



Healthy Eating Healthy Action  
Oranga Kai – Oranga Pumau

# Healthy kai catering guidelines

An opportunity to promote healthy food choices  
and to lead by example at your meeting or event.



Waikato District Health Board

## Healthy Kai: General guidelines for catering

By following these guidelines you are supporting and encouraging your community to eat more fruit, vegetables, whole grain breads and cereals which will benefit their health and reduce the risk of chronic illness.



## Quick tips

- Make sandwiches with salad fillings and lean meat
- If a meal is served, provide plenty of salad and/or vegetables
- Provide vegetarian options
- Consider other dietary requirements e.g. gluten free
- Provide a selection of fresh fruit
- Limit creamy sauces
- Use low fat coconut cream, sour cream, and milk where possible
- Choose a low fat salad dressing (balsamic vinegar, lemon/orange/tangelo, a little olive oil)
- Where possible serve spreads, sauces or dressings on the side as optional extras
- Remove any visible fat from meat and take the skin off chicken
- Avoid serving luncheon or fatty processed meat like salami and fatty sausages
- Avoid serving pastry items high in fat/sugar content e.g. savouries, sausage rolls, apple turnovers
- Only use a little oil when cooking (preferably plant oils e.g. olive or canola)

## Butter and margarine

- Avoid using butter when preparing food
- Serve bread, rolls, muffins, and scones unbuttered
- Make margarine an optional extra by serving it on the side

## Serving sizes

Keep sweet or baked items to small servings (muffins should be the size of a small egg).

## Healthy drinks

- Make it easy for your guests to fill water bottles and have a glass of plain water
- Provide low fat milk (green or yellow top) for tea and coffee



## What not to provide

- Deep fried food - battered fish/nuggets/hotdogs, hot chips, crumbed chicken, fried bread
- Foods high in saturated fat - chocolate, biscuits and cakes, pastries, pies, potato chips, cream, butter, and creamy spreads/sauces
- Foods high in sugar – lollies, toffee apples, lollypops, candyfloss, fizzy drinks, other sweet drinks
- Foods high in salt - salted nuts, processed meat, or salt shakers



Fruit juice



Unbuttered

## Morning and afternoon tea

Choose one option from each list. Morning and afternoon teas are not meals, so large amounts and lots of different choices are not needed.

### 1. Platters

- Fruit – a selection of fresh fruit cut into bite size pieces (allow three or four pieces per person)
- Fresh vegetables and dip - a selection of fresh raw vegetables cut into bite size pieces. Use a low fat dip e.g. hummus, tomato based dip (allow three or four pieces per person)
- Cheese and crackers – use thinly sliced low fat cottage, edam or feta cheese. Use low fat crackers (ryvita, rice cakes or litebread). Include fresh salad vegetables e.g. tomato, cucumber, spring/red onion, capsicum. (allow one or two pieces per person)

### 2. Sweets and savouries

- Fruit muffins, scones, and loaf - small unbuttered servings (allow one piece per person)
- Pikelets - small unbuttered servings perhaps with toppings e.g. salmon/ tuna and cottage cheese dip or hummus and pesto, instead of jam and cream (allow two pieces per person)
- Asparagus rolls – small unbuttered servings on wholegrain bread (allow one piece per person)
- Nuts, seeds and raisins – a selection of raisins, sunflower and pumpkin seeds with raw/natural or unroasted and unsalted nuts e.g. almonds and walnuts (allow small handful per person)
- Fruit kebabs – use a selection of five or six bite sized pieces of fruit for each kebab (allow one per person)



Hummus

## Lunch

Provide one option from each list:

### 1. Breads and fillings

- Breads – choose from a variety of breads (wholegrain, pita, baps, bagels, wraps)
- Add fillings – lean meat, chicken, fish, egg, low fat cheese, hummus, pesto, chutney, pickles. Remove visible fat from meat and take the skin off chicken
- Include salad vegetables e.g. tomato, cucumber, spring onion, red onion, capsicum, lettuce, avocado, carrot etc.



### 2. Savoury dishes

- Sushi – choose a selection of meat and vegetarian options (allow two to four pieces per person)
- Low fat pizza – thin crust, tomato base, lean meat, low fat cheese (allow one piece per person)
  - Bread cases – wholegrain bread, quiche type filling, spaghetti, corn (allow one piece per person)
  - Vegetable or tomato based soup with wholegrain toast (allow one bowl and one slice of toast per person)
  - Low fat vegetable slice or crustless quiche (allow one palm sized piece per person)
  - Baked potatoes – top with tuna in water/ salmon, cottage cheese, tomato (allow one per person)



### 3. Platters

- Fruit and dip – a selection of fresh fruit cut into bite size pieces with low fat yogurt dip (allow three or four pieces per person)
- Vegetables and dip - a selection of fresh raw vegetables cut into bite size pieces with low fat dip e.g. hummus, tomato based dip or salsa (allow three or four pieces per person)
- Fruit kebabs – use a selection of five or six bite sized pieces of fruit for each kebab (allow one per person)

