



CHANGE UP THE MENU IN SPORT AND RECREATION FACILITIES

• Boost veggies and salad



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.

BOOST VEGGIES AND SALAD – WHAT'S INVOLVED?

The 'Boost veggies and salad bite' includes having half of hot and cold main meal options contain salad/vegetables.

Main meal options you might have on the menu include:

- sandwiches and wraps
- burgers and rolls
- salads
- baked potatoes
- sushi and rice paper rolls
- toasted sandwiches and jaffles
- pasta, rice and noodle dishes
- nachos and pizza
- soups.

Vegetables and salad include:

- fresh, frozen, canned (drained) or cooked vegetables (e.g. carrot, corn, pumpkin, potatoes)
- leafy greens and salad (e.g. lettuce, tomato, spinach)
- dry, canned or cooked beans or legumes (e.g. kidney beans, chickpeas or lentils).

To **boost veggies and salad**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing what meal options (both hot and cold) are currently available at the facility. This will help identify which options contain vegetables or salad.

Count the number of meal options that contain vegetables or salad. You should count those that include at least one vegetable or salad ingredient.

Do not count garnishes or condiments as a vegetable (e.g. parsley on top of nachos, tomato sauce on a burger or tomato sauce/pasta sauce on a pizza base with no other vegetables included).

Do at least half of the lunch options you have available include salad or vegetables? If not, move to the next step.





STEP TWO: PLAN

You now need to plan how you will increase the number of meal options with vegetables or salad.

There are plenty of ways to increase the vegetable and salad ingredients in the meal options available in the facility, including:

Meal options	Ideas for adding more salad or vegetables
Sandwiches, wraps, rolls or burgers	Include a few salad ingredients such as lettuce, tomato, onion, beetroot, grated carrot, roast pumpkin or capsicum
Nachos	Add tomato salsa, kidney beans or Mexican beans, corn kernels, capsicum, and/or spinach
Salads	Add more salads to the menu such as warm chicken salad, garden salad, Greek salad, roast vegetable salad, or pumpkin, beetroot and feta salad
Skewers/kebabs	Serve chicken tenders or beef skewers with a side of vegetables (e.g. a cob of corn) or salad, or add some vegetables to the skewers like capsicum
Soups, casseroles and pasta dishes	Offer vegetable-based soups and casseroles in winter with a bread roll. Add grated carrot and zucchini to pasta sauces such as Bolognese or add a small side salad to a hot dish like lasagne
Curries and stir-fries	Offer vegetarian options such as pumpkin and chickpea and serve with brown rice or wholemeal noodles
Sushi and rice paper roles	Stock or make sushi and rice paper roll options that include vegetables like cucumber, avocado or carrot
Vegetarian dishes	Add in some hot vegetarian options such as vegetