

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 and nutritious meal choices on their canteen menu – proudly brought to you by Sydney Markets!

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Fabulous fresh fruit & yoghurt

Vitamin-packed fresh fruit teams really well with yoghurt. Use a variety of seasonal fruits and reduced fat yoghurts such as natural, vanilla and honey flavours which go best with fresh fruit.

Fresh fruit provides dietary fibre, vitamins and minerals. Yoghurt is an excellent source of calcium necessary for strong healthy bones and teeth. It's also good for the digestive system. Nutritionally it makes good sense to team fresh fruit and yoghurt!

These great fruit and yoghurt cups can be made up to 3 hours before serving. Store them in the fridge covered with plastic wrap or a lid.

FRUIT SALAD & YOGHURT SUNDAE (pictured right)

Layer seasonal fresh fruit salad with yoghurt in plastic cups; include rockmelon, apples and pears, mandarins, bananas, kiwifruit, pineapple and oranges. Drizzle with fresh strawberry puree to serve.



NUTRITION: Pears are low in kilojoules and a good source of dietary fibre.

BANANA, YOGHURT & HONEY CUP (pictured left)

Chop banana and drizzle with lemon juice to prevent discolouring. Half fill plastic cups with the sliced banana and top with yoghurt. Drizzle with honey and serve.

NUTRITION: Bananas have no fat and provide ready energy, potassium, fibre and vitamins C and B6.



GREEN & GOLD KIWIFRUIT CRUNCH

Spoon chopped green and gold kiwifruit in a plastic cup. Top with yoghurt and a spoonful of muesli and serve.

NUTRITION: Kiwifruit is loaded with vitamin C.

Fresh fruit snacks

During colder months kids immune systems need to be boosted. A regular intake of fresh fruit can help protect the body against infections and build immunity. At this time of year there is a wealth of fresh fruits available providing vitamin C and other essential vitamins and minerals needed for good health.

Choose from a great range of fresh fruits including Imperial mandarins, juicy Navel oranges, kiwifruit, custard apples, pineapples and dates. Crisp freshly-harvested apples and pears are also in abundance.

A piece of fresh fruit is more beneficial than a carton of fruit juice. Fresh fruit contains dietary fibre, has no added sugar and is preservative free.

Kids should eat at least 2 pieces of fresh fruit each day. In your canteen, it's important to provide kids with fresh fruit at recess and at lunchtime.

Research shows that kids prefer fresh fruit chopped and ready to eat. Consider cutting, peeling or slicing fruit so it's easy for kids to eat. A seasonal fruit salad is always popular – include one on your menu everyday!

ORANGES & MANDARINS

From autumn through to winter, citrus fruits take centre stage. Include quartered or 'snake-peeled' oranges and easy-to-peel Imperial mandarins on your menu.

NUTRITION: Full of beneficial antioxidants, oranges and mandarins are rich in vitamin C and contain folate, fibre and vitamin A. One orange contains nearly double and a mandarin is 100% of the recommended daily intake of vitamin C.

KIWIFRUIT

Simply serve halved kiwifruit with a plastic teaspoon so kids can scoop out the juicy flesh.

APPLES & PEARS

There is a bumper range of apples and pears in peak supply from March through to August. Select small sized fruit that kids can easily hold. Leave the skin on apples and pears as many of the valuable antioxidants are found in the skin.

Pink Lady, Bonza, Fuji, Royal Gala and Red Delicious apples are excellent mid-season. Just ripe Packam and Red Sensation pears are juicy and are the ideal fruit to serve over the counter.

DATES

The natural sugars in fresh dates make them a satisfying sweet snack. Pack a few dates in small plastic or cellophane bag or twist in greaseproof paper to sell over the counter. Dates also team well with reduced fat cheese.

NUTRITION: Dates are a good source of dietary fibre.

CUSTARD APPLES

Add fresh creamy custard apple flesh to fruit salads. Alternatively, serve halved small custard apples with a small plastic teaspoon to scoop out the flesh.

