



WHY CHANGE UP THE MENU?

Creating healthy spaces helps kids be at their best. Providing healthy and delicious food and drink options in places where children and families spend their time can help make sure kids have the fuel they need to grow, play and learn throughout the day.

Providing healthier foods and drinks and reducing the availability of unhealthy alternatives can also help meet the recommendations in the Victorian Department of Health's [Healthy Choices guidelines](#). We need to surround our kids with delicious, healthy foods and drinks, wherever they spend their time. It's time to change up the menu, so let's get started today!

Making changes to your community facility kiosk or vending machine might seem overwhelming but there are small changes you can do to get started. You can 'Change up the menu' with the following 'bite' sized actions:

- **Boost veggies and salad** – half of hot and cold main meal options contain salad/vegetables.
- **Offer healthier pies and pastries** – offer healthier versions of pies, sausage rolls, and other savoury pastries and reduce the amount of unhealthy versions.
- **Minimise fried foods** – use healthier cooking methods for potato cakes, hot chips, dim sims, etc. where possible, such as oven baking or steaming, and/or provide smaller serve sizes, and/or reduce varieties of fried foods.

The process is the same for each of the bites. You can try one 'bite' at a time or do them all at once. It's up to you. Whichever approach you take, this guide will support you through each step of the way.

OFFER HEALTHIER PIES AND PASTRIES – WHAT'S INVOLVED?

The 'Offer healthier pies and pastries' bite includes offering healthier versions of pies, sausage rolls, and other savoury pastries and reducing the amount of unhealthy versions, including:

- pies such as regular meat pies, potato/shepherds' pies, party pies, etc.
- pasties
- sausage rolls
- filo pastry triangles or rolls
- vegetarian alternatives.

To offer healthier pies and pastries, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing what pies and savoury pastry options are currently available at the facility. This will help identify which options you may want to swap.

Make a note of the pies and pastries available on the current menu, including all flavours/varieties available.



STEP TWO: PLAN

Now you know what you have, decide how you will make your changes.

Choose from many healthier pie and pastry options that can be included in the facility's food service. You can use the free product assessment tool, [FoodChecker](#), to find healthier pies and pastries. Just select the 'quick product check' button, then search or assess products in the category 'single hot food item'.

All pies and pastries classified as **AMBER** are considered healthier options and are suitable for supply in community facilities.

Try swapping some commercially prepared items for healthier home-made alternatives, for example:

- frittata or quiche with lean ham and vegetables, or lean chicken and mushroom
- filo pastry triangles with roast pumpkin and feta, or spinach and ricotta
- cottage pie with lean mince and vegetables.

For healthy frittata recipes and other similar items, visit [Healthy recipes for retail food outlets and catering](#).





You also need to learn how the pies and pastries are purchased. Find out where the facility purchases its pies and pastries from for the café or kiosk. It could be:

- a local distributor or wholesaler
- a local supermarket or bakery.

Once you know where the facility purchases its pies and pastries from, contact the supplier to discuss and determine healthier options the facility can purchase.

TIP!

If there is a contract or agreement in place, discuss with the supplier what flexibility there is and how healthier options could be included in the existing contract.

If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the healthier options you want.

PREPARING FOR CHANGE

There are different ways to introduce changes and make improvements to the pies and pastries in a facility. You can make changes all at once or use a gradual approach:

- **All at once:** an ideal time to do this is at the beginning of a new year or term, however it can be done at any time. This is a quick way to drastically improve the healthiness of the pies and pastries offered and works best if there are only a few changes to make.
- **A gradual approach:** this option gives customers more time to get used to the changes and an opportunity to try alternative options before other pies and pastries are removed. It is often the more readily accepted option if you need to make lots of changes to the pies and pastries available.

TIP!

There are three ways you could take a gradual approach:

1. Replace the least popular pies and pastries first, then work on replacing the best sellers second.
2. Sell down your stock of pies and pastries and don't order more once you sell out. As they sell out replace with healthier products or options.
3. Start to make some healthier pies and pastries on site as a first step, then negotiate with suppliers about stocking healthier pre-packaged items (or vice versa).





STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

Here's a great example of offering healthier pies and pastries.

Vic Kids' Community Centre reviewed the pies and pastries available on their cafe menu and found that they had five different options (commercially bought pies and pastries are highlighted in **RED**). Next, they identified changes they could make to their cafe menu to offer healthier pie and pastry options, reduce the number available and introduce a homemade option containing vegetables. Vic Kids' Community Centre decided to improve their menu as follows:

Pies and pastries menu BEFORE small bite	Price (\$)
Sausage roll	5.00
Meat pie	5.00
Potato pie	5.00
Vegetable pastie	5.00
Cheese and spinach roll	5.00

Pies and pastries menu AFTER small bite	Price (\$)
Lite sausage roll	5.00
Lean meat pie	5.00
Cheese and spinach roll	4.00
Homemade potato and vegetable frittata	4.00

SUPPORTING SUCCESS

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success by changing how pies and pastries are priced and promoted.

- Place the healthier pies and pastries at eye level in the pie warmers.
- Promote the healthier meals in meal deals together with healthier drink options e.g. potato and vegetable frittata and water for \$6.
- Price healthier meal options competitively so they are the cheaper choice e.g. lower the price of healthier options or increase the price of less healthy options.
- Put up posters advertising the new healthier meal options available.

Remember, this is just one of the 'bites' you can do to switch up the snacks. Check out '[Boost veggies and salad](#)' or '[Minimise fried foods](#)' for how to provide and promote more healthy menu options in the facility.





CELEBRATE

Great job! You've finished the 'Offer healthier pies and pastries' bite for Vic Kids Eat Well. Make sure to share the good news with the facility, and plan how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service

