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)







Developed by HELPP,
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HELPP

Healthy Eating Local

Policies and Programs

