

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.

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Chill out with fresh fruit

Thirst-quenching and refreshing, frosty frozen fruit is the coolest sweet treat for kids. Get set to chill in late spring and summer as the weather warms up, and naturally sweet fruit takes centre stage.

There's a fabulous variety of luscious fresh fruit available, simply bursting with flavour, colour and natural goodness. Chilled fruit is quick and easy to prepare and simple to serve.

FREEZING IS A BREEZE

Due to its high water content, a range of fresh fruit freezes superbly. Free of added sugar, fruit provides carbohydrate for energy making it the ideal healthy snack food for kids. It satisfies those cravings for something sweet, is fat free and contains no added flavours.

Minimal preparation is required. You'll need a sharp knife and a clean plastic board for chopping. Freeze fruit, layered with non-stick baking paper, on trays or in individual serving cups. Wash fruit just before preparing.

Chill out with these cool frosty fruit ideas:

ORANGE QUARTERS: An old-fashioned favourite and especially good after sport! Freeze quartered unpeeled oranges on a tray covered with plastic wrap. Pop 2-4 orange quarters in a small plastic bag to serve.

PINEAPPLE SLICES & ROCKMELON WEDGES: Peel and cut pineapple into slices and rockmelon into wedges. Layer prepared fruit between sheets of plastic wrap on a tray and freeze. Simply delicious!

FROZEN STRAWBERRY YOGHURT SHOTS: Place hulled strawberries and reduced fat vanilla yoghurt in a food processor or blender. Process or blend until smooth. Pour mixture into small plastic shot cups and freeze until icy.



STRAWBERRY BITES: Freeze whole hulled large strawberries on a tray covered with plastic wrap until firm. Serve frozen berries in a small plastic cup.

MANGO CHEEKS: Toward the end of summer when mangoes are in peak supply, freeze peeled mango cheeks. Luscious, sweet and bursting with vitamin C!

BANANA POPS: Lightly brush peeled bananas with lemon juice (you can pop them on to a paddle-pop stick if desired), individually wrap in plastic wrap and freeze.

Nutrition: Oranges, mangoes, rockmelons, strawberries and pineapples are rich in vitamin C. Vitamin C helps boost immune systems and improves the body's ability to absorb calcium and iron.

Super sandwiches



Crunchy fresh salad with tasty cheese, chicken or shaved ham.



Avocado, thinly sliced cucumber and shaved ham.



Crunchy fresh salad with tasty cheese, chicken or shaved ham.

Sandwiches have been part of lunch time for generations. Made daily with the freshest ingredients, sandwiches are quick to prepare, easy to eat and very nutritious.

A healthy sandwich can supply protein, carbohydrate for energy and essential nutrients which children require to stay alert throughout the afternoon at school.

Make your sandwiches tempting. The same sandwiches everyday can become a teeny bit boring for kids. For variety, offer daily or weekly 'blackboard' specials with new and interesting fillings.

GO FOR GREEN

Always include fresh vegetables in your sandwich fillings. You can do this by only offering sandwich combinations with vegetables, like ham and lettuce, cheese and salad. Fresh leafy greens and salad vegetables add colour, crunch and flavour to sandwich fillings as well as providing valuable vitamins and dietary fibre.

We should be eating at least 5 vegetable serves (about 75g or ½ cup vegetables per serve) each day. Vegetables get the Green (Go) light in NSW Health's 'The Traffic Light Guide to Food Selection in School Canteens'. Green (Go) foods should feature prominently on your canteen menu.

Include a selection of at least 4 of the following fresh vegetables in your salad sandwich fillings:

- > Grated carrot
- > Crisp lettuce leaves – Iceberg or Butter lettuce are tops
- > Sliced ripe tomato
- > Sliced Lebanese cucumber – use a vegetable peeler to thinly slice lengthways
- > Very thinly sliced red capsicum
- > Thinly sliced celery
- > Snow pea and alfalfa sprouts
- > Sliced button mushrooms
- > Grated fresh beetroot

Top tip/nutrition: Spread bread with mashed avocado. Avocado has about a quarter of the level of fat found in butter or margarine. As a bonus, the monounsaturated fat in avocado is rich in vitamin E, a protective antioxidant that helps keep cells healthy.

BREAD FOR SANDWICHES

Use nutritious wholegrain and wholemeal breads which provide long-lasting energy for your sandwiches. If using white bread, go for a high fibre variety. Add Turkish bread rolls, pita pocket breads, Lebanese flat bread, English muffins and high fibre flat bread rolls to your sandwich menu.

10 favourite sandwich fillings

1. Crunchy lettuce with sliced tomato and tasty cheese (place the tomato between cheese and lettuce to prevent the bread from becoming soggy).
2. Mashed banana, cream cheese, sultanas and a drizzle of honey (pictured above).
3. Avocado, thinly sliced cucumber and shaved ham (pictured above).
4. Baked bean with finely sliced celery.
5. Crunchy lettuce with flaked tuna mixed with mayonnaise and finely chopped celery.
6. Crunchy fresh salad with tasty cheese, chicken or shaved ham (pictured above).
7. Grated carrot with reduced fat peanut butter and sultanas.
8. Crisp Iceberg lettuce or snow pea sprouts with egg and mayonnaise.
9. Chopped fresh dates with reduced fat cream cheese.
10. Super salad - with an array of fresh salad vegetables.

