

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

Great grape snacks

Juicy Australian grown grapes are in abundance from December through to May so it's the ideal time to include them on your canteen menus.

Seedless grapes are the best choice for kids – most kids love their colour and flavour! Naturally sweet, grapes make a nutritious and satisfying snack. Let's take a look at varieties:

Thompson Seedless

Also known as Sultana, these sweet and juicy grapes have light green skin and no seeds. It's one of the most popular grape varieties in Australia and great for eating straight from the bunch.

Menindee Seedless

Similar to the Thompson, but its flesh is firm and has a slightly tart flavour. It's one of the

earliest grapes of the season. A very versatile grape, it teams well with cheese and crackers.

Flame Seedless

Is a medium-sized dark red grape with firm flesh and a slightly tart flavour. Flame Seedless goes well in fruit salads and jellies.

Crimson Seedless

Is an elongated grape with slightly tart flesh and beautiful light red skin. It's a firm grape that has a slightly longer shelf life to other varieties.

*Pick up a bunch of grapes and try these great quick and easy **grape snack ideas** on your menuboard.*

Grapes with a vegemite sandwich

Pack a small bunch of grapes and vegemite sandwich triangles in a plastic sandwich bag.

Grapes with a cheese wedge & crackers

Team a small bunch of grapes with a few crackers and a wedge of reduced fat tasty cheese.

Grapes in jelly

Place washed and dried grapes in disposable plastic cups. Pour a jelly mixture over the grapes. Refrigerate for 4 hours or until jelly sets. Serve topped with a dollop of yoghurt if desired.

Green & gold fruit salad

Add green grapes to a fresh fruit salad that includes chopped rockmelon, honeydew melon and Valencia oranges.

Iced grapes

Freeze small bunches of grapes – they make a refreshing, healthy snack.



Canteen Fresh...

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

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Special Easter treats

During Term 1 and in the lead up to Easter, these special treats will be a popular addition to your canteen menus. They're quick and easy to prepare and each one includes fresh fruit or a vegetable.

Apple pancakes

Kids will love these! Serve ready-made pancakes topped with cooked apple and a drizzle of maple syrup or honey.

To cook the apple, simply peel, core and slice Granny Smith apples and place in a shallow heatproof dish. Toss with caster sugar and cover with two layers of plastic wrap. Microwave on high until the apples are tender. Remove and set aside for 30 minutes until cool.

Place pancakes on disposable paper plates and top each with a spoonful of apple and a dollop of yoghurt. Drizzle with a little maple syrup or honey and serve.

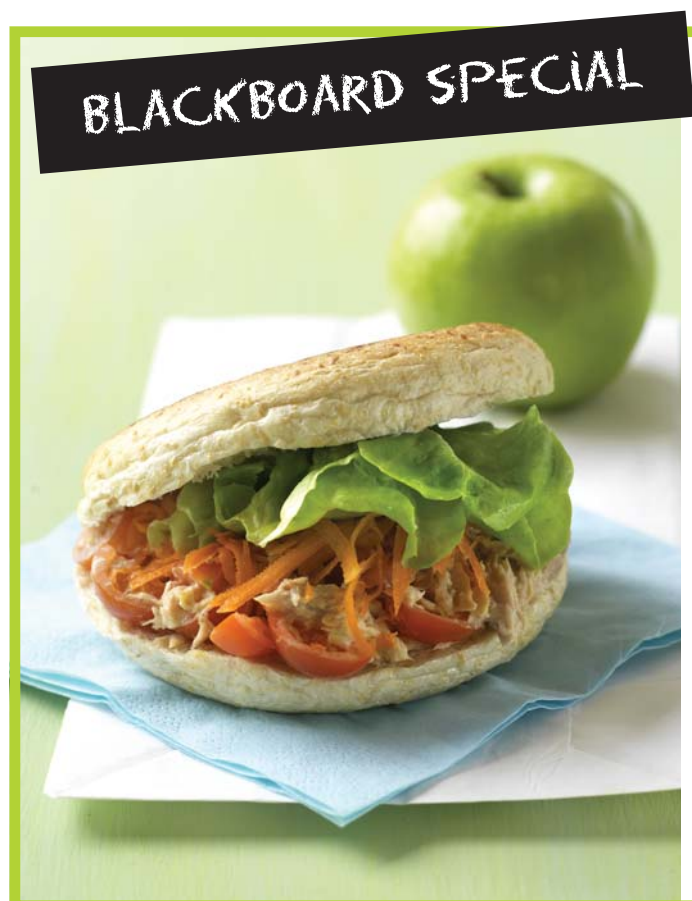
Banana Easter buns

For recess, serve hot cross buns or fruit buns spread with cream cheese and topped with banana and a drizzle of honey.

To prepare, halve the buns and lightly spread with reduced fat cream cheese. Top with sliced banana (brush with lemon juice if making more than 30 minutes ahead of serving) and drizzle with a little honey. Cover with bun tops and serve.

