



Think outside the snag

Healthier and profitable BBQs for your next community event or fundraiser



The ACT Government is committed to supporting a healthy, active and productive community, where the healthy choice is the easy choice.





Créate awareness of the healthier options in your pre-event marketing
- it might just encourage more people to attend.

Rethink your next BBQ menu

The sizzling aromas of sausages and steak tend to draw a crowd, yet these days people are more discerning about their health. They look for and expect variety and value.

Offering healthier options at your next BBQ fundraiser or event can be simple with the right planning, preparation and promotion.

We've put together great BBQ menu ideas that are tasty, easy and low-cost, so you can make a big impact on the health of your local community without compromising profitability.

It can be as simple as increasing fibre options, while also reducing the fat, salt and sugar content in food and drinks.

Get organised

First, get the organising team on the same page. An up-front agreement to introduce healthier options will make all other decisions easier.

Budget

- Estimate the number of people you expect at your BBQ.
- Ask local businesses to provide some goods as a form of sponsorship for your event. This could include non-food products to be used in a raffle.



Find out more about fundraising in this online guide: <http://www.actnss.org/nutrition-info-hub/healthy-fundraising-guide/>

- Look for suppliers who will offer discounted rates – especially if you buy in bulk.

Ordering

- Let local suppliers know you're improving the healthier options at your BBQ.
- Talk to the YMCA as they can source Amber-rated healthier sausages.
- Talk to your local butcher about healthier meat options. Try leaner cuts of meat, reduced fat options and reduced salt sausages. If your butcher makes their own sausages, ask them to add vegetables such as carrot or zucchini.
- Order supplies using average serve sizes. For example, 90g–100g is the standard serve size for raw lean meats such as beef, lamb, veal, pork, goat or kangaroo.



Find out more about serving sizes online:

<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

- When buying manufactured products, get to know the Nutrition Information Panel.



Find out more about reading labels online:

<https://www.eatforhealth.gov.au/eating-well/how-understand-food-labels/food-labels-what-look>

Check the first three listed ingredients for **fat**, **salt** and **sugar**. Healthier options have:

- less than 10g of total fat per 100g of ingredient
- less than 3g of saturated fat per 100g of ingredient
- less than 15g total fat per 100g when choosing cheese
- less than 2g total fat per 100g when choosing milk, yoghurt, custard
- less than 120mg of salt per 100g of ingredient is best but less than 400mg per 100g is good
- less than 15g of sugar per 100g of ingredient

Pricing

- Work out the cost per serve and add a percentage to determine your sale price.
- Consider lowering the price of healthier food and drinks and increasing the price of less healthier items. Reduce the cost of bottled water, for instance, and offset this by increasing the cost of soft drinks. This change will encourage more people to choose water. The increased profit on every soft drink sold will help offset the reduced margin on water.
- Package healthier items together at a cost less than buying them separately – a great way to up-sell and increase overall sales.

Put the healthier options at the top and bottom of written menus – make them prominent.

Food safety

Non-profit community organisations that sell food for fundraising purposes are exempt from the *Food Act 2001*, unless operating at a declared event (such as the National Multicultural Festival). These organisations are:

- able to sell foods that need temperature control to keep them safe; and
- not required to register with the Health Protection Service or have a food safety supervisor.

All organisations that serve and prepare food for the public still have a responsibility to ensure the food they sell is safe, even if they are not covered by the *Food Act 2001*. If you sell unsafe food, your organisation may be responsible for serious illness or death.

To assist you to make safe food, the Health Protection Service recommends all BBQ stall operators follow the food safety information in the Food Stall Guidelines and complete free online I'M ALERT food safety training. The [Food Stall Guidelines](#) and links to [I'M ALERT](#) training can be found on the ACT health website www.health.act.gov.au/foodsafety.

For more information on food safety, call the Health Protection Service on 6205 1700 during business hours.





Preparing your healthier BBQ menu

Meat and meat alternatives

When shopping for meat and alternatives, look for ready-made items at the supermarket. Talk to your butcher about reduced fat and reduced salt options, particularly for sausages, and ask for a bulk discount. If it is for a fundraiser you could ask them to be donated.

How about meat and vegetable kebabs, lean burgers or an ELT?

Let people add their own sauces and condiments.

These are good choices:

- lean burger patties
- reduced fat, reduced salt sausages
- lean cuts of meat (trimmed of all visible fat) such as beef, lamb and pork steaks, chops
- chicken (trimmed of skin and fat)
- veggie patties or falafels
- marinated tofu burgers
- eggs
- fish fillets, calamari, prawns.



