

canteen *fresh*

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Helping canteen managers provide healthy meal choices in their school canteen – proudly brought to you by Sydney Markets!



Great *pick-me-up* morning snacks



WEETBIX WITH BANANA



MUESLI, FRUIT & YOGHURT CUPS



EGG & VEG MUFFIN

Getting off to a good start before going to school is very important for growing kids. Breakfast not only helps wake you up it provides the body with 'fuel' to get you through the day.

Many school children have a rushed breakfast, a quick snack or skip breakfast altogether before school. Skipping breakfast can make kids lethargic and tired and this leads to poor concentration. Kids are often very hungry by mid-morning. By providing healthy mid-morning snacks on your canteen menu, kids can catch up on the nutrients they may have missed out on at breakfast.

These super-quick snacks provide plenty of vitamins and the energy kids need to fuel brainpower during their busy day at school. Wholegrain breads, muffins and cereals provide carbohydrate for energy and milk, yoghurt, cheese and eggs provide calcium and protein, which helps kids stay alert!

- Spread Weetbix or VitaBrits with fresh low-fat ricotta cheese, top with sliced banana (a good source of fibre, potassium, vitamin C and vitamin B6) and a sprinkle of ground cinnamon.

- Layer chopped fresh apples and pears (both are a good source of fibre and carbohydrates) in plastic cups with natural yoghurt and crunchy toasted muesli.
- Top a toasted wholegrain muffin with a few baby spinach leaves (an excellent source of vitamin C and fibre), sliced tomato (also great for vitamin C) and a fried or poached egg.
- Make nourishing banana or strawberry whips (use reduced-fat milk) enriched with egg and honey. Fruit whips are ultra easy to whirl up in a blender!

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'Sandwich' of the Season

This season's '*sandwich*' is a healthy version of a hamburger. The wholegrain bread roll provides carbohydrate and the beef burger provides protein, which keeps kids alert and supports body growth. Avocado is a great alternative to butter and crisp salad vegetables provide vitamins and fibre.

Teamed with a piece of fresh fruit and a carton of calcium-rich yoghurt, this burger makes a top school lunch.

HOT BURGER SALAD ROLL

To make:

1. Spread a wholemeal bread roll with mashed avocado.
2. Top with a lean beef burger, butter lettuce leaves, grated carrot, sliced tomato and thinly sliced Lebanese cucumber.
3. Drizzle with tomato barbecue sauce and serve.



Warm up kids with a mug of *home-made* soup

In winter, kids need an immunity boost. A hearty soup brimming with fresh vegetables is warming and full of vital nutrients – it's also a great way to incorporate vegetables into a child's diet!

SOUP-MAKING MORNING FOR PARENTS

Organise a small group of parents to assist in a soup-making morning. Helping hands will make chopping vegetables extra quick! After the soup is made, pour it into airtight containers and freeze for up to 3 months.

Remove from the freezer and defrost overnight in the fridge. Simply reheat the defrosted soup in the microwave or in a saucepan on the stove.

Serve a mug of this nourishing soup with a wholegrain bread roll or a few thick slices of wholemeal pita bread.

Soup making is also a great classroom activity as children can learn about nutrition, safe food handling and hygiene.



HEARTY VEGETABLE SOUP

Prep: 40 minutes (1 person)

Cooking: 2 hours

Serves: 20 cups

- ¼ cup olive oil
- 2 large onions, finely chopped
- 3 large carrots, washed and diced
- 4 large potatoes, peeled & diced
- 2 medium zucchini, finely chopped
- 2 medium parsnips, peeled & chopped
- 3 large sticks celery, thinly sliced
- ¼ cup roughly chopped flat-leaf parsley
- 2 x 400g cans chopped tomatoes
- 6 chicken stock cubes, crumbled
- 3½ litres (14 cups) warm water
- 2 x 400g cans cannellini beans (white beans), rinsed and drained
- salt and pepper to taste

Method

Heat the oil in a very large saucepan or stockpot over medium-high heat. Add onions, carrots, potatoes, zucchini, parsnips and celery and cook, stirring occasionally, for 10 minutes.