NUTRITION: Custard apples are a rich in vitamin C.

Crunchy munchies

At recess and lunchtime kids often need or want a little something 'extra' from the canteen. These crunchy snacks are nutritious and count for 1 vegetable serving – at least 3 serves of vegetables are recommended each day.

Providing valuable dietary fibre and vitamins, these crunchy munchies are colourful and fun to eat. Kids enjoy vegetables served raw – and they get maximum nutritional value.

Serve these quick-to-prepare crunchy munchies in clear plastic disposable cups:

- Carrot, celery and red capsicum sticks with a wedge of reduced fat cheese.
- Lebanese cucumber and carrot sticks with a spoonful of reduced fat dip such as hummus, tzatziki or guacamole.



5 top purchasing tips

- 1 Avocados: Leave avocados at room temperature, out of direct sunlight, until they yield to gentle pressure at the stem end. Speed up ripening by placing avocados in a paper bag with a banana.
- 2 Pineapple: Select pineapple that feels heavy for its size with a pleasant fragrance. Pineapple is picked ripe and ready to eat – a 'pulling a leaf' test does not indicate ripeness. Skin colour depends on variety.
- 3 Celery: Trim green leaves and store stalks in a plastic bag in the fridge. Use within 5 days.
- 4 Red Sensation pears: Store these juicy red-skinned pears at room temperature, out of direct sunlight until they yield to gentle pressure at the stem end. Store ripe pears in the fridge, and use within 2 days.
- 5 Imperial mandarins: Leave these virtually seedless mandarins in a cool place for up to 1 week. Refrigerate for longer storage.

Bag-a-Burger

5-day meal plan

Burgers are popular with kids of all ages and with this fabulous 5-day *Bag-a-Burger* meal plan you'll be ready to whip up delicious healthy burgers for a week.

We've made the menu planning easy for you by providing healthy burger variations for each day of the week. Fresh vegetables are included in all burger variations; they're not an added option! Use hamburger buns, flat rolls and English muffins (wholemeal or multigrain varieties are best).

Promote *Bag-a-Burger* week in advance – distribute flyers to classrooms, advertise on school notice boards and in newsletters. Added extras will appeal to teachers and senior school students.



MONDAY

BUMPER BEEF & SALAD BURGER

(pictured below left)

Mixed salad to include shredded Iceberg lettuce, grated carrot, thinly sliced Lebanese cucumber (use a vegetable peeler to slice lengthways) and sliced tomato with a lean beef patty on a hamburger bun.

TUESDAY

CHEESE, AVOCADO & TOMATO BURGER

Sliced tomato wedged between sliced reduced fat tasty cheese (to prevent bread from becoming soggy) on a wholegrain English muffin spread with mashed avocado.

WEDNESDAY

CHICKEN CRUNCH BURGER

Crunchy Iceberg lettuce, thinly sliced Lebanese cucumber and an oven-baked chicken tenderloin on a flat roll. Offer cranberry sauce as an optional extra.

THURSDAY

VEG OUT BURGER

Shredded lettuce and snow pea sprouts topped with a vegetable patty and reduced fat mayonnaise on a whole grain English muffin.

FRIDAY

BURGER WITH THE LOT

Loads of fresh salad teamed with a reduced fat cheese slice and a lean beef patty on a hamburger bun. Offer barbecue or tomato sauce as an optional extra.



CHICKEN, AVOCADO & LETTUCE ROLL

This delicious roll contains creamy avocado, lean chicken and crunchy lettuce. Vary the bread or use a wholemeal roll, multigrain bread or wrap in mountain or Lebanese flatbread.

Nutrition: Avocado is rich in vitamin E which helps keep body cells healthy and is a good source of vitamin B6; necessary for the metabolism of protein. It contains 'beneficial' unsaturated fat that can assist the body to absorb some vitamins. Lean chicken provides protein and Iceberg lettuce provides beneficial antioxidants.