When deciding what to pair with the meat, try:

- salad and veggies
- wholemeal or wholegrain rolls and bread
- unsaturated margarine used sparingly on bread (or not at all)
- natural herbs, spices, fruit juice or wine as marinade ingredients or to add flavour
- reduced salt/reduced sugar marinades, sauces and condiments.

Menu ideas

Steak sandwich or roll

Cook lean meat with a choice of onions, mushrooms and egg. Add salad, vegetables and reduced salt sauce.

Chicken tender wrap

Coat skinless chicken tenders with herbs and spices. Cook thoroughly on the barbecue with a small amount of oil. Serve in a wholemeal roll or wrap with salad. Top with a small serving of sweet chilli sauce.

Chicken kebab

Marinate a lean chicken breast in reduced salt honey and soy sauce, or lemon juice and garlic. Thread onto skewers with onion, capsicum, mushroom and pineapple. Cook thoroughly on the barbecue with a small amount of oil.

BBQ wrap

Cook veggie patties or falafel and serve with chopped lettuce, tomato and tzatziki in a wholemeal pita or wrap.

Meat burgers

Cook lean beef or chicken patties and serve in a wholegrain roll with salad and a reduced salt sauce.

Vegetarian burger

Cook lentil patties and serve in a wholegrain roll. Add salad, vegetables and reduced salt sauce.

ELT

Fry an egg in a small amount of oil and serve in a wholegrain roll. Add lettuce and tomato.



Salads

When shopping, buy pre-made salad or coleslaw without the added dressing. Then add grated carrot, corn kernels and peas, plus your own dressing using reduced fat mayonnaise or reduced fat natural yoghurt. Ask your local supermarket about buying pre-made salads in bulk, or a local wholesaler for discounts on fresh salad ingredients.

Make a blend of herbs or wholegrain mustard with lemon/lime juice and a small amount of unsaturated oil for salad dressings. See page 13 for what to look for when buying commercial dressings.

These are good choices:

- potato salad
- garden salad
- tabouli
- bean salad
- coleslaw
- couscous salad.

Menu ideas

Coleslaw

Combine grated carrot, thinly sliced red and white cabbage, sliced spring onions and mix with reduced fat mayonnaise or dressing.

Potato salad

Dice and boil potatoes. Add chopped vegetables such as capsicum, carrot and celery, wholegrain mustard and reduced fat mayonnaise or reduced fat natural yoghurt.

Pasta salad

Combine cooked pasta, chopped carrot, capsicum, tomato, corn and peas in a bowl. Mix together olive oil, lemon juice, mustard and chopped parsley and stir through salad or use reduced fat mayonnaise and a small amount of curry powder and Thai spice.

Couscous

Combine cooked couscous with chopped capsicum, tomato, cucumber and shallots in a bowl. Mix together olive oil, orange juice, cumin and chopped coriander and stir through salad.

Don't use raw egg mayonnaise as it's a high risk for foodborne illness. Use commercial reduced fat mayonnaise instead.



Vegetables

Veggies are a great accompaniment to the traditional meat BBQ. Try slicing onions in advance or buying them pre-sliced in bulk. They're best when cooked on a reduced heat without oil. Stock up on capsicums, potatoes and corn cobs.

Sell a side of vegetables or salad at a small cost or package these with meat and a bottle of water.

These are good choices:

- corn cobs
- jacket potatoes (including sweet potato)
- grilled veggies (mushroom, capsicum, eggplant, tomato, potato)
- onions
- marinated mushrooms.

Menu ideas

BBQ corn

Remove husks, spray with a small amount of oil and place corn directly onto medium heat grill/barbecue. Turn every two minutes for about 10 minutes or until tender and golden.

Grilled vegetables

Select a mix of capsicum, zucchini, eggplant, mushrooms, onion and sweet potato and cut into large strips, slices or chunks. Spray with a small amount of oil and season with herbs and spices. Grill on a hot barbecue.

Marinated mushrooms

Marinate chopped mushrooms in garlic. Spray with a small amount of oil. Grill on a hot barbecue for about 10 minutes or until soft.

Baked potato

Wash and pat dry potatoes. Prick each potato six times with a fork. Cut a cross in the top with a knife. Partially cook potatoes in the microwave for five minutes. Wrap each potato in foil and place on the barbecue for 20 minutes or until soft. Serve with reduced fat yoghurt instead of sour cream.



Dressings, sauces, spreads, fats and oils

These add flavour, but aren't always essential. Remember to use popular herbs like pepper, parsley, basil or mint with a dash of olive oil plus vinegar or lemon juice for a quick and easy salad dressing. Or use avocado when it's in season as a spread for burgers.