Add parsley, canned tomatoes, stock cubes and water to the saucepan. Stir well to combine. Cover and bring to the boil over medium-high heat, stirring occasionally and skimming froth from the surface. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 1½ hours or until vegetables are tender.

Stir in the beans and cook for a further 20 minutes. Season with salt and pepper and serve warm in a cup with a sealed lid.

Variations

- Replace the cannellini beans with 1 cup small macaroni pasta.
- Top soup with grated reduced-fat tasty cheese to serve.
- Replace cannellini beans with four-bean mix.

In focus – potatoes

Most potatoes are available all year round.

NUTRITION

A good source of vitamin C, dietary fibre and carbohydrate, potatoes also supply potassium, thiamin and folate. They have no fat and are not fattening (it's the added toppings that generally have the fat!).

BUYING

Choose dry, firm potatoes without sprouts or wrinkled skin. It's important to avoid potatoes with green skin as this indicates that harmful toxins may be present in the potato flesh.

STORING

Store in a cool, dark, well-ventilated place. Exposure to light will cause greening. Do not store potatoes in the fridge and ensure that they're removed from plastic bags.

Use washed potatoes within 1 week and unwashed potatoes within 2 weeks.

PREPARING

If leaving the skin on, scrub well with a soft brush. If peeling, do not leave to soak in water as potatoes will lose their vitamins and some starch.

POTATOES IN YOUR SCHOOL CANTEEN

Make jacket potatoes (see right) and potato wedges. Add diced potato to soups. In summer, make a quick potato salad with chopped egg and low-fat mayonnaise or light sour cream.

JACKET POTATOES

Kids love warm jacket potatoes, especially in winter! They can be baked in an oven or quickly microwaved. Once ready, keep warm (cover with foil to prevent them drying out) and simply add a nutritious low-fat topping to serve.



Best varieties for jacket potatoes

Bintje, Coliban, Desiree, King Edwards, Pontiac, Sebago, Spunta and Russet Burbank. For jacket potatoes, choose round or oval-shaped potatoes which are around 150g each. This is an ideal-sized potato for most children.

Microwave jacket potatoes – makes 10!

1. Prick 10 x 150g potatoes all over several times with a fork and brush with a little olive oil.
2. Place directly onto the microwave turntable and microwave on high (100%) for 8 minutes then turn potatoes over and microwave for a further 7 minutes or until tender when tested with a skewer. Using tongs, remove potatoes to a plate, cover with foil and leave for 10 minutes to cool. Remove foil and leave to cool slightly.
3. To serve, simply cut a deep cross into the top of each cooked potato. Gently squeeze the potato to open up, top with a topping and serve.

To reheat: Place 1 cold potato directly onto the microwave turntable and microwave on medium (50%) for 2-3 minutes or until warmed through. To reheat 10 potatoes, microwave on medium (50%) for 10-12 minutes.

Oven-baked jacket potatoes: Brush potatoes with oil, place onto a baking tray and cook in a 180°C oven for 45 minutes to 1 hour or until tender when tested with a skewer.

Suggested toppings:

- cottage cheese and diced avocado
- salt-reduced baked beans
- grated low-fat tasty cheese and flaked tuna
- hommus dip and chopped lean ham
- light sour cream and lean crispy bacon