To make: Peel and deseed avocado and mash flesh with a little lemon juice to prevent it browning. Liberally spread the bread roll base with mashed avocado, top with shredded cooked chicken then add a Cos, Butter or Iceberg lettuce leaf. Alternatively, shred the lettuce.

Teacher and senior student variation:

Add a drizzle of sweet chilli sauce or mango chutney. Replace the Iceberg lettuce with baby Rocket leaves, if desired.

In focus – apples

TO BUY: Choose firm apples with undamaged skin. Juiciness, crunch, sweetness and skin colour depends on variety. When buying apples by the box, select counts of 135 or 150 (box size) as they are the perfect size.

TO STORE: Store apples in the crisper section of the fridge to keep them crisp. Do not store apples with cucumbers or salad greens as the natural gas from apples will cause the greens to quickly deteriorate. If fridge space is limited, store apples in a covered box in a cool, dark, well-ventilated place for up to 1 week.



TO PREPARE: Simply wash in cold water and dry with a clean soft cloth before serving.

NUTRITION: Apples are a crunchy source of dietary fibre and a good source of vitamin C which contributes to healthy bones, teeth and gums.

APPLES IN YOUR SCHOOL CANTEEN: Offer a range of apples over the counter – buff them with a soft cloth for maximum gloss and appeal. Offer apples as part of a meal deal and rotate apple varieties depending on availability throughout the season.



Meal Deals

Tamara Tomato Tasty Meal

- Cheese, avocado & tomato burger
- Crunchy apple



Summa Strawberry Hot Deal

- Veg Out burger
- Strawberry & kiwifruit salad cup



Oscar Orange Sporting Fuel

- Chicken, avocado & lettuce roll
- Orange & mandarin salad
- Carton yoghurt



Megabite Apple Brain Food

- Bumper beef burger
- Apple, pear & orange fruit salad



Captain Capsicum Hero Meal

- Crunchy munchie vegie cup
- Carton milk



Bazza Banana Break

- Ham, tomato & avocado sandwich
- Banana, yoghurt & honey cup



Seasonal produce buying guide May to July

Use this guide when ordering and buying produce. Choosing fruit and vegetables in peak season and supply means you're getting the best value for your money.

Top tips for buying fresh produce:

- Stipulate the quality, size and ripeness (if applicable) of the fresh produce you require. Fruit to sell over the canteen counter should be easy for kids to pick up and eat.
- Inspect your fresh produce order on delivery. Ensure that it looks, smells and feels good.
- Ensure you promptly unpack and store your fruit and vegetables for optimum freshness.

VEGETABLES

- Beans
- Beetroot – fresh
- Broccoli
- Cabbage – make your own coleslaw
- Carrots – grate and add to sandwiches
- Celery – very thinly slice and mix with tuna or egg
- Mushrooms – choose buttons
- Onions

- Parsnips
- Potatoes – great for jacket potatoes
- Pumpkin – make a soup
- Silverbeet
- Spinach – use baby leaves for sandwiches
- Sweet potatoes – choose orange-fleshed
- Tomatoes
- Turnips
- Zucchini

FRUIT

- Apples – a top range available
- Avocados – mash and use as a sandwich spread
- Bananas
- Custard Apple – excellent for vitamin C
- Dates – a healthy sweet treat
- Kiwifruit – gold and green varieties
- Grapefruit – Ruby Red is sweetest
- Lemons
- Mandarins – Imperial variety
- Melons – Champagne & Rockmelon
- Nashi – team with a wedge of cheese
- Oranges – Navel season begins
- Pears – a variety available
- Papaya
- Pawpaw – add to fruit salad
- Pineapple

FRESH FRUIT TO GO

– top tips –

- Ensure you have a good selection of fresh fruits available in your canteen.
- Attractively arrange fruit in a good position on the canteen counter so that your customers can easily select a piece.
- Variety is important! Each week offer something new and/or rotate fruits.
- Make your fresh fruit display a feature and boost your sales! Display fruits so they look appealing to kids!

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