These are good choices:

- reduced fat commercial mayonnaise
- commercial salad dressings with no oil or reduced fat, reduced salt/sugar
- commercial sauces with reduced salt/sugar
- olive, canola or sunflower oils and margarine spreads
- avocado or hummus as a substitute for oil and margarine spreads.

Use a healthier dip instead of tomato or barbecue sauce on burgers or as an alternative to butter or margarine.

Menu ideas

Salad dressing

Mix $\frac{1}{4}$ cup balsamic vinegar and $\frac{1}{2}$ cup extra virgin olive oil. Add mixed herbs as desired. Use $1\frac{1}{2}$ teaspoons per 1 cup of salad.

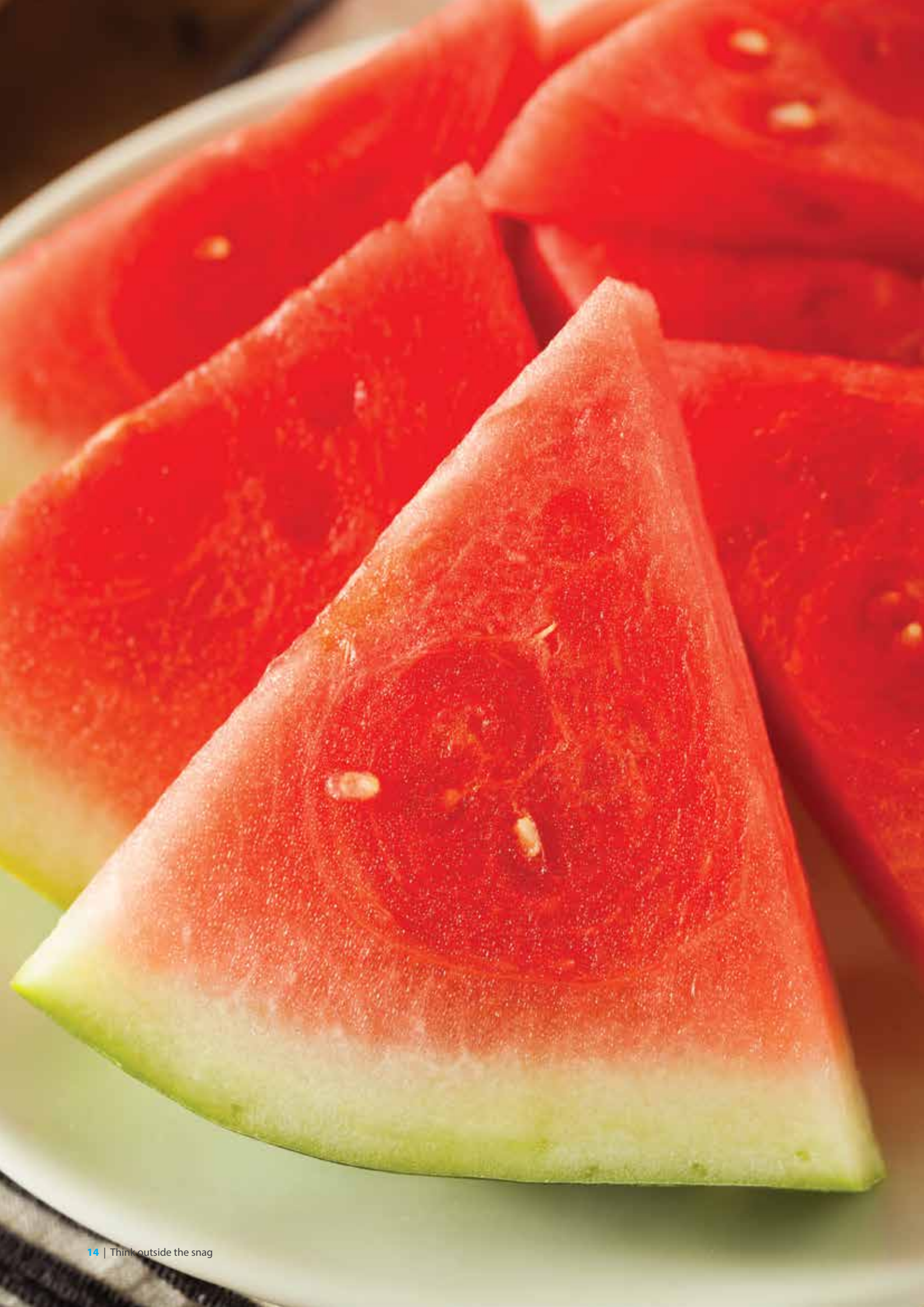
Caesar dressing

Mix $\frac{1}{3}$ cup reduced fat yoghurt with 2 tablespoons reduced fat mayonnaise, 1 teaspoon mustard and 1 tablespoon lemon juice. Use $1\frac{1}{2}$ teaspoons per 1 cup of salad.

