

canteen fresh

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

Summer Celebration

December is the time to schedule a special Summer Celebration in your school canteen.

The arrival of summer brings an abundance of colourful fresh fruit and vegetables. Light and refreshing salads, iced fruit treats and jellies, fruit salads and crunchy raw vegetables can take centre stage.

Plan this promotion early in Term 4, so you're organised and ready to jazz up your canteen menus in December. Offer a great range of fun, colourful food (maybe a red and green fruit day for Christmas) that's healthy and nutritious.

Here's some terrific menu ideas...

Iced fruit snacks

Chill wedges or slices of pineapple and rockmelon. Freeze whole strawberries. Fill small plastic glasses with pureed watermelon and freeze until firm for a popular iced treat. Make pureed fruit pops in disposable plastic cups.

Fresh fruit salads

Use lots of Valencia oranges, melons, pineapple, mangoes, strawberries and blueberries in your fruit salads so they're bright and colourful. For a special treat, top salads with a low-fat marshmallow to serve.

Summer salad wraps & rolls

Combine crunchy salads with lettuce, tomato, grated carrot, cucumber slices and snow pea sprouts with ham, chicken or cheese. Use Lebanese whole-meal flatbread, nutritious mountain bread or tortillas to hold the fresh fillings.

Fresh Fruit Jellies

Make colourful jellies with fresh fruits. Place small seedless grapes and chopped strawberries in plastic disposable cups, pour over jelly mixture and refrigerate until set.



Summer salad boxes

See the lunch in a box story in this issue for ideas.

Fruit kebabs

Thread peeled pieces of rockmelon, halved strawberries and diced pineapple onto paddle-pop sticks.

Crunchie-munchie snack packs

Serve plastic cups of carrot, celery and red or yellow capsicum sticks with a wedge of reduced fat cheese or a small pot of reduced fat cream cheese for dipping.

Promotion

Organise a team of helpful and creative volunteers to decorate the canteen with colourful banners or strips of candy-striped fabric to bring in summer cheer.

Include large baskets of fresh fruit in your displays and display some colourful fruit and vegetable artwork in

conjunction with the art department in your school – a competition may be suitable as part of the promotion.

Place colourful menus on notice boards within the school and distribute a Summer Celebration menu to students.

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

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Whip up fresh fruit smoothies

Kids just love delicious fresh fruit smoothies. Naturally sweet with fresh fruit and wholesome yoghurt, energy-boosting smoothies can be blended and ready to serve in seconds.

A large blender can make about 9 x 200ml serves; which is an adequate serving size for kids. Wash and prepare fruit ahead of time so it's ready to blend, and ensure you use reduced fat milk and yoghurts.

Get blending with these great smoothies:

- Mango with mango yoghurt
- Strawberries with berry yoghurt
- Banana with honey yoghurt and malt
- Strawberries & blueberries with blueberry yoghurt

Note: For about a litre of reduced fat milk use 250g strawberries or 150g blueberries or 1 large banana or 1 large mango with a 200g carton of reduced fat yoghurt.

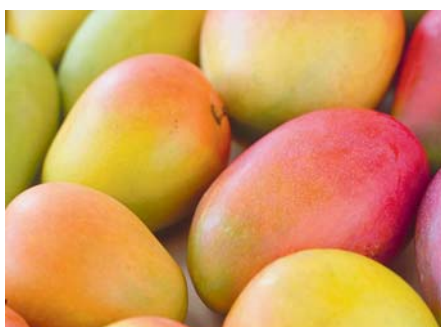


In focus – mangoes

TO BUY: Choose firm, plump mangoes. Skin colour depends on variety. Kensington Pride (sometimes known as the Bowen) is a favourite; it has richly flavoured flesh and golden yellow skin when fully ripe. The best tasting fruit has a tropical fragrant aroma.

TO STORE: Leave at room temperature, out of direct sunlight, until it yields to gentle pressure and is fragrant. Once ripe, use immediately or refrigerate.

Fully ripe mango cheeks can be sliced, packed in freezer bags – separated by liners – and frozen. They're ideal for blending in smoothies.



TO PREPARE: Cutting as close to the seed as possible, slice off mango cheeks. Remove skin and chop flesh as required. Alternatively, 'honeycomb' mango cheeks by scoring the flesh 2-3 times using a sharp knife. Then score again in the other direction to form a criss-cross pattern. Bend the skin backwards and the diamonds of the mango flesh are easily accessible.

NUTRITION: Mangoes are great for kids who don't eat enough wholegrain cereals, because they are a good source of the antioxidant vitamin E. Half a mango will provide almost 20% of the vitamin E and the entire daily supply of vitamin C a child needs for a day.

Mangoes in your canteen

- Add chopped mango flesh to fruit salad
- Sell honeycombed mango cheeks over the counter (include a paper napkin to catch the juice!)

BLACKBOARD SPECIAL

Chicken salad tortilla

This crunchy tortilla wrap is sure to be a firm favourite on your menu.

Packed with crunchy lettuce, carrot and cucumber and succulent shaved chicken, it's low in fat and high in nutrients.

Lettuce leaves are crisp and refreshing and help prevent the tortilla from becoming soggy by forming a protective case for the other fillings.

Naturally sweet carrots are popular with kids, they're also a good source of vitamin C and dietary fibre. With its high water content, cucumbers supply a sprinkling of vitamins and minerals. The chicken supplies protein and vitamins.



To make

Place Iceberg lettuce leaves on a fresh jumbo tortilla wrap. Top with grated carrot, thinly sliced Lebanese cucumber, thick salsa sauce and shaved chicken. Roll wrap, cut in half and serve.