Egg & lettuce finger sandwiches

An old-fashioned favourite! Team mashed boiled eggs (mix with a little mayonnaise or milk so it's a spreadable consistency) with shredded Iceberg lettuce on wholemeal bread. Slice into fingers and serve.



BLACKBOARD SPECIAL

Tuna, tomato & salad roll

This light and nutritious roll is the ideal Blackboard Special early in term 1 when the weather is warm.

Colourful cherry tomatoes team perfectly with the tuna and mayonnaise, and the crisp Oak lettuce and grated carrot add a refreshing crunch.

We suggest using a wholemeal flat bread roll but you could also use a hamburger bun (and make it a burger) or hi-fibre bread roll.

For a senior student/teacher option, add a spread of mashed avocado (with a little lemon juice to prevent discolouration) add some fresh rocket leaves instead of lettuce.

NUTRITION: Cherry tomatoes are rich in vitamin C and valuable lycopene – half a punnet will provide a whole day's supply of vitamin C for a child. Grated carrot and Oak lettuce provide a refreshing crunch, contain beta carotene and contribute fibre and folate. Tuna is a good source of protein and provides valuable nutrients.

If adding avocado, it's rich in beneficial mono-unsaturated fats which help to reduce cholesterol and provide vitamins A, C and E, plus folate.

TO MAKE: Combine drained tuna in oil with reduced fat mayonnaise and salt and pepper (add to taste). Toss though quartered or halved cherry tomatoes. (Note, this mixture can be made up to 4 hours ahead and stored in an airtight container in the fridge.)

Top halved wholemeal flat bread rolls with the tuna mixture, then add some grated carrot and an Oak lettuce leaf. Cover with remaining bread, wrap and serve.



Pack a CRUNCH

Vegetables play a special part in our diet; they provide us with many essential vitamins and nutrients, and valuable dietary fibre.

It's a good idea to include fresh raw vegetables on your canteen menus. Kids enjoy their crunch and colour and raw vegetables retain all their natural goodness.

Top choice crunchy vegetables...

Lettuce

Popular varieties include crisp Iceberg, sweet-tasting Green Oak, delicate Butter lettuce, crunchy Baby Cos and mild-flavoured Mignonette.

Wash lettuce, spin in a salad spinner to remove excess water and then place leaves in a plastic bag in the fridge for 1-2 hours so they're crisp and crunchy.

Carrots

The natural sweetness in carrots makes them popular with kids. They're a good source of dietary fibre and also contain valuable vitamin C, one of the anti-infection vitamins.

Small to medium-size carrots are the best choice as they don't have a tough core. Kids enjoy carrots thinly peeled and cut into sticks, and served with a dip. Grate carrots and add to sandwich fillings or make a grated carrot and sultana salad drizzled with a little apple or pear juice.



Cucumbers

Have you heard the saying 'as cool as a cucumber'? It probably arose because of their high water content which gives a cooling effect. With very few kilojoules (only 40kJ/100g), cucumber makes a terrific snack in warm weather.

Lebanese and Telegraph cucumbers are the best varieties for kids as they're mild-tasting. Wash well and slice or cut into sticks. The skin is thin and edible as are the seeds. If you prefer to remove seeds, simply halve cucumber lengthways and use a teaspoon to scrape out the seeds.

Celery

Celery contains potassium and vitamin C. Kids like the refreshing crunch of succulent celery. Choose pale green celery with fresh-looking leaves and crisp stems. Trim base, wash stems and cut into thin strips.

Revive limp celery by placing it in iced water for 30 minutes, drain, pat dry with paper towel and chill in a plastic bag in the fridge for 1 hour.

Cool vegetable ideas for your school canteen...

Vegetable sticks with a dip (pictured)

For recess, sell sticks of celery, carrot and cucumber with a small pot of reduced fat dip.

Crunchy ham salad boxes

For lunch, make crunchy ham salad boxes. Simply toss chopped ham with diced cucumber and halved cherry tomatoes. Spoon into boxes and serve with a lightly buttered bread roll.

Vegemite celery boats

For a healthy snack at any time, spread crisp celery sticks with vegemite and cottage or ricotta cheese.

Time for nashi

Nashi is actually the Japanese word for pear. Picked ripe and ready to eat, nashi are available from March through to November. There are over 50 different varieties of nashi but the main variety sold in Australia is the Nijisseiki.

With the shape and crunch of an apple and the juiciness and texture of a pear, nashi is naturally sweet and juicy. Low in kilojoules and a good source of fibre, nashi provides valuable antioxidants, vitamin C and folate.

Choose firm, unblemished nashi with yellowy-green skin. Store nashi in the fridge for up to 2 weeks. The skin blemishes easily so handle with care.

