



Healthy

BBQ Kit



**PROMOTING HEALTHY EATING AND DRINKING FOR
CHILDREN AND FAMILIES WITHIN THE COMMUNITY**

A healthier approach to your next barbecue

Healthy Together Mildura, supported by the Victorian Government and partners, is improving the health of our community





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Digital version available at www.healthytogethermildura.com.au



About this Resource

Barbecuing is one of Australia's most traditional cooking methods and is embedded within modern Australian culture. A simple, traditional barbecue typically consists of sausages, onion, white bread and tomato sauce, which is a meal low in fibre and high in saturated fat, oil and salt and has limited nutritional value. However, with a little thought and a few small changes, the barbecue can be a *healthy* and *tasty* cooking method.

Healthy Together Mildura is a healthy lifestyle initiative that works with local communities to encourage and support families to eat well and be active. The *Healthy Together Mildura - Healthy BBQ Kit* is designed to provide guidance and ideas for making easy changes to the traditional barbecue, providing nutritious options suitable for children and families.

Good nutrition is key to a healthy, active and enjoyable life. Children need a nutrient rich diet for healthy bones, joints and muscles, and brain development. Healthy children have the best chance of being healthy adults. Good nutrition among adults can help prevent diseases such as heart disease, diabetes and some cancers. Reducing the consumption of high energy foods and drinks can also prevent overweight and obesity among children and adults.

How your healthy Barbecue can impact your community

- A healthy barbecue is a great opportunity to contribute to the health and wellbeing of your community.
- Show your community that you value their health and wellbeing.
- Reinforce important health messages to children and their families.
- Provide personal satisfaction of being a positive role model.

Further information and support

For further information on how to provide healthy and tasty barbecues, or an electronic version of this resource, contact Healthy Together Mildura. Ph: 03 5018 8524 or email info@healthytogethertomildura.com.au www.healthytogethertomildura.com.au

We acknowledge the South Australian OPAL program for their development of the original resource. OPAL is a joint program of State and Local Governments.





Tips for Making your Barbecue Healthier

Small changes can make a big difference

Providing healthy food options 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.

Reduce saturated fat and salt

Animal products including meats and dairy can contain high amounts of fat and salt. Burgers, chops and sausages often have the highest amounts. If providing meat, choose lean and reduced salt options. All cooking oils are also high in fat so it is best to use the least amount as possible.

Top tips for meat:

- Skinless chicken, minute steaks, lean meat kebabs, seafood and kangaroo are good options.
- Limit burgers, chops and sausages. Ask your butcher to provide low fat and salt varieties. Aim for less than 10g of total fat per 100g of meat.
- Trim off any visible fat from meats before cooking.
- Lean meats can become dry when cooking, use a marinade for moisture and flavour (see the recipes section for ideas).
- Limit meat servings to the palm size of an adult's hand.
- Vegetarian options are generally low in fat and salt. See below for tasty ideas.

Top tips for oil and spreads:

- Reduce the amount of oil used for cooking and choose healthier options such as canola. See below for cooking method ideas.
- Butter and margarine spreads on bread is not necessary. Provide reduced salt sauces, mustards and other condiments that provide flavour instead.

Increase fibre

High amounts of fibre can be found in whole foods including wholegrains, vegetables and fruits.

Top tips for breads and grain products:

- Use wholegrain breads, rolls, pita bread, English muffins etc instead of plain white varieties.





Increase fruit (Daily Recommendation 2 serves)

