

canteen fresh

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

Munch on Muffins

Fresh English-style muffins with a healthy topping make a nourishing snack at recess. Snacks are an important part of a healthy diet for kids. A nourishing mid-morning snack provides sustained energy to keep kids alert in the classroom until the lunchtime break. Nutritious snacks at recess are particularly beneficial to kids who have skipped breakfast.

When preparing muffins for mid-morning snacks include fruit or vegetables and use reduced fat toppings. Bananas are an ideal muffin topping as they provide the perfect energy boost. They're a good source of dietary fibre, and provide vitamin C, vitamin B6, folate and potassium.

Kids will love these fabulous muffins:

BANANA & CREAM CHEESE MUFFINS

Lightly spread toasted halved fruit & spice muffins with reduced fat cream cheese then add sliced banana and a drizzle of honey. Top with a halved strawberry and serve.

HAM, MUSHROOM & CHEESE MUFFINS

Top split wholemeal or wholegrain muffins with shaved ham, sliced button mushrooms and grated cheese. Pop under a hot grill or warm in a pie oven until the cheese melts.

CHEESE, TOMATO & SPINACH MUFFINS

Fill split wholegrain muffins with a slice of reduced fat tasty cheese, sliced tomato and baby spinach leaves. Keep warm in a pie oven.



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

In focus – pears

TO BUY:

Look for firm pears with smooth skin. Skin colour depends on the variety. Handle with care to prevent bruising.

TO STORE:

Leave pears for 3-5 days at room temperature out of direct sunlight until fruit yields to gentle pressure near the stem. Ripe pears should be stored in the fridge and used within 1-2 weeks.

TO PREPARE:

Simply wash and dry before using. If cutting the pears, drizzle with orange or lemon juice to prevent browning.



NUTRITION:

Pears contain no fat or cholesterol and are an excellent source of dietary fibre. They also provide vitamin C and are non-allergenic.

VARIETIES:

In term 2, choose Packham, Josephine, Beurre Bosc and Corella pears.

PEARS IN YOUR CANTEEN:

Hold a **Pick-a-Pear Week** promotion – offer pears with lunch orders at a special price, include pears in meal deals and arrange decorative baskets of pears on your canteen counter.

LOW GI FRUITS



The best school canteens strive to offer as many healthy low-fat foods as possible on their menus. By offering a range of fresh fruit and vegetables, whole grain breads and healthy snacks your school canteen can guide children into making healthy food choices.

Although all fruits are nutritious and should be included on your menus, some fruits make slightly better menu choices than others because they are rated as having low GI (Glycemic Index).

WHAT IS GI?

In simple terms, GI stands for Glycemic Index and it is a system of classifying carbohydrate foods based on their effect on the body's blood glucose (sugar) levels.

LOW, MEDIUM OR HIGH GI?

Carbohydrate foods are given a rating from 0 – 100 and classified as having a low, moderate or high GI. Low GI foods are those that have a slower and more even effect on a person's blood sugar level. Beneficial slow-release energy helps to maintain concentration.

Top low GI fruit choices for your canteen include:

- Apples
- Pears
- All citrus fruits (like oranges and mandarins)
- Stone fruits (like apricots, peaches, nectarines and plums)
- Strawberries
- Bananas

Fresh fruit is low in fat, provides dietary fibre and is a source of vitamins and beta carotene – everyday fruit should feature prominently on your menus. One fruit serve is approximately one medium piece like an apple, orange or banana or 2 pieces of small fruit like plums or kiwifruit.

**Dietary Guidelines for Children and Adolescents in Australia – a guide to healthy eating.*

Super foods – a snapshot look at ORANGES



Oranges are packed with *vitamin C* and *beta carotene* which help give protection from infections. **Vitamin C** is a water-soluble vitamin essential for maintaining body cells and blood vessels. Necessary for growth in children, **vitamin C** is not stored in the body but must be supplied every day. One medium orange provides 75 milligrams – over twice our daily **vitamin C** requirement.

