

# canteen *fresh*

For more Fruit and Veg information, check out the F and V for ME internet site at [www.fandvforme.com.au](http://www.fandvforme.com.au)

Super snacks, quick lunch ideas and helpful information on fresh fruit and vegetables. Proudly brought to your school canteen by Sydney Markets.

## raw vegetables – fuel for school

**Energy-boosting salads containing loads of fresh raw vegetables make great kid's lunches, especially in hot weather. They are a refreshing change to sandwiches.**

Often the value of super-healthy raw vegetables is overlooked. Raw vegetables contain beneficial vitamins, minerals, antioxidants and fibre. Simply washed and chopped, fresh raw vegetables retain all their natural goodness, flavour, colour and texture.

A simple lunch box filled to the brim with an array of ready-to-eat raw vegetables with a wedge of low-fat cheese and a whole grain bread roll is one of the healthiest of lunches for kids of all ages!

Try these quick salad ideas:

- ▶ Arrange sticks of cucumber, carrots, celery and red capsicum in a plastic container lined with a crisp lettuce leaf. Add a few cherry tomatoes, a halved hard-boiled egg, a wedge of low-fat tasty cheese and a halved pita pocket bread spread with hommus.



- ▶ Combine tomato wedges with drained and flaked tuna, cooked spiral pasta, grated carrot, sliced button mushrooms and chopped Telegraph cucumber. Drizzle with a little low-fat salad dressing.
- ▶ Toss drained and rinsed four-bean mix with thinly sliced zucchini, halved cherry tomatoes, finely chopped red capsicum and chopped blanched green beans. Drizzle with a low-fat salad dressing and serve in a container with a multi-grain bread roll.

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# healthy sweet snacks

Kids love something sweet, particularly mid-morning. Fresh fruit is one of the healthiest snacks you can provide. Fruit contains essential vitamins, dietary fibre and carbohydrates for energy. These great mid-morning fruit snacks are light on fat and provide plenty of choice for hungry kids.

- ▶ **Strawberry-topped pikelets.** Spread pikelets with low-fat ricotta cheese. Top with halved strawberries and a dusting of icing sugar (*pictured right*).
- ▶ **Banana-topped pikelets.** Top pikelets with sliced banana and brush with warm apricot conserve.
- ▶ **Pineapple, peach & blueberry cups.** Combine diced fresh pineapple, chopped peach, blueberries, low-fat natural yoghurt and a little toasted dessicated coconut. Spoon into plastic cups and chill until ready to serve.
- ▶ **Fruit muffin with banana & honey.** Spread halved fruit muffins with low-fat cream cheese, top with sliced bananas and a drizzle of honey (*pictured right*).
- ▶ **Cool melon kebabs.** Alternately thread cubes of honeydew, rockmelon and watermelon onto skewers (snip the sharp end off the skewer before serving). Chill well and serve.



# whip up a fresh fruit drink



As the weather warms up, an abundance of fresh fruit hits the markets. It's a great time to whip up beneficial cool drinks in your blender. Ideal for mid-morning or lunchtime, freshly-made juices are low in fat and loaded with vitamins to help build-up immunity.

Fresh fruit can be washed and chopped ahead of time and chilled so it's ready to blend. Add natural sparkling mineral water or ice-cubes to drinks, if desired. Buying fruit for juicing by the box, direct from a wholesaler or through your greengrocer, will provide considerable savings.

Here are some cool suggestions:

- ▶ Chilled watermelon
- ▶ Pineapple and strawberry
- ▶ Orange, mango and peach
- ▶ Rockmelon and honeydew melon
- ▶ Watermelon and blueberry

# top *fresh* purchasing & storage tips

- ▶ Pineapples do not ripen after picking. Skin colour is not an indication of ripeness, skin colour varies with variety and maturity. It's best to avoid soft fruit as it is generally overripe or bruised. Select firm pineapples that have a pleasant aroma.



- ▶ Do not store tomatoes in the fridge until fully ripened. Store at room temperature out of direct sunlight for their flavour to fully develop. This may take from 2-7 days, depending on quality and level of ripeness. If refrigerating ripe tomatoes, remove from the fridge a few hours before serving for optimum flavour.
- ▶ Do not store salad greens and cucumbers next to melons, bananas or apples in your fridge. These fruits release a gas which will cause vegetables to quickly deteriorate.
- ▶ When selecting early-season nectarines and peaches ensure that the fruit has a golden colour around the stem. Fruit that is green is not fully ripened and may lack flavour.
- ▶ To store fresh berries, remove from the punnet and place onto paper towel on a plate or tray. Cover loosely with plastic wrap and store in the fridge. Use within 2 days.