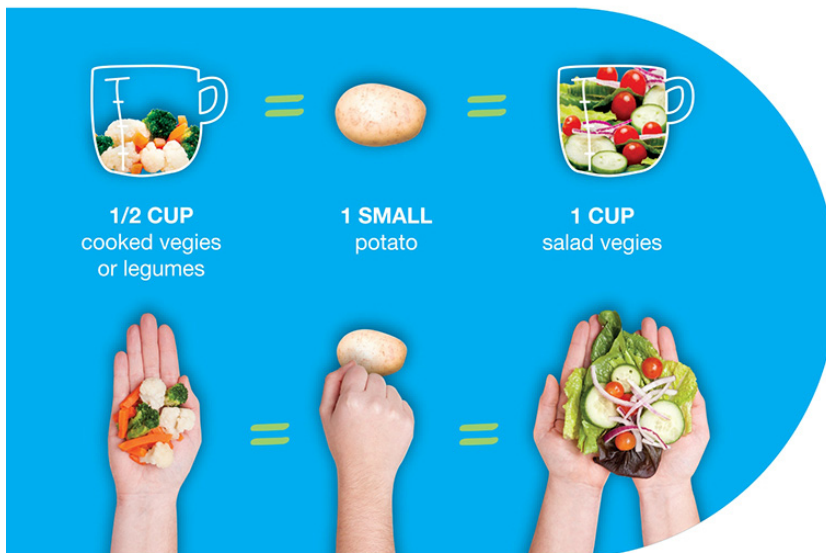
Having fruit served fresh or grilled is a great healthy sweet addition to your barbecue. Fruit can be fresh, frozen, dried or canned.

Top tips for fruit:

- Provide fresh sliced fruit or diced fruit salad. Serve with reduced fat or natural yoghurt.
- Fresh seasonal fruits can be a cheaper option than those that are not in season.
- Pineapple rings or stoned fruits like peaches, nectarines and apricots can be lightly seared on the barbecue plate.
- If using canned fruit, choose options with natural juice or no added sugar rather than syrup.

Increase vegetables (Daily Recommendation 5-6 Serves- adults)

What is **1** serve of vegetables?



Vegetables add freshness and flavour to a meal. Add them to the main meal or serve on the side. Use fresh, frozen, dried or canned (rinse before use).

Top tips for vegetables:

- Corn on the cob is very popular.
- Automatically serve salad (such as tomato, cucumber, grated carrot or lettuce) on bread options e.g. burgers and steak sandwiches.
- Try bean, lentil, chickpea or vegetable patties, burgers and falafels and marinated firm tofu burgers/steaks.

- Add grated vegetables to meat or legume patties to bulk them up – this can also help reduce costs.
- Try mixed vegetable skewers.
- Vegetables such as capsicum, zucchini, sweet potato or eggplant are easily barbecued.
- Jacket potatoes can be cooked wrapped in foil (for barbecues with closable lids only) and filled with salads and reduced fat cheese or yoghurt.
- Provide a variety of fresh salads.



Flavour with sauces, dressings, herbs and spices

These additions are a great way to add flavour and aroma to food. Choose reduced salt sauces and dressings. Experiment with a range of common fresh or dried herbs and spices.

Top tips for adding flavour:

- Use dressings with lemon juice, vinegar, mustard and herbs such as pepper, parsley, basil and mint, with a dash of healthy plant oil such as olive.
- For commercial dressings, choose 'no oil' or reduced fat and sugar varieties.
- Try natural yoghurt to replace common creamy dressings.
- Let people choose and serve their sauces and dressings on the side.
- Add herbs and spices to meats or marinades.
- Popular herbs include parsley, basil, thyme, dill, rosemary, oregano and chives.
- Popular spices include ginger, paprika, pepper, nutmeg and cinnamon. Avoid chilli unless you know it will be enjoyed by everyone.

