised onion, red peppers, carrots, pickled cucumber and alfalfa ● V

\$9.00
p/person
(V-A)
(GF-A)

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order 24 hours prior to event. Ask our friendly staff about delivery.



MENU

P- 03 5023 6666
852 Fifteenth Street, Mildura
booking@mrbumi.com.au
www.mrbunmi.com.au

Vietnamese Baguette

- Grilled chicken roll ●
- Traditional BBQ pork roll ●
- Grilled pork belly roll ●

\$8.00
p/roll
(serves 1-2)

Rice Paper Rolls

- Prawn & BBQ Pork ● GF
- Kaffir lime chicken - Do it yourself ● GF

\$4 per roll or \$7 for two rolls
\$18.00 serves 3-4

Rice Vermicelli Noodles & Salad Bowl

- Stir fried chicken with chilli and lemongrass ● GF
- Stir fried beef with chilli and lemongrass ● GF
- Stir fried beef & bean shoot ● GF

\$16.00 serves 2-3
\$16.00 serves 2-3
\$18.00 serves 2-3

Vietnamese Traditional Noodle Soup (Pho)

- Rare & cooked beef ● GF
- Chicken ● GF

\$16.00 serves 1-2
\$16.00 serves 1-2

Satay Skewers

- Satay chicken skewers ● GF
- Satay beef skewers ● GF

\$12.00 3 skewers
\$12.00 3 skewers

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.
Please place order 24 hours prior to event



P- 03 5023 6666
852 Fifteenth Street Mildura
booking@mrhunmi.com.au
www.mrhunmi.com.au



PJ's FOODWORKS

MENU

P- 03 5022 2888

208 Deakin Avenue, Mildura

pjsfoodworksmildura@hotmail.com

www.foodworks.com.au/stores/mildura

Fresh Fruit Platter

Fresh seasonal fruit ● (V) (GF)

\$60.00
serves 15

Vegetable Platter

- Vegetable platter served with a Hommus or Tzatziki Dip ● (V)
- Addition of water crackers and cheese ● (V)

\$60.00
serves 15

Gourmet Bruschetta

Fresh baked bread stick with tomatoes, onion and basil ● (V)

\$30.00
15 portions

Gourmet Sandwiches

- Egg and lettuce ● (V)
- Chicken and salad ●
- Ham and salad ●
- Tuna, mayo and lettuce ●

\$60.00
40 portions
\$30.00
20 portions
(V-A)
(GF-A)

Gourmet Wraps

- Egg and lettuce ● (V)
- Chicken and salad ●
- Ham and salad ●
- Tuna, mayo and lettuce ●

\$60.00
20 portions
\$30.00
10 portions
(V-A)
(GF-A)

Hot or Cold Chicken Salad Platter

Roast chicken served on a mixed garden salad ● (GF)

\$40.00
serves 12
(V-A)

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order 24 hours prior to event Ask our friendly staff about delivery.



PJ's
FOODWORKS

P- 03 5022 2888
208 Deakin Avenue, Mildura
pjsfoodworksmildura@hotmail.com
www.foodworks.com.au/stores/mildura



SUBWAY®

MENU

P- 03 5023 4944
41a Langtree Avenue, Mildura
P- 03 5022 2222
829 Fifteenth Street, Mildura
www.subway.com.au

Subs

A platter of 4 inch multigrain subs with a choice of fillings

- Chicken Strips ●
- Roast Beef ●
- Turkey ●
- Veggie Delight ●
- Ham ●

All include lettuce, cucumber, tomato, capsicum, carrot and onion. ●

Cheese and condiments available upon request ●

\$45.00

serves 5-9

(V-A)
(GF-A)

Wraps

A platter of 12 wraps with a choice of fillings

- Chicken Strips ●
- Roast Beef ●
- Turkey ●
- Veggie Delight ●
- Ham ●

All include lettuce, cucumber, tomato, capsicum, carrot and onion. ●

Cheese and condiments available upon request ●

\$45.00

serves 5-9

(V-A)
(GF-A)

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.
Please place order 24 hours prior to event Ask our friendly staff about delivery.



SUBWAY®

P- 03 5023 4944
41a Langtree Avenue, Mildura
P- 03 5022 2222
829 Fifteenth Street, Mildura
www.subway.com.au



MENU

P- 03 5021 5472
133a-135 Eighth Street, Mildura
sumomildura@gmail.com
www.sumosalad.com

Salad Platter

Choose 2 salads per platter.

Sumo Salad recommend: Chicken Low GI Salad & Thai Beef Leaf ●

\$60.00

serves 10-12

(V-A)
(GF-A)

Salad Bowl

Sumo Salad recommend: Jamaican Chicken & Lentils ●

\$30.00

serves 4-6

(V-A)

Wraps

Sumo Salad recommend:

- Tandoori Chicken ●
- Falafel and Hummus ● (V)

Each wrap is served cut in half.

\$10.50

(V-A)

Rolls

Sumo Salad recommend:

- Chicken, Bacon & Avocado ●
- Roasted Vegetable ●

Each roll is served cut in half.

