

canteen *fresh*

For more Fruit and Veg information, check out the Fresh for Kids internet site at www.freshforkids.com.au



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

inside

- > Quick and easy ways to 'jazz' up salads
- > Jaffles
- > In focus – carrots
- > Sandwich of the Season
- > Antioxidants
- > Storage tips
- > Produce buying guide

Fruit break

Fruit break at recess time is the ideal time for kids to enjoy the full nutritional value of fresh fruit. Fruit provides essential vitamins and minerals which are important for growth and good health. Fruit provides fibre and antioxidants and it also tastes great!

Growing kids should eat at least 2-3 pieces of fresh fruit everyday (see back page for further information), however many kids select processed, fatty or sugary foods instead of fresh fruit. Encourage kids to eat more fresh fruit by providing a good fresh fruit selection on your canteen menu.

Kids generally prefer fruit that is no-fuss and peeled, chopped up and ready to eat.

Super quick fresh fruit ideas for your canteen

- > Thread chunky pieces of peeled pineapple and rockmelon onto paddle-pop sticks.
- > Serve fresh seasonal fruit salad in a cup or take-away box. Alternatively, stir chopped fruit through reduced fat yoghurt and serve in a wax paper cup with a spoon.
- > Pop halved and hulled strawberries in a wax paper cups.
- > Serve a halved kiwifruit with a plastic spoon.
- > Place watermelon, honeydew and rockmelon balls in small plastic bags. Thirst quenching, juicy and easy to eat!
- > Quarter oranges and serve fresh or frozen with a paper napkin.



Pineapple and Rockmelon Sticks



Strawberry Cups

'Sandwich' of the Season

CRUNCHY CHICKEN SALAD WRAPS

Line Lebanese bread with butter lettuce leaves, top with shaved lean chicken, thinly sliced red capsicum and a few dollops of mashed avocado*.

Lebanese bread provides energy-giving carbohydrate. Leafy green lettuce supplies beta carotene (see story on antioxidants), has no fat and contributes fibre. Highly nutritious capsicum is rich in vitamin C – red capsicum has twice as much vitamin C as the green variety – and is excellent for beta carotene. Mashed avocado is good for vitamin E, folate and healthy monounsaturated fat.

* For senior students and teachers, add a drizzle of Thai sweet chilli sauce to the wraps.



Quick & easy ways to 'jazz' up your salads!

FRESH SALAD FILLINGS NEED NOT BE BORING!

Include a good selection from the following – shredded Iceberg lettuce, butter lettuce leaves, baby spinach leaves, sliced tomatoes, thinly sliced red capsicum, grated carrots, finely sliced celery, thinly sliced Lebanese cucumber, snow pea sprouts and alfalfa sprouts. For teachers and senior students, include thinly sliced red onions, char-grilled eggplant and grated raw beetroot.

CRISP LETTUCE

Ensure that lettuce is crisp and dry – limp lettuce is unappetizing. For extra crisp lettuce, separate and wash leaves

and dry well, then place into a plastic bag or airtight container and refrigerate.

NOT SO SOGGY TOMATO

When adding tomato to sandwich fillings, place slices between the meat, cheese or another 'cushioning' filling so that the bread remains firm and doesn't become soggy.

TOP TIPS FOR MASHING AVOCADO

Mash avocado with a squeeze of lemon juice to prevent browning. Avocado is best mashed on the day it is to be served.

Use mashed avocado as a spread on sandwiches and rolls instead of butter or margarine.

5-top storage tips for fruit and vegies

- 1 Store **avocados** out of direct sunlight at room temperature until the flesh gives at the stem end when gently pressed. Once ripe, store avocados in the fridge and use as soon as possible.
- 2 **Strawberries** keep best when removed from their punnets, placed on paper towel on a platter and covered with plastic wrap. This helps prevent the berries becoming squashed and moulding quickly.
- 3 Picked ripe and ready to eat, **pineapple** is best kept at room temperature, out of direct sunlight. Pineapple is best used within 2-3 days.
- 4 **Capsicums** should be stored in the vegetable crisper or in a sealed plastic bag in the fridge. Use within 5 days.
- 5 Store **cucumbers** in the vegetable crisper in the fridge. Don't store in plastic bags as they will sweat. Use within 4-5 days. Store cucumbers separately from fruit, as the gas given off by the fruit will cause the cucumbers to soften.

Antioxidants – what are they and their best fruit & veggie sources

Substances called antioxidants prevent oxidation in the body and offer protection against potentially harmful free radicals. Free radicals are produced by oxidation and have damaging effects on body cells. Research is indicating free radicals may be linked to diseases such as cancer and heart disease.

Best known antioxidants are vitamin C, vitamin E and beta carotene. Fresh fruits and vegetables are rich natural sources of antioxidants. Eating a well-balanced diet with plenty of fresh fruits and vegetables helps protect the body against free radicals.

VITAMIN C

Citrus fruits, kiwifruit, pawpaw, mango, rockmelon, strawberries, pineapple, broccoli, tomatoes and capsicum are excellent sources of vitamin C.

VITAMIN E

Fruit and vegetable sources of Vitamin E are avocados, blackberries, sweet potatoes, tomatoes and spinach.

Vitamin E plays an important role in hormone production and in the formation of cells which are vital for childhood growth. Vitamin E is also an excellent antioxidant.

BETA CAROTENE AND VITAMIN A

Beta carotene is the naturally occurring orange or yellow pigment found in plants. The body converts beta carotene to vitamin A. Vitamin A is essential to maintain healthy eyes and cell membranes and helps fight infections.