Sauce

Mix $\frac{1}{2}$ cup reduced fat Greek yoghurt with 1 tablespoon sweet chilli sauce. Use $1\frac{1}{2}$ teaspoons per 1 cup of salad.





Sweet and savoury

These are great extras to sell at your BBQ. Where possible, use reduced fat/reduced salt options, and choose fruit that's in season for the best value for money.

Use leftover fruit and blend with some ice to make fruit slushies to sell.

These are good choices:

- air popped popcorn
- oven baked pita bread (cut into chips) with a healthier dip (see below for dip ideas)
- wholegrain crackers
- fresh whole or sliced fruit
- dried fruit and nut mix

Check nut policies for school-based events.

Menu ideas

Dip cups

Serve dips such as hummus in a mini cup with carrot and celery sticks.

Avocado smash

Mix together mashed avocado, chopped spring onions, diced tomatoes and lemon juice.

Healthier dips

Try vegetable-based dips such as hummus, tzatziki, beetroot and salsa.

Fruit salad or fruit kebabs

Dice seasonal fruit and serve in cups or thread onto skewers and serve chilled.

Display healthier food and drink options prominently at eye level.



Drinks

Water is the best drink option. It should be easy to access and well promoted at events. Water plays a key role in keeping us hydrated, without the added energy content such as sugars, which can be in other drinks.

Some public spaces now have permanent Water on Tap water bottle refilling stations. These encourage people to drink more water and help reduce waste. Portable Water on Tap stations are available free of charge for use at events.



To enquire about hiring a portable water refilling station, contact National Mailing and Marketing on hpb@nationalmarketing.com.au or phone 6269 1000.

Where possible, don't sell soft drinks, sports drinks or flavoured mineral water. If you do sell these items, don't promote them and increase their price to encourage people to make healthier drink choices.

For alternatives to water, choose:

- fruit or vegetable juice (at least 99% juice with no added sugar and a maximum serve size of 250ml)
- artificially sweetened or diet soft drinks (no added sugar)
- artificially sweetened cordials (no added sugar)
- reduced fat milk (plain or flavoured)
- tea or coffee with reduced fat milk.

Choose UHT (long life) options for your 'at least 99%' juices or reduced fat milk products.

Menu ideas

Jugs of water

Add ice, sliced lemon/lime, and fresh mint leaves.

Jugs of soda water or mineral water

Add sliced fruit and mint, a dash of 'at least 99%' fruit juice or a dash of diet cordial.



More inspiration

You can find other great healthy menu ideas at:

ACT Nutrition Support Service <http://www.actnss.org/recipes/>

Good Habits for Life <https://goodhabitsforlife.act.gov.au/>

LiveLighter <https://livelighter.com.au/Recipe>

Heart Foundation <http://heartfoundation.org.au/recipes>

Healthy Kids Association <http://healthy-kids.com.au/parents/recipes/>

Good Sports Healthy Eating recipes

http://goodsports.com.au/site/wp-content/uploads/Healthy-Eating-Recipes_-combined.compressed.pdf



The Mixing Bowl, Healthy Recipes for 10 or more, ACT Health and Red Cross

<http://health.act.gov.au/healthy-living/health-improvement>

Healthy Fundraising – Ideas to Promote Health While Still Making a Profit – Cancer Council New South Wales – information on healthier options for the sausage sizzle

https://www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf

Good Sports Healthy Eating Program – factsheets, BBQ poster and recipes

<http://www.goodsports.com.au/programs/healthy-eating/>

Healthy Together Mildura Healthy BBQ kit <http://healthytogethertomildura.com.au/healthybbq>

Food and drink policies

Check your proposed barbecue complies with your organisation's healthier food and drink policy and/or guidelines.

Some ACT settings have published food and drink policies and guidelines, such as:

ACT Health

Healthy Food and Drink Choices Policy
www.health.act.gov.au (search for food and drink)

ACT Schools

ACT Public School Food and Drink Policy 2015
www.det.act.gov.au (search for food and drink)

ACT Catholic Schools

www.cg.catholic.edu.au

Independent Schools of the ACT

www.ais.act.edu.au

More information

For helpful advice and suggestions for your next healthy community BBQ or fundraiser, contact the ACT Nutrition Support Service at www.actnss.org, info@actnss.org or phone 6162 2583.