Choose healthier cooking methods

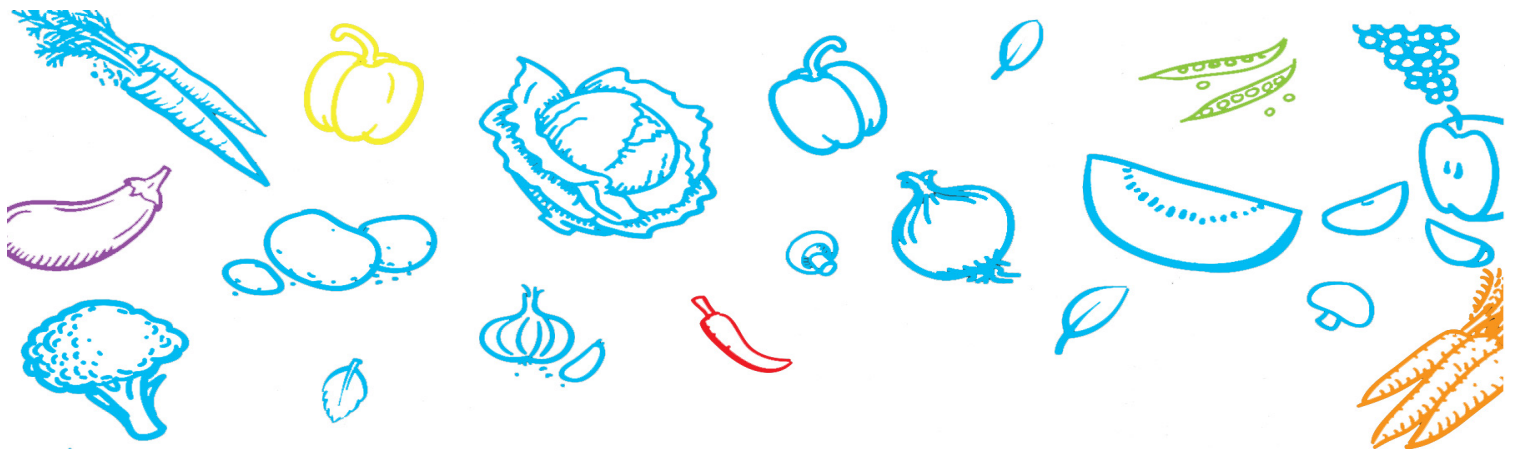
The healthier cooking methods include grilling, steaming and roasting, where little or no oil, butter or margarine is used. Butter and margarine are generally high in fat and salt. All cooking oils are also high in fat.

Top tips for frying foods:

- If frying, oil is healthier than butter or margarine. Some oils are healthier than others. Canola oil is a good option.
- A cooking oil spray can help control the amount you use, which will also reduce costs. Be careful when spraying close to gas grill plates.
- Use the grill plate instead of the flat plate where possible to allow fat to drip away.
- Toss onions and other vegetables in a bowl with a small amount before cooking rather than pouring oil directly on the barbecue plate.
- Drain oil-based marinades off meats before cooking.

Use the 'Australian Guide to Healthy Eating' as a reference for providing healthy options. Visit www.health.gov.au for a copy. <http://goo.gl/nALv6H>





Provide Water

Water is the healthiest drink option for people of all ages and is the most effective drink to quench thirst. Other drink options such as juice, soft drink, flavoured milks and energy drinks generally contain a lot of sugar and energy and provide little or no nutrition.

Local Healthy BBQ Food Suppliers

Healthy Together Mildura is putting together a list of local businesses that can meet your healthy barbecue needs. Keep a look out for these details on the Healthy Together Mildura website:
www.healthytogethertomildura.com.au

For more information or if you are a local food supplier and would like to be on the list, please contact Healthy Together Mildura at Mildura Rural City Council on Ph: 03 5018 8524 or email info@healthytogethertomildura.com.au

Food Safety

Community food premises classes

Community groups can hold fairs, fêtes, dinners, Barbecue s, and a range of other activities to raise funds.

At these activities, the risk of food becoming unsafe depends on the type of food, and how and where it is stored, prepared, handled and transported by volunteers and staff members. Because these activities involve different levels of risk, community food activities may fall within class 2, 3 or 4 under the Food Act.

Your group's classification will depend on the food safety risks involved in handling the type of foods you plan to sell. For example, selling pre-packaged foods that don't need refrigeration, such as bottled water (class 4), is less risky than selling fruit salad which needs refrigeration (class 3), or preparing and serving casseroles or chicken salad (class 2) which need correct temperature control at all times to keep them safe.

Of course, your group is free to run any kind of food activity, as long as you meet the relevant food safety requirements and have Council approval.

Food Safety is continued on next page





Basic food safety tips

With any type of food preparation and serving, it is always important to maintain food safety and hygiene. Here are a few ways to help ensure you are serving healthy, safe food to your community:

- Wash your hands before and after cooking or going from handling raw meats to cooked foods.
- Store foods at the appropriate temperature:
 - Keep cold foods cold before cooking and eating (below 5°C).
 - Keep hot foods hot until serving - especially meat (above 60°C).
- Make sure foods are thoroughly cooked and the centre reaches 75°C.
- Keep cooked meats or any utensils used for cooked foods away from raw foods.
- Keep raw meat away from vegetables and fruits, this includes when cooking on the barbecue.
- Wash all fresh fruit and vegetables before use.