A powerful antioxidant, beta carotene is found in orange and red coloured fruits and vegetables like oranges, mangoes, apricots, carrots, red capsicum, orange sweet potato and tomatoes as well as in leafy dark green vegetables like broccoli, spinach, cabbage and lettuce.



A change from everyday sandwiches and rolls, jaffles are quick and easy to make in the canteen. Kids love them! These great tips and suggestions are sure to get you jaffle making!

TOP TIPS FOR JAFFLES

- > Ensure all ingredients are prepared and ready for the jaffles. Uncooked jaffles can be made a few hours in advance, placed in an airtight container and refrigerated until you are ready to cook the jaffles.
- > Preheat jaffle makers before adding the jaffles. They will be cooked and ready to eat in minutes when cooked in a hot jaffle maker.
- > Use an olive or vegetable oil spray to spray the bread before it goes into the jaffle maker, this prevents it sticking or burning and is much healthier than butter or margarine.
- > Use multi-grain or wholemeal breads with savoury fillings and raisin bread for sweet jaffles.

TERRIFIC JAFFLE FILLINGS

- > shaved chicken or ham with finely sliced celery and diced avocado
- > baked beans and baby spinach leaves
- > reduced fat cream cheese, chopped banana and a drizzle of honey
- > corned beef, mashed pumpkin and fruit chutney
- > sliced tomato and reduced fat cheese
- > sliced button mushrooms, baby spinach leaves and grated cheese

In focus – carrots

NUTRITION

Rich in beta carotene (which the body converts to vitamin A) and alpha carotene (an antioxidant), carrots also provide vitamin C and fibre.

BUYING

Select firm, bright coloured carrots. Avoid split or damaged carrots.

STORAGE

Place carrots in a plastic bag and store in the crisper section of the fridge. Use within 5 days. Carrots will develop a bitter taste if stored near apples, bananas or melons.



PREPARATION

Wash and scrub well. It's preferable to leave the skin on as many of the nutrients are in the skin. Kids prefer peeled carrot sticks when eating them raw so peel them as thinly as possible.

CARROTS IN YOUR SCHOOL CANTEEN

Grated carrots are so easy to eat when added to salad sandwiches. Carrots combine well with cream cheese, tasty cheese, tomatoes and salad vegetables. Add grated carrots to home-made coleslaw. Serve crunchy carrot sticks with a cheese stick for a healthy snack.

School canteen produce buying guide

July to September

Use this chart to help you decide what to purchase before ordering or to plan your canteen menus. Be sure to stipulate the size (especially for fruit, as it should be easy 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 it looks, smells and feels good – it's important to choose the season's best.



VEGETABLES

- Beans
- Beetroot
- Broccoli
- Cabbages – make your own coleslaw
- Carrots (see In Focus on page 3)
- Celery – very thinly slice and mix with tuna for sandwiches
- Mushrooms – use buttons on pizzas
- Onions
- Potatoes
- Pumpkin – boil, mash and add to jaffles
- Silverbeet
- Spinach – baby leaves are great for sandwiches
- Swede
- Sweet potatoes – choose orange-fleshed kumara
- Zucchini

FRUITS

- Apples – most varieties
- Avocados – Fuerte & Hass
- Custard Apples – add flesh to fruit salads
- Dates – fresh
- Kiwifruit – gold and green
- Lemons
- Mandarins – choose Imperials until July then Ellendales & Honey Murcots
- Nashi – team with a wedge of cheese
- Oranges – Navels
- Pears – Packham & Beurre Bosc
- Papaya & Pawpaw
- Strawberries – from August
- Tangelos – peak in August

Meal Deals

Potatoes at a Glance

Cooler months are a terrific time to serve jacket potatoes. A good source of carbohydrate needed for energy, potatoes also supply vitamin C and fibre. Potatoes make the ideal school canteen lunch, just keep the added toppings healthy and low in fat. For some great meal ideas using potatoes go to www.freshforkids.com.au for a copy of Canteen Fresh Term 3, 2002.

Summa Strawberry Hot Deal

- Cheese, carrot & peanut butter wholegrain sandwich
- Strawberry shake



Oscar Orange Sporting Fuel

- Baked potato topped with reduced-salt baked beans
- Fresh citrus fruit salad



Megabite Apple Brain Food

- Cheese, ham and salad wholemeal roll
- Fuji apple and 2 fresh dates



Captain Capsicum Hero Meal

- Tuna, red capsicum and cheese jaffle
- Pineapple wedges



Tamara Tomato Hero Meal

- Sliced tomato and reduced fat cheese jaffle
- Carrot sticks and a banana



Pick a Piece – fresh fruit & vegies on the counter

Fresh fruit is the perfect healthy snack. Fruit tastes great, 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. Go to the www.freshforkids.com.au links page for further information.

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

At this time of year include:

- Apples – small size are best
- Bananas

- Kiwifruit – halved and served with a plastic spoon
- Mandarins – Honey Murcot
- Packham pears (ensure they're ripe and ready to eat)
- Navel Oranges
- Nashi – small ones (about 100g each) are perfect
- Small bags of fresh dates (kids love their sweet caramel flavour).

Canteen Fresh is supported by funding from NSW Health and is produced by



PO Box 2 Sydney Markets NSW 2129
Phone: (02) 9325 6830 Fax: (02) 9325 6285
Email: freshforkids@sydneymarkets.com.au



Browse our websites for more interesting information and recipes!

www.sydneymarkets.com.au
and
www.freshforkids.com.au



If you no longer want to receive this publication please contact our office (details left).