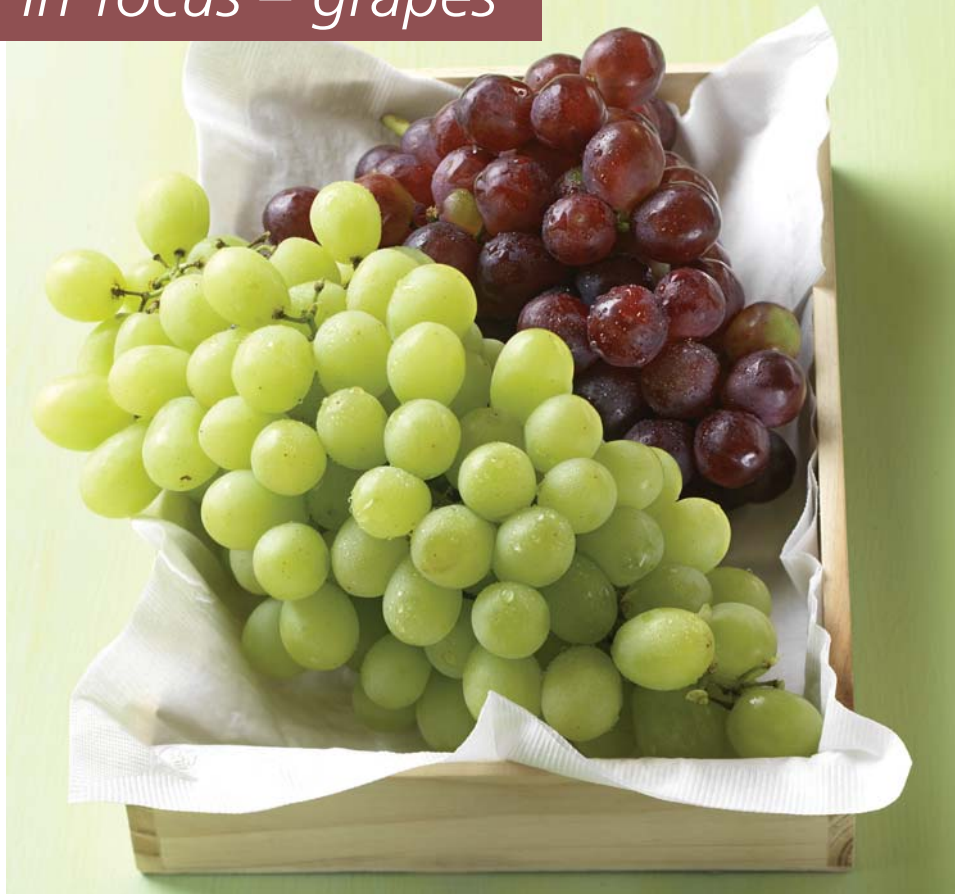


Wash and dry nashi just before serving. No need to peel as the skin is edible.

How to serve nashi in your canteen:

1. Add chopped nashi to fresh fruit salads
2. Serve whole nashi over the counter
3. Team quartered nashi with a wedge of reduced fat cheese

In focus – grapes



Purchasing: Grapes are picked ripe and ready to eat; a taste test is the best indication of flavour. Choose plump grapes with unwrinkled skin that are firmly attached to a fresh-looking stem. Avoid grapes with wrinkled skin or brown colouring around the stem. Colour, shape and seed content depends on variety.

Storing: Loosely wrap unwashed grapes in paper towel and place in a plastic bag or airtight container. Store in the fridge and use within 3-4 days.

Preparation: Wash grapes in cold water just before eating or using in a recipe. Drain well in a colander. Snip into small bunches or remove grapes from the stem.

Nutrition: Grapes are a good source of dietary fibre, and contain vitamins A & C and potassium. 100g grapes have 250-330kJ.

Grapes in your school canteen

Kids love seedless grapes – choose Thompson Seedless, Menindee and Flame Seedless varieties.

See great grape snacks – front page.

Meal Deals

Tamara Tomato TASTY MEAL

- Tomato & cheese roll
- Small bunch grapes



Summa Strawberry HOT DEAL

- Tuna burger
- Strawberry cup & carton yoghurt



Oscar Orange SPORTING FUEL

- Avocado, cheese & ham roll
- Quartered frozen orange



Megabite Apple BRAIN FOOD

- Chicken salad wrap
- Gala apple



Captain Capsicum HERO MEAL

- Ham, capsicum & feta cheese salad box
- Fresh fruit jelly



Bazza Banana BREAK

- Banana, honey & sultana sandwich
- Carton reduced fat flavoured milk



What's in season

SEASONAL PRODUCE BUYING GUIDE

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

VEGETABLES

Avocados
Beans
Broccoli
Capsicum
Celery
Cucumbers
Eggplants
Lettuce
Mushrooms

Peas
Potatoes
Pumpkin
Spinach
Sweet corn
Sweet potatoes
Tomatoes
Watercress
Zucchini

FRUITS

Apples
Bananas
Berries
Grapes (See In Focus)
Kiwifruit
Limes
Mangoes (until March)
Melons
Nashi

Nectarines (until March)
Oranges, Valencia
Papaya
Passionfruit
Pawpaw
Peaches (until March)
Pears
Pineapples
Plums

Canteen Fresh is produced by



PO Box 2 Sydney Markets NSW 2129
Phone: (02) 9325 6830 Fax: (02) 9325 6288
Email: freshforkids@sydneymarkets.com.au



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