# bumper sandwich fillings

**Every child likes a sandwich for lunch but can become easily bored with the same fillings.**

Healthy fruit and vegetables add lots of variety, flavour, crunch and colour to sandwich fillings. Used in combination with a variety of wholemeal, rye and multigrain breads, the range of nutritious sandwiches is endless.

Try these great combinations:

- ▶ **Rainbow salad** – layer sliced beetroot, grated carrot, finely chopped red capsicum and alfalfa sprouts with light cheese slices (*pictured right*).



- ▶ **TCC** - Tuna, cucumber & cherry tomatoes – mix canned tuna with low-fat mayonnaise, top with thinly sliced Lebanese cucumber and chopped cherry tomatoes (*pictured right*).
- ▶ **Creamy avocado & chicken** - mash avocado with a little lemon juice and use as a spread. Top with diced cooked chicken, snow pea sprouts and shredded Iceberg lettuce.



- ▶ **Banana ricotta** - combine mashed banana with low-fat ricotta cheese.
- ▶ **Crunchy peanut combo** - combine low-fat cottage cheese with chopped fresh dates, thinly sliced celery, diced button mushrooms and low-salt peanut butter.

# what's fresh

OCTOBER TO DECEMBER

Use this list of seasonal fruit and vegetables as a guide when purchasing produce for your school canteen. Buying fruit and vegetables in their natural peak season is your guarantee of freshness and good value. Don't forget to provide your greengrocer with size and quality specifications when you place your order.

## VEGETABLES

ASPARAGUS  
CAPSICUM  
CARROTS (grate and add to salad sandwiches)  
CELERY  
CORN  
CUCUMBER  
EGGPLANT  
LETTUCE (a huge range is available)  
POTATOES (use baby new potatoes for salads)  
SPINACH (add baby spinach leaves to sandwiches)  
SNOWPEAS AND SUGAR SNAP PEAS  
SWEET POTATO (orange sweet potato is often sold as kumara)  
TOMATOES  
ZUCCHINI

## FRUIT

APPLES (Lady Williams)  
APRICOTS  
BANANAS  
BERRIES (strawberries, blueberries, blackberries)  
CHERRIES (at their best in December)  
KIWIFRUIT (add to fruit salads)  
MELONS (rockmelon, honeydew and watermelon)

NECTARINES (from November)  
ORANGES (Valencias)  
PAWPAW & PAPAYA  
PEACHES (from November)  
PINEAPPLES (roughie-leafed is especially sweet)  
PLUMS

## FRESH FRUIT – THE PERFECT SNACK

A piece of fresh fruit is one of the best snacks for children. Remember to wash and dry fruit that does not require peeling. Attractively display fruit on the canteen counter for easy selection. Right now, these fresh fruits are ideal:



- ▶ Apricots (from November)
- ▶ Small Lady Williams apples
- ▶ Cavendish and Ladyfinger bananas
- ▶ Ripe nectarines and peaches (from November)
- ▶ Navel and Valencia oranges
- ▶ Hulled strawberries (in a plastic cup)

# meal

• DEALS •

## CAPTAIN CAPSICUM HERO MEAL

- Raw vegetable lunch box with hommus dip
- Fruit muffin with banana and honey



## SUMMA STRAWBERRY HOT DEAL

- Tuna, pasta and vegetable salad
- Strawberry-topped pikelets



## OSCAR ORANGE SPORTING FUEL

- Rainbow salad sandwich
- Valencia orange and a carton of low-fat passionfruit yoghurt



## MEGABITE APPLE BRAIN FOOD

- Banana ricotta sandwich
- Cool melon kebabs



## TAMARA TOMATO TASTY MEAL

- TCC (tomato, cucumber and cherry tomato) sandwich
- Pineapple and blueberry cup with yoghurt



## HELP US WITH *fresh* IDEAS AND WIN!

Sydney Markets would like to offer you the opportunity to win \$50 of fresh produce for your school canteen.

Simply send in your super easy, super fresh snack ideas that you have tried and tested at your school canteen. Authors of published recipes will receive \$50 worth of fresh produce for your school canteen with compliments from Sydney Markets.

Please address recipes to: Fresh for Kids Program Manager, Sydney Markets, PO Box 2, Sydney Markets NSW 2129.

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