5-top purchasing tips

- ▶ **Nashi** is a type of pear which is picked ripe and ready to eat. Although a pear, nashi is round in shape like an apple and has crisp, juicy flesh. Skin colour varies with variety. Choose firm nashi that feels heavy for its size and is free from soft spots or bruising.
- ▶ Thinly cut **Lebanese cucumbers** lengthways with a vegetable peeler and add to salad sandwich fillings. Kids prefer cucumber very thinly cut! Choose Lebanese cucumbers with bright unblemished skin. They should be firm and not easily bent.
- ▶ Sweet fresh **dates** make a healthy snack. The dark-chocolate coloured Medjool date is the most popular and it's available all year round. Choose plump, moist dates with a pleasant aroma.
- ▶ **Sweetcorn** is very popular with kids. Select firm cobs with fresh-looking green husks. Kernels should be plump, bright yellow, glossy and release a milky juice when pressed with your fingernail. Corn deteriorates rapidly after harvesting (the natural sugars convert to starch), so use within 2 days.
- ▶ Kids love **mandarins** and *Ellendales* are the pick of the mandarin crop around mid-winter and in late-winter buy *Honey Murcots*. Both varieties are easy to peel and have a full mandarin flavour. Select bright, glossy mandarins that feel heavy for their size.

Pick a Piece – fresh fruit on the counter

Fresh fruit is the perfect healthy snack. Fruit is low in fat, provides carbohydrate, natural sugars and fibre, in addition to valuable nutrients.

To protect their health, children aged 5-12 years should eat 2 or 3 serves of fruit and 3 serves of vegetables per day, increasing to at least 3 serves fruit and 4 serves fresh vegetables per day as teenagers. One medium piece of fruit or ½ cup cooked vegetables counts as one serving.

Make your fresh fruit display a feature! Display fruit directly on your serving counter to attract kids and tantalise their taste buds!

At this time of year include these fruits:

- Apples
- Bananas
- Kiwifruit – halved and served with a spoon
- Mandarins
- Pears (ensure they're ripe and ready to eat)
- Tangelos
- Navel Oranges
- Nashi – small ones (about 100g each) are perfect
- Small cup of hulled strawberries (from August)

School canteen produce buying guide July to September

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value. Use this seasonal chart to help you decide what to purchase before ordering and to plan your canteen menus.

Be sure to stipulate the size (especially for fruit which should be perfectly-sized for kids to pick up and eat) and the quality that you expect with your produce order. Inspect fresh fruit and vegetables on delivery and ensure that produce looks, smells and feels good – it's important for you to choose the season's best!

Vegetables

- Beetroot
- Broccoli
- Beans
- Cabbages (make your own coleslaw)
- Carrots (grate and add to sandwiches)
- Cauliflower
- Celery (very thinly slice and mix with tuna)
- Mushrooms (Use buttons on pizza)
- Onions
- Parsnips
- Potatoes (see In Focus on page 3)
- Pumpkin (roast and add to sandwiches)

- Silverbeet
- Spinach (baby leaves are great for sandwiches)
- Swede
- Sweet potatoes (choose orange-fleshed kumara)
- Turnips
- Zucchini

Fruit

- Apples (most varieties in July then choose Lady Williams and Sundowners)
- Avocados (Fuerte, Hass and Sharwill)
- Custard Apple
- Dates
- Kiwifruit (gold and green)
- Grapefruit (ruby is sweeter)
- Lemons
- Mandarins (Imperials to end of July then Ellendales & Honey Murcotts)
- Nashi (team with a wedge of cheese)
- Oranges – Navel
- Pears (Packham & Beurre Bosc)
- Papaya & Pawpaw
- Pineapple (mainly smooth-leaf)
- Strawberries (from August)
- Tangelos (peak in August)

Meal Deals

Strawberries at a Glance

Strawberries are loaded with vitamin C and their tiny seeds contribute fibre. To store strawberries, remove them from their punnets and place onto a tray lined with paper towel, cover loosely with plastic wrap and store in the fridge. They are best used within 2 days.



Summa Strawberry Hot Deal

- Chicken & avocado wholegrain sandwich
- Strawberry & kiwifruit yoghurt cup



Oscar Orange Sporting Fuel

- Hot burger and salad roll
- Orange & tangelo fruit salad with honey



Megabite Apple Brain Food

- Jacket potato with baked beans
- Pink Lady apple and a wedge of cheese



Tamara Tomato Tasty Meal

- Baked potato topped with cottage cheese and diced tomato
- Fresh fruit salad



Captain Capsicum Hero Meal

- Wedge of vegetable and ham pizza
- Banana smoothie and an apple



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