Free food safety resources

Dofoodsafely - free online learning program for food handlers at <http://dofoodsafely.health.vic.gov.au>

Food safety guide for community groups - class 3 www.health.vic.gov.au/foodsafety

Food safety supervisor requirements - www.health.vic.gov.au/foodsafety/skills_knowledge/fss.htm

Food vans and stalls - Single approval to operate in Victoria
www.health.vic.gov.au/foodsafety/bus/mobile.htm

Food safety & approval processes

Guide to food safety regulation for community groups

<http://docs.health.vic.gov.au/docs/doc/Guide-to-food-safety-regulation-for-community-groups---Food-fundraisers--October-2011-> or <http://goo.gl/a4M422>

This leaflet is for community groups organising fundraising activities that involve the sale of food. It explains 'food premises classification' under Victoria's Food Act 1984.

Food vans and stalls - Single approval to operate in Victoria, class2, 3 and 4

<http://docs.health.vic.gov.au/docs/doc/Food-vans-and-stalls---Single-approval-to-operate-in-Victoria--class2--3-and-4--November-2011> or <http://goo.gl/BYGp7X>

This leaflet is for community groups and outlines and approval process required to run your BBQ.

Note: Community fundraiser food activities which fall within class 2 under the Food Act are exempt from the need to have a food safety supervisor if A) those handling the food are mostly volunteers and B) the food activity takes place at the site for a maximum of two consecutive days at any one time.

If your class 2 food handling activities do not meet these two requirements, you must have a food safety supervisor. You must obtain approval to run these activities. Ref: <http://goo.gl/a4M422>



Community Food Premises Classes

Under Victoria's Food Act 1984, local councils are responsible for classifying every food premises according to their food safety risks. <http://goo.gl/a4M422>

This table gives an idea of the types of food handling activities that each class of food premises may run. As the arrows show, class 3 food premises may also run class 4 activities, as these are lower risk. Class 2 premises may also run class 3 and 4 activities. *Ref: Guide to food safety regulation for community groups - Food fundraisers, Oct 2011*