\$9.00

(V-A)

Fruit Platter

Fresh seasonal fruit ● (V) (GF)

\$70.00

Large

\$45.00

Small

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order 24 hours prior to event Ask our friendly staff about delivery.



**SUMO
SALAD**

P- 03 5021 5472
133a-135 Eighth Street, Mildura
sumomildura@gmail.com
www.sumosalad.com



MENU

P- 03 5023 2827
240 Tenth Street, Mildura
info@valenciafoodstore.com.au
www.valenciafoodstore.com.au

Gourmet Sandwiches / Rolls

Multigrain bread encouraged, white available

- Roast chicken and salad ●
- Ham and salad ●
- Roast chicken, lettuce and mayo ●
- Ham, cheese and tomato ●
- Roast chicken, cream cheese and spinach ●
- Salad ● (V)
- Egg and lettuce ● (V)
- Curried egg and lettuce ● (V)
- Roast beef, cheese and pickles ●
- Corned beef, cheese and tomato ●

Sandwiches

\$6.00

per/round (4 points)

Rolls

\$9.00

per/round (2 points)

8-10 rounds per platter

(V-A)
(GF-A)

Gourmet Wraps

- Roast chicken and salad ●
- Ham and salad ●
- Salad ● (V)

\$9.00

per/wrap

\$4.50

per/wrap serve

(V-A)
(GF-A)

Fresh Fruit Platter

Fresh seasonal fruit ● (V) (GF)

\$48.00

serves 8-10

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order 12 hours prior to event
Delivery available in Mildura CBD. Cost \$5.50.



P- 03 5023 2827
240 Tenth Street, Mildura
info@valenciafoodstore.com.au
www.valenciafoodstore.com.au



M- 0402 621 113

Alfred Deakin Centre, 190 Deakin Avenue, Mildura

witchdoctorcafe@gmail.com

facebook.com/WitchDoctorCafe/

MENU

Fresh Fruit Platter

Served with dried fruit and almonds ● (V) (GF)

Gourmet Sandwiches / Wraps

Served using house made seeded loaf or rye bread

- Grilled chicken and avocado ●
- Ham and salad ●
- Roast vegetable and salad ● (V)

(V-A)
(GF-A)

Zucchini Slice

Zucchini slice ● (V)

(GF-A)

Granola Yoghurt Cups

Natural greek yoghurt topped with berries and house made granola ● (V)

Roasted Pumpkin and Spinach Frittata

Roasted pumpkin and spinach frittata ● (V)

(GF-A)

Sweet Potato and Avo Cups

Roasted sweet potato topped with avocado and garnish ● (V)

(GF-A)

PLEASE CONTACT US FOR
PRICES AND A QUOTE

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order 5 days prior to event Ask our friendly staff about delivery.



WITCH



Alfred Deakin Centre
190 Deakin Avenue, Mildura
witchdoctorcafe@gmail.com
[facebook.com/WitchDoctorCafe/](https://www.facebook.com/WitchDoctorCafe/)



MENU

P- 03 5023 2626 * M- 0418 998 074
145 Eighth Street, Mildura
info@ziggyscafe.com.au
www.ziggyscafe.com.au

\$66.00
60 pieces

\$44.00
30 pieces
(V-A)
(GF-A)

\$63.00
24 pieces

- \$35.00
12 pieces
(V-A)
(GF-A)

\$63.00
40 pieces

\$35.00
20 pieces
(V-A)
(GF-A)

\$58.00
60 pieces

\$35.00
30 pieces

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.
Please place order at least 24 hours prior to event. Catering packages available, please see official website.
Free delivery available within Mildura CBD.



MENU

Homemade Soups

All served with a freshly baked Turkish roll

- Roast beef and vegetable ●
- Chicken and vegetable ●
- Vegetable ● (v)
- Pumpkin ● (v)
- Chicken and corn ●

Topped with greek spices and served with a homemade tzatziki dipping sauce 🍋

\$44.00

Scones with Jam & Cream

Freshly baked scones served with 100% fruit jam & lite cream 🍌 🌱

\$33.00

Cheese & Fruit Platter

A selection of cheeses, water crackers, dried & fresh fruit 🍌 🌱

\$45.00

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.
Please place order at least 24 hours prior to event. Catering packages available, please see official website.
Free delivery available within Mildura CBD.