Wedge out with Melons

Deliciously succulent and juicy, colourful melons are refreshing to eat at any time of day.

- **Honeydew melon** – a round melon with smooth, hard, pale green skin that ripens to creamy-white. Its pale green, juicy flesh has a delicate texture and sweet honey-like flavour.
- **Rockmelon** – recognised by its netted-looking skin, rockmelon has juicy orange dense flesh. Best tasting fruit has an appealing tropical aroma.
- **Watermelon** – the largest of melons, watermelon has deep-green skin sometimes mottled or striped, with bright pink flesh. Seedless varieties sometimes have pale white, soft, edible seeds and 'personal' melons are ideal for small servings.

Choosing and storing melons

All melons are picked ripe and ready to eat. Select melons that feel heavy for their size with firm skin and a little give when gently pressed at the stem

end. Rockmelon and honeydew melons should have a pleasant aroma and whole watermelon should sound faintly hollow when gently tapped.

Store melons in a cool, well-ventilated place for up to 1 week. Once cut, remove seeds, cover with plastic wrap and store in the fridge. Use within 2 days.

Top melon menu ideas...

Melon kebabs

Thread small wedges of different coloured melons on paddle-pop sticks.

Melon wedges

Nothing beats a mouth-watering piece of chilled melon in warm weather. At lunchtime, bring out a tray of chilled melon wedges and sell them over the counter (include a paper napkin to catch the juices).

'Do the Wrap' Melon Wedges

Wrap rockmelon or honeydew melon wedges with a thin slice of reduced fat ham.



Melon balls

Use a melon baller to scoop out melon balls. Place in small plastic bags or paper cups and chill until ready to serve.

Melon in fruit salad

Toss chopped melon with chopped seasonal fruits in a delicious fruit salad.

SUPER CELERY SUBS

Vibrant green, crunchy celery is refreshing to eat and when teamed with a delicious low-fat filling makes a fabulous snack that we've called a Celery Sub.

Celery subs are a great recess snack and quick to make. The celery stick is the natural container for the filling – so there's no wastage. Celery Subs are fun, easy for kids to eat and make a very healthy snack.

No fat crunch

Celery has no fat. It's a source of vitamin C, which is one of the vitamins that helps protect the body against infection and provides potassium, which is useful to provide a positive balance to the negative effects of sodium from salt.

One cup of chopped celery (about 1-2 celery sticks) counts as one vegetable serving – the Australian Dietary Guidelines recommended we all eat 5 serves of vegetables a day.



Choosing celery

Look for crisp, pale to mid green celery with fresh-looking leaves attached. Avoid celery with split or damaged stems.

To store celery

Trim and discard leaves. Store celery, unwashed, in a plastic bag in the fridge. It's best used within 2-3 days.

To prepare

Simply trim the base and leafy tops. Wash well in cold water. If celery has gone limp, place in a container of iced water for 1 hour, rinse, pat dry and chill until crisp.

Super celery sub fillings

- Low fat ricotta whipped with sultanas and a drizzle of honey
- A spread of vegemite
- Slices of reduced fat tasty cheese
- Reduced fat cream cheese and vegemite
- Reduced fat dips like hummus
- Cottage cheese and pineapple 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.

VEGETABLES

Asparagus
Beans
Capsicums
Celery
Cucumbers
Lettuce
Onions – Green (shallots), Spring

Peas
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini

FRUIT

Apricots
Avocados
Bananas
Berries
Cherries
Mangoes
Melons
Nectarines

Oranges – Valencia
Papaya
Pawpaw
Peaches
Pineapples

Lunch in a box

Lunch in a box is a fun alternative to standard sandwiches and rolls. A great range of salads using crisp vegetables can be served in disposable boxes or plastic containers.

Here's some great salad ideas that kids will enjoy...

Crunchy tuna pasta salad

Combine cooked shell pasta with diced celery and Lebanese cucumber and drained tuna in oil in a bowl. Drizzle with extra virgin olive oil and season to taste. Gently toss until well combined. Refrigerate for up to 3 hours. To serve, spoon the salad into serving boxes or containers.

If preferred, make it a ham pasta salad, replacing the tuna with chopped sliced ham.

Chicken coleslaw

Make crunchy home-made coleslaw using crisp Chinese or Savoy cabbage, grated carrot and onion and reduced fat coleslaw dressing. Toss with shredded cooked chicken, season and serve with a bread roll.

Crunchy ham roll box

Team wholemeal bread roll filled with ham, with a wedge of reduced fat cheese, carrot and celery sticks and a late-season Sundowner or Lady Williams apple.

Cheese salad

Toss halved cherry tomatoes with diced Lebanese cucumber and red capsicum, sliced celery and reduced fat tasty or feta cheese. Serve with a wholemeal bread roll.



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Meal Deals

Tamara Tomato Tasty Meal

- Tomato, cheese & avocado roll
- Fruit jelly



Summa Strawberry Hot Deal

- Salad & Cream Cheese Wrap
- Strawberry & summer fruit salad



Oscar Orange Sporting Fuel

- Chicken salad tortilla
- Orange & mango salad



Megabite Apple Brain Food

- Crunchy tuna pasta salad
- Sundowner apple & cheese wedge



Captain Capsicum Hero Meal

- Ham, capsicum & fresh pineapple pizza
- Melon cup



Bazza Banana Break

- Banana, honey & cream cheese sandwich
- Strawberry smoothie



Best wishes
for Christmas
and
Happy Holidays
from everyone
at
Sydney Markets
and the
'Fresh For Kids'
program.