Food premises classes under the Food Act		
Class 2 High-risk foods which need correct temperature control at all times to keep them safe		
Food premises type	Market stalls, food vans, community halls, sporting group kiosks, or permanent premises	
Food handling activities	May conduct all class 2 activities below (and all class 3 and class 4 activities below)	
<ul style="list-style-type: none"> Handling and selling cooked, refrigerated and reheated foods such as ... 	<ul style="list-style-type: none"> ✓ Burgers ✓ Casseroles and rice dishes ✓ Chicken 	<ul style="list-style-type: none"> ✓ Pizza ✓ Quiche ✓ Soups
<ul style="list-style-type: none"> Making, handling and selling high-risk foods containing uncooked ingredients such as ... 	<ul style="list-style-type: none"> ✓ Homemade mayonnaise or aioli ✓ Tiramisu ✓ Mousse 	<ul style="list-style-type: none"> ✓ Salads ✓ Sandwiches ✓ Smoothies
<ul style="list-style-type: none"> Selling unpackaged high-risk foods removed from package such as ... 	<ul style="list-style-type: none"> ✓ Fruit juice, fresh ✓ Smallgoods 	
Class 3 Unpackaged low-risk foods, or pre-packaged high-risk foods, or 'cook and serve' foods		
Food premises type	Market stalls, food vans, community halls, sporting group kiosks, or permanent premises	
Food handling activities	May conduct all class 3 activities below (and all class 4 activities below)	
<ul style="list-style-type: none"> Handling and selling unpackaged low-risk foods — including removed from package/bottle such as ... 	<ul style="list-style-type: none"> ✓ Biscuits ✓ Carbonated beverages (if poured) ✓ Cereals and grains ✓ Dried fruits 	<ul style="list-style-type: none"> ✓ Fruit and vegetables, whole or cut ✓ Ice creams, except soft serve ✓ Jams
<ul style="list-style-type: none"> The following other low-risk activities ... 	<ul style="list-style-type: none"> ✓ Eggs in the shell 	<ul style="list-style-type: none"> ✓ Food tastings (<i>a sample of high-risk food offered for up to 4 hours</i>)
<ul style="list-style-type: none"> Selling pre-packaged high-risk foods such as ... 	<ul style="list-style-type: none"> ✓ Cakes with cream fillings ✓ Desserts, such as cheesecakes and custard tarts ✓ Fruit salads ✓ Meats, including poultry and game 	<ul style="list-style-type: none"> ✓ Meals, such as fresh pasta, casseroles, curries and lasagne ✓ Sandwiches ✓ Smallgoods (such as Strasbourg, ham and chicken loaf), smoked salmon, soft cheeses and dips)
<ul style="list-style-type: none"> Selling re-heated packaged foods such as ... 	<ul style="list-style-type: none"> ✓ Pies heated in original packaging 	<ul style="list-style-type: none"> ✓ Sausage rolls heated in original packaging
<ul style="list-style-type: none"> Selling high-risk foods cooked and served for immediate consumption ... 	Selling high-risk foods for no more than 2 days at any one time: <ul style="list-style-type: none"> ✓ Barbeques including hamburgers, sausages, other meats, or eggs — all cooked and served immediately 	
Class 4 Low-risk activities		
Food premises type	Market stalls, food vans, community halls, sporting group kiosks, some sessional kindergartens, or permanent food premises	
Food handling activities	May conduct all class 4 activities below	
<ul style="list-style-type: none"> Handling and selling low-risk foods such as... 	<ul style="list-style-type: none"> ✓ Biscuits, tea or coffee, with or without milk or soymilk ✓ Bottled jams or honey ✓ Bottled water, soft drinks or alcohol ✓ Packaged chocolates and sugar confectionery 	<ul style="list-style-type: none"> ✓ Packaged cooked cakes, excluding cream fillings ✓ Uncut fruit and vegetables ✓ Wine tastings, including with cheese or crackers
<ul style="list-style-type: none"> Simple sausage sizzles involving... 	<ul style="list-style-type: none"> ✓ Sausages, onions, sauce and bread only, cooked and served straight away 	
<ul style="list-style-type: none"> Sessional kindergartens supplying low-risk snacks such as ... 	<ul style="list-style-type: none"> ✓ Cut fruit, milk, breads, or cereals 	



Better BBQ Menu Ideas

Tasty, healthy menu ideas for your next barbecue.

Main meal

- **Steak sandwich** - tenderised minute steak served on wholegrain bread, topped with tomato and lettuce.
- **Australian burger** - lean mince or vegetable patty served with tomato, lettuce, fresh or barbecued pineapple rings and sliced beetroot.
- **Skewers** - marinated lean meat, tofu or haloumi, and thread onto skewers with capsicum, mushroom, cherry tomatoes, and zucchini brushed/sprayed with healthy oil.
- **BBQ wrap/yiros** - thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.
- **BBQ toasties** - pre-make toasties with wholegrain bread and toppings such as reduced fat cheese, tomato, avocado or lean ham. Lightly brush bread with oil before barbecuing each side on the hot plate until golden.
- **BBQ stirfry** - finely sliced meat or tofu, mixed vegetables and hokkien noodles. Marinate the meat for extra flavour.



BBQ vegies

- **Corn on the cob** - although not necessary, you can thread the corn onto skewers for easy cooking and eating.
- **Marinated garlic mushrooms** - brush/spray or toss large mushrooms with healthy oil and a small amount of crushed garlic, then grill.
- **Vegetable kebabs** - brush/spray or toss capsicum, zucchini, cherry tomatoes and mushroom with healthy oil and herbs then thread onto skewers.
- **Grilled vegetables** - brush/spray or toss chopped vegetables such as capsicum, zucchini, sweet potato or eggplant and grill or barbecue.
- **Jacket potatoes** - cooked potatoes in wrapped foil on BBQ, then top with salad or vegetables and low fat cheese or yoghurt.