**Always provide plain water and other healthy drinks (refer page 4).**



## Healthy Kai: Fundraisers and community events

**Drinks** – please do not sell or provide fizzy and other high sugar drinks at your event.

- Provide plain water by the glass and for filling water bottles
- Healthy alternatives to sell include:
  - Bottled water
  - Coffee, selection of teas, hot chocolate, Milo, milk drinks (low fat milk)
  - Fruit juice, fruit smoothies
  - Diet soft drinks e.g. Sprite zero, diet ginger beer



Orange juice



## BBQ station

- Steak sandwich/burger – unbuttered wholegrain bread/rolls, lean schnitzel, fresh green salad, tomato, beetroot, low fat cheese and low fat sauces/dressing
- Sausage sizzle – unbuttered wholegrain bread, low-fat pre-cooked sausages, onion, salad and low fat sauce
- Kebabs – selection of lean meat and vegetables (include vegetarian options)
- BBQ meat – use lean meat with fat and skin removed
- BBQ fish – lightly pan fry herbed fish (no batter)
- Limit creamy salads

## Salad bar

- A variety of fresh ready-made salads, use low-fat dressing/balsamic vinegar/lemon



Kebabs



Salad



Fritters



Sandwich

### Fritter bar

- Fritters – lightly fried mussel, fish, paua, corn, or vegetable fritters on an unbuttered slice of wholegrain bread with low fat sauces available
- Fritters and salad – lightly fried fritters with low fat sauces and a variety of fresh ready made salads. Use low-fat dressing/balsamic vinegar/lemon
- Fritter sandwiches/burgers - use wholegrain bread/rolls with fresh green salad and low fat sauces or dressings

### Select a sandwich

- Breads/rolls – choose from a variety of unbuttered breads (pita, baps, bagels, wraps, naan)
- Meat – choose hot and cold lean meat with skin and fat removed (beef, turkey, pork, chicken, fish, lean mince patties/meatballs)
- Salad – choose a variety of fresh green salad vegetables e.g. tomato, cucumber, spring/red onion, capsicum, lettuce, avocado, carrot etc
- Spreads – use sparing amounts of hummus, cottage cheese, pesto, pickles, or chutney, and black pepper/low fat sauces or dressings

## International selection

- Sushi – choose a selection of meat and vegetarian options with wasabi, pickled ginger and limit soy sauce
- Curries - limit creamy options or use evaporated milk or low fat coconut cream, serve with rice and naan bread, salad using low-fat dressing/balsamic vinegar/lemon
- Burritos, tortillas or tacos – lean beef, pork, chicken, or turkey mince with salad, low-fat dressing/ sauces/balsamic vinegar/ lemon and cheese
- American hotdogs – unbuttered wholemeal rolls with lean frankfurters and low fat sauces and cheese
- Shwarmas/wraps – fill with grilled meat, salad, yogurt, hummus and tomato based sauces instead of creamy high fat sauces



Low fat curry





## Healthy hangi

- Use lean meat and cut off any visible fat or loose skin.
- Be generous with vegetables – use pumpkin, potato, kumara, carrot, onion, cabbage and other vegetables.
- Don't add salt

## Fruit

- Fruit kebabs - a selection of fruit pieces, with two marshmallows on each kebab if used
- Fruit smoothies – fresh fruit, low fat milk or yogurt
- Fruit platters – a selection of fruit pieces with a low fat yogurt dip
- Juicies, Moosies, frozen fruit yogurts, fresh fruit ice blocks – as low in sugar as possible



Berry smoothie

## Baked potatoes or kumara

- Use medium size potatoes
- Fillings – cottage cheese, natural yogurt, low fat sour cream
- Salad – a selection of fresh salad vegetables
- Lean meat - tuna in water/ salmon, tomato-based mince, grilled meat, chicken
- Cheese – sprinkle parmesan or a small amount of grated low fat cheese



Baked kumara

## Toasted sandwiches

- Bread - unbuttered multigrain/wholegrain bread brushed lightly with vegetable oil (olive or canola)
- Cheese – a small amount of grated low fat cheese
- Fillings – low fat fillings e.g. spaghetti, baked beans, tomato, onion, lean meat

## Baked savoury wedges

- Potato or kumara – thicker the better
- Toppings – salsa, sweet chilli sauce, low fat sour cream



For further healthy eating information go to  
[www.nhf.org.nz](http://www.nhf.org.nz)

## Acknowledgement

Waikato District Health Board Healthy Eating Healthy Action (HEHA) programme endorses the guidelines in this booklet, developed by Hauraki Alive Coalition.

Hauraki Alive authorised HEHA to adapt their guidelines to allow for wider distribution to schools and other organisations to support them with promoting healthy nutrition.

The guidelines are available at [www.waikatodhb.govt.nz/HEHA](http://www.waikatodhb.govt.nz/HEHA)

*Hauraki Alive Coalition supports and encourages communities to adopt healthy nutrition and regular physical activity habits.*

*The guidelines and suggestions in this booklet will make healthy catering easier, and make it easier for communities to make healthy choices.*