P- 03 5023 2626 * M- 0418 998 074
145 Eighth Street, Mildura
info@ziggyscafe.com.au
www.ziggyscafe.com.au



STEFANO'S
CAFE

P- 03 5021 3627
27 Deakin Avenue, Mildura
functions@stefano.com.au
www.stefano.com.au



STEFANO'S
CAFE

P- 03 5021 3627

27 Deakin Avenue, Mildura
functions@stefano.com.au
www.stefano.com.au

MENU

Gourmet Salads

- Thai beef salad, vermicelli noodles, asian herbs & nuoc nam dressing ●
- Smoked salmon, kipfler potato, chargrilled corn with chiptole vinaigrette ●
- Chargrilled chicken with roast vegetables, couscous and fetta ●
- Vietnamese chicken slaw and nuoc nam dressing ●
- Chermoula chicken, chickpea and roasted carrot ●
- Tuna, white bean, cucumber, tomato and parsley ●
- Green slaw cabbage, fennel, broccoli, zucchini, celery and herbs ● V
- Roasted pumpkin, green beans, spinach, chickpea and fetta ● V
- Roasted baby beetroot, lentil, spinach, goats cheese and walnut ● V
- Caramelised pumpkin, goats cheese, pine nuts, spinach and quinoa ● V
- Roasted Cauliflower, baby carrots, lentils and cumin yoghurt ● V

Small Salad Lunch Package

\$12.50 per/person

Large Salad Lunch Package

\$16.50 per/person

One individually boxed salad of your choice. Packed with knife, fork and napkin. (select 1 from below or if 20 people and above you can select 2)

(GF-A)

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order at least 24 hours prior to event.

Ask our friendly staff about delivery.



STEFANO'S
CAFE

P- 03 5021 3627
27 Deakin Avenue, Mildura
functions@stefano.com.au
www.stefano.com.au

MENU

Gourmet Sandwiches

Bread options: Sourdough baguette, Turkish bread, sliced white/grain and wraps.

Gluten free options available. (GF-A)

- Chicken, avocado, mayo and rocket ●
- Chargrilled vegetables, goats cheese and pesto ● (V)
- Chargrilled vegetables, haloumi and pesto ● (V)
- Roast turkey, brie and cranberry ●
- Egg and chive ● (V)
- Caprese ●
- Chermoula chicken, tahini yoghurt, beetroot coleslaw ●
- Leg ham, brie, tomato, cos lettuce and mustard mayo ●
- Smoked salmon, cucumber, cream cheese & capers ●
- Roast beef, mayo, onion jam and rocket ●
- Chicken, celery, walnut and mayo ●
- Chicken tonnata ●
- Tunisian tuna ●

Fresh Seasonal Fruit Box

A selection of season fruits ● (V) (GF)

\$65.00

Small Box

Small box serves
up to 10 people.

Sandwiches made
with your choice of
1 bread and fillings
(select 2 choices)

\$130.00

Large Box

Large box serves
up to 20 people.

Sandwiches made
with your choice of
1 bread and fillings
(select 3 choices)

\$30.00

Small - serves 6

\$50.00

Medium - serves 10

\$100.00

Large - serves 25

Please contact the caterer for their full menu and inform the caterer when ordering for any special dietary requirements, including Vegetarian and Gluten Free.

Please place order at least 24 hours prior to event.

Ask our friendly staff about delivery.



27 Deakin Avenue, Mildura
functions@stefano.com.au
www.stefano.com.au

Ask our friendly staff about delivery.



CATERING TIPS

- Always provide plain water as an option to drink.
- Include as many green category options as possible when ordering catering.
- Offer reduced fat milk and soy milk with tea and coffee.
- Offer herbal tea and decaf coffee as alternative options.
- Include fruit and vegetables in most menu items.
- Avoid over-catering.
- Reduce serving sizes; i.e. mini quiches, half serves.
- Offer alternative sweeteners.
- Serve spreads and condiments separately and use salt reduced condiments.
- Keep processed meats to a minimum.
- Remember to order for special diets i.e. Gluten Free, Vegetarian.
- Use multigrain, wholemeal, rye or other high fibre bread options.
- Use reduced fat versions of mayonnaises, cheese and other dairy products.

A Healthy Workplace

Small changes can make a big difference.

Providing healthy food options at your next BBQ doesn't mean having to make a lot of big changes.

By reducing saturated fat and salt intake, increasing vegetable, fruit and fibre consumption and using healthier cooking methods, you can make a big difference to the nutritional and energy value of the foods you provide.

Sunraysia Community Health Service's is looking to change the way we look at the humble barbeque and has developed the Healthy BBQ Kit, an easy to use resource to help make barbecues healthier. They have also partnered with Irymple Butcher to make choosing the healthy option, the easy option.

For more information, please visit:
www.schs.com.au/healthy-bbq-kit





Healthy Eating Policy and Catering Guide for Workplaces Healthy Eating Advisory Service resource

Catering and preparing foods

Food Standards Australia New Zealand

Healthy Fundraising Ideas

Cancer Council resource

www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf



SCHS

Sunraysia Community
Health Services

Sunraysia Community Health Services

137 Thirteenth Street

Mildura VIC 3500

Health Promotion

P: 03 5022 5444

E: hp@schs.com.au

www.schs.com.au/services/healthpromotion

© Sunraysia Community Health Services 2020

We acknowledge the City of Greater Geelong and Healthy Together Wyndham for their extended development of this resource.

Version 3.0: January 2020

Information correct at time of printing

Digital version available at www.schs.com.au/healthycateringhandbook

Follow the conversation online

Facebook: @SunraysiaCommunityHealth

Instagram: @SunraysiaCommunityHealthService



SCHS

Sunraysia Community
Health Services