



# CHANGE UP THE MENU IN SPORT AND RECREATION FACILITIES

- Offer healthier pies and pastries



## WHY CHANGE UP THE MENU?

Healthy and delicious food and drinks give children the fuel, nutrition and hydration they need to perform, play, concentrate and be at their best.

Providing healthier meals and reducing the availability of unhealthy alternatives such as fried foods is also a recommendation in the Victorian Department of Health's [Healthy Choices guidelines](#). We need to surround our kids with delicious, healthy food 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 sport and recreation 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 or cold main meal options contain salad/vegetables.
- **Offer healthy pies and pastries** – offer healthier (**AMBER**) versions of pies, sausage rolls and other savoury pastries and reduce the amount of unhealthy (**RED**) 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.

The Healthy Choices guidelines use a traffic light system to classify foods and drinks based on their nutritional value as **GREEN** (best choice), **AMBER** (choose carefully) and **RED** (limit).

Achieving all bites, as well as those from the other action areas, should get you close to or fully achieving the Healthy Choices targets of at least 50% **GREEN** foods and drinks and no more than 20% **RED** foods and drinks.

## OFFER HEALTHIER PIES AND PASTRIES – WHAT'S INVOLVED?

The 'Offer healthier pies and pastries' bite includes offer healthier **AMBER** versions of pies, sausage rolls and other savoury pastries, and reduce the amount of **RED** 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 using **FoodChecker** to review what pies and savoury pastry options are currently available at the facility and determine which ones are the healthier **AMBER** options and which are the less healthy **RED** options. 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.

To make the menu healthier, offer healthier **AMBER** pies and pastries (where supply is available). Use **FoodChecker** again to find new **AMBER** pies and savoury pastries to replace the **RED** versions you currently stock.

You could also try swapping some commercially prepared items for healthier home-made alternatives if your facility is able to, 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.



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 **AMBER** options the facility can purchase.

## PLANNING 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 offering 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:

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 foods you want.

### TIP:

There are three ways you can 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 the **RED** pies and pastries and don't order more once you sell out. As they sell out replace with **AMBER** options.
3. Start to make some healthier pies and pastries on site as a first step, then negotiate with suppliers about stocking **AMBER** 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' Leisure Centre reviewed the pies and pastries available on their cafe menu and found that they had five unhealthy options (highlighted in red). Next, they identified changes they could make to their cafe menu to offer healthier pie and pastry options (highlighted in amber), reduced the number available and introduced a homemade option containing vegetables. Vic Kids' Leisure 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	5.00
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:

- **Placing the healthier pies and pastries at eye level** in the pie warmers.
- **Promoting the healthier meals in meal deals together with healthier drink options** e.g. potato and vegetable frittata and water for \$6.
- **Pricing healthier AMBER options competitively so they are the cheaper choice** e.g. lowering the price of healthier options or increasing the price of less healthy options.
- **Putting up posters** advertising the new healthier options available.

Remember, this is just one of the 'bites' you can do to change up the menu. Check out **'Boost veggies and salad'** or **'Minimise fried foods'** for how to provide and promote other healthier menu options in the facility.



## CELEBRATE

Great job! You've finished the 'Offer healthier pies and pastries' bite for Vic Kids Eat Well. You're also one step closer to meeting the Healthy Choices guidelines. 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](mailto: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](mailto:vickidseatwell@cancervic.org.au) or call **1300 185 725**

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