While fresh orange juice is good for you, whole fruit is better because it contains dietary fibre which is important to maintain a healthy digestive system.

BUYING ORANGES

In peak season in late autumn and winter months, choose Navel oranges in Term 2. To prolong storage, oranges should be stored in a cool, dry, well ventilated place for up to 2 weeks.

ORANGES IN YOUR CANTEEN

Sell quartered oranges in small plastic bags – once cut they're easier for kids to eat and there's no need to worry about time-consuming peeling.

Add oranges to fruit salads – colourful and juicy and it prevents apples, pears and custard apples from browning.

Top tips & great ideas for fresh fruit & vegies

AVOCADOS

TOP TIP: To speed ripening, place avocados in a paper bag with a banana.

GREAT IDEA: Use mashed avocado (add lemon juice to prevent discolouration) to sandwich fillings instead of butter or margarine.

PEARS

TOP TIP: Allow 3-5 days for firm pears to fully ripen.

GREAT IDEA: Serve pear wedges (brush with lemon juice to prevent browning in paper cones or small plastic bags with reduced fat cheese slices.



KIWIFRUIT

TOP TIP: Gold kiwifruit is sweeter than green kiwifruit – its bright yellow, juicy flesh is a favourite with kids.

GREAT IDEA: Layer peeled and sliced gold and green kiwifruit with reduced fat custard in small plastic cups.

BANANAS

TOP TIP: Order bananas at different stages of ripeness so they don't all ripen at once.

GREAT IDEA: Swirl chopped bananas and sultanas through vanilla yoghurt and serve in plastic cups.

BLACKBOARD SPECIAL



MEXICAN WRAP

This Mexican-style wrap with delicately spicy refried beans, creamy avocado, rich red tomatoes, grated cheese and crisp Iceberg lettuce leaves makes a great change to everyday sandwiches. Crisp and ultra-delicious, it will be a popular lunch choice on your menu.

TO MAKE: Heat refried beans in the microwave, following packet directions, until hot. Spread lavash or mountain flat bread with the refried beans. Top with Iceberg lettuce leaves, diced ripe tomatoes, sliced avocado and grated reduced fat tasty cheese. To prevent the bread from becoming soggy, ensure you place the tomato between fillings and not directly onto the bread. Roll up the wrap, cut in half and wrap in greaseproof paper.

NUTRITION: Avocados are a rich source of vitamin E, an important antioxidant that helps keep the membranes around every cell in a healthy state. They also contain fat, but it's 'good' unsaturated fat that can assist the body to absorb some other vitamins and other protective plant nutrients. Rich red tomatoes are a rich source of a powerful antioxidant called lycopene.

PROMOTION: Go Mexican for a day. Offer this Mexican wrap, with tacos or nachos and an avocado salsa on your menus.

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 fruit and vegetables meets your expectations for freshness and quality.
- Ensure you promptly unpack and store your fruit and vegetables for optimum freshness.

VEGETABLES

- Beetroot – fresh
- Broccoli
- Brussels sprouts
- 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

FRUIT

- Apples – a top range available
- Avocados – mash and use as a sandwich spread
- Bananas
- Custard Apples – 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 – see In Focus inside



Meal Deals

Tamara Tomato Tasty Meal

- Mexican wrap
- Crunchy apple



Summa Strawberry Hot Deal

- Cheese, avocado and tomato sandwich
- Strawberry & yoghurt cup



Oscar Orange Sporting Fuel

- Ham & salad wrap
- Orange fruit salad



Megabite Apple Brain Food

- Cheese, tuna & lettuce roll
- Pink Lady Apple



Captain Capsicum Hero Meal

- Ham, cheese, capsicum and tomato pizza
- Ripe Packham pear



Bazza Banana Break

- Banana, honey and cream cheese sandwich
- Carton reduced fat milk



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