Top tips for storing & using seasonal fruit

MELONS

Melons should be stored in a cool, well-ventilated place out of direct sunlight. Use within 5 days. Wrap cut melon in plastic wrap and store in the fridge. Use within 2 days.

Serve watermelon, honeydew melon and rockmelon balls in small plastic cups topped with a dollop of reduced fat yoghurt

PINEAPPLE

Keep pineapples at room temperature and out of direct sunlight. Use within 2-3 days. Once cut, peel, wrap in plastic wrap and store in the fridge. Serve fresh chilled pineapple slices over the canteen counter.

STRAWBERRIES

Remove berries from their punnets and place on a platter lined with paper towel. Cover loosely with plastic wrap and store in the fridge. Use within 2 days.

Layer sliced strawberries and banana with reduced fat custard in small plastic cups.

BANANAS

Bananas should be stored at room temperature until golden yellow. Black marks on the skin develop as a natural part of the ripening process. Ripe bananas can be stored in the fridge but the skin will blacken – this does not affect the taste.

Serve sliced banana drizzled with a little honey on fruit muffins or buns.

VALENCIA ORANGES

Keep oranges at room temperature for up to 1 week. To extend storage, place in the fridge.

Serve chilled orange wedges in small plastic bags.

In focus – Cucumbers

BUYING

Choose firm, glossy cucumbers with dark green skin and no signs of yellowing.

BEST VARIETIES FOR YOUR MENU

Lebanese cucumber

These are a great tasting cucumber (about 15-20cm long) with moist, mild – tasting flesh and tiny seeds.

Telegraph cucumber

Similar to the Lebanese cucumber, it's longer (about 25-35cm long) with crisp pale-green flesh and small seeds.

STORING

Unwashed cucumbers should be stored in the vegetable crisper in the fridge. Use within 5 days. Don't store cucumbers with fruit as they will cause the fruit to deteriorate rapidly.

PREPARING

Wash cucumbers just before using. The thin skin is edible, leave it on or remove it. Use a vegetable peeler to slice the cucumber lengthways into very thin strips, discard the seedy core. Or using a sharp knife, cut into thin slices.

NUTRITION

A refreshing vegetable because of its high water content, cucumber is a source of vitamin C and is low in kilojoules. Lebanese cucumbers have about twice the vitamin C content of other varieties.

CUCUMBERS IN YOUR SCHOOL CANTEEN

- Add diced cucumber to salads and tabouli.
- Add sliced cucumber to sandwiches, it teams particularly well with chicken, ham and egg.
- Serve cucumber and carrot sticks in a small plastic bag or cup with a wedge of reduced fat cheese or a low-fat dip.



School canteen produce buying guide

October to December

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value.

Use this seasonal produce chart to help plan your canteen menus and refer to it when ordering produce.

VEGETABLES

- Asparagus
- Beans
- Capsicum – from late November, red are sweetest
- Celery – add to sandwich fillings and salads
- Cucumbers – Lebanese are ideal
- Lettuce – choose from a wide variety
- Onions – green and spring
- Peas – snow peas are great raw
- Spinach – choose baby spinach leaves
- Sweet corn – from November

- Tomatoes – allow time to ripen
- Watercress – great for teachers
- Zucchini

FRUIT

- Apricots – from December
- Avocados – mash with lemon juice
- Bananas
- Berries – strawberries and blueberries from November
- Cherries – from early December
- Mangoes – from November – serve mango cheeks
- Melons – honeydew, rockmelon and watermelon
- Nectarines – from December
- Oranges – Valencia
- Papaya & Pawpaw – add to fruit salads
- Peaches – from early December
- Pineapple

Displaying fresh fruit

Kids should eat 2 fruit servings each day so it's important that fruit on display is fresh, colourful and tempting to attract them. Take time to consider how you display your fresh fruit. Here are some helpful tips:

Use cake stands and bright coloured boxes, baskets or bowls to display fresh fruit. Ensure that fruit is ideally positioned on the canteen counter where kids can easily see it, don't have it tucked away in a corner or on a back bench.

List your weekly fruit and prices on a fun café-style blackboard or use bright display tags.

CHOP OR PEEL FRUIT SO IT'S READY TO EAT

Kids prefer conveniently chopped or peeled fruit which is ready to eat. Place chopped fruit like melon, pineapple and strawberries in small plastic cups and take-away containers. Cut unpeeled oranges into quarters and place in small plastic bags so they are easy to eat. All fruit sold whole, should be suitably sized for small hands to hold and be washed and ready to eat.

Variety is important. Each week offer something new and rotate your fruit choices. Make the most of fresh seasonal fruits like stone fruits which are in abundance in summer months.



The 'Fresh for Kids' Program and the Sydney Markets wishes you and your staff a very healthy and happy festive season and safe holiday.

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Meal Deals

Tamara Tomato Tasty Meal

- Tomato & Swiss cheese roll
- Wedge fresh pineapple & melon



Summa Strawberry Hot Deal

- Egg & lettuce sandwich
- Strawberry & orange salad
- Carton reduced fat yoghurt



Oscar Orange Sporting Fuel

- Lettuce, chicken, celery & mayo wrap
- Frozen oranges wedges



Megabite Apple Brain Food

- Ham and salad roll
- Sundowner apple, wedge of cheese
- Packet of sultanas



Captain Capsicum Hero Meal

- Wedge of tomato, capsicum & pineapple pizza
- Fresh fruit salad cup



Banana Break

- Cheese, vegemite & lettuce sandwich
- Banana & strawberry yoghurt cup