Salads

- **Coleslaw** - shredded carrot, cabbage, celery, and radish tossed in a reduced fat yogurt, lemon juice and parsley dressing.
- **Tabouli** - cracked wheat, parsley, mint, onion, tomatoes, lemon juice and a small amount of olive oil.
- **Pasta salad** - cooked pasta, tomatoes and spring onions tossed in balsamic vinegar.
- **Potato salad** - cooked potato and spring onions dressed in a mixture of reduced fat yoghurt, mustard and black pepper or alternatively reduced fat yoghurt, fresh mint, garlic and lemon.



Marinades – for meat, tofu and vegetables

- **Classic soy** - reduced salt soy sauce, small amount of sesame oil, ginger and garlic.
- **Lemon and chilli** - garlic, reduced salt soy sauce, lemon juice and sweet chilli sauce.
- **Tandoori** - reduced fat yoghurt with chilli, coriander, garlic, cumin and turmeric.
- **Honey soy** - garlic, honey and reduced salt soy sauce.

For the best result let your items marinate overnight or for at least two hours.



Easy Budgeting for a Healthy BBQ



These costs are an estimate of supplier prices.

Ask your supplier for discounts to support your healthy event.

Item	Cost	Sale Price A	Sale Price B	Sale Price C	Sale Price D	Sale Price E	Sale Price F
Lean Steak Sandwich							
Total	\$2.02	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain bread	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47	\$0.47
Lean minute steak	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10	\$1.10
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	19.20%	32.67%	42.29%	49.50%	55.11%	59.60%

Vegetable Burger							
Total	\$2.05	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain Roll	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70
Vegetable burger pattie	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90	\$0.90
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	18.00%	31.67%	41.43%	48.75%	54.44%	59.00%

Lean Beef Burger							
Total	\$2.35	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00
Multigrain Roll	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70	\$0.70
Lean hamburger pattie (100g)	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20	\$1.20
Lettuce mixed leaves	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30	\$0.30
Sliced tomato (20g)	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15	\$0.15
% Profit	0.00%	6%	21.67%	32.86%	41.25%	47.78%	53.00%

Corn cob 1/2	\$0.40	\$0.50	\$1.00	\$1.50	\$2.00		
% Profit	0.00%	20.00%	60.00%	73.33%	80.00%		

Bottled water 600mL	\$0.83	\$1.00	\$1.50	\$2.00	\$2.50		
% Profit	0.00%	17.00%	44.67%	58.50%	66.80%		



Cheap, Easy, Healthy BBQs

Eight basic tips for healthier BBQ catering

Cut down on the fat

Try

- Minute steaks
- Lean meat kebabs
- Skinless chicken
- Vegetable Burgers

Remove any visible fat from meats before cooking.

If using sausages and meat patties, ask your butcher for reduced fat and reduced salt options (less than 10g fat per 100g).

Choose healthier cooking oils

- Use healthier plant oils such as canola
- Limit use
- Use spray oil to manage quantity

Add vegetables and fruits

- Corn on the cob is very popular among all age groups and is an item that can make a large profit
- Always serve salad items such as sliced tomatoes and lettuce on bread options (eg burgers and steak sandwiches)
- Add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost
- Sliced watermelon is another popular item which can make a large profit

Swap the seasoning

- Use herbs and spices to flavour meats instead of salt
- Use salt-reduced foods such as:
 - Sauces
 - Dressings *(also check sugar content on dressings, especially low fat options)*

Ditch the drink options

Always have water on display and keep cold if possible. Other drinks such as soft drink, sport drinks, juice and flavoured milks often contain high amounts of sugar and have little or no nutritional value.

Provide better bread

- Use multigrain breads, rolls, wraps etc.

Make healthy eating easy

People generally enjoy eating tasty healthy foods, however if other more familiar foods are also available (eg sausages and other fatty meats), these can still sell in high quantities. Support healthy eating by making the healthier options the only options.

Get the numbers right

To help you achieve your planned profit, you want to avoid a lot of leftovers – it may be better to under cater than over cater.

Trial new options. Start by offering a few healthy options (such as vegetable burgers, grilled corn etc) and increase supply once you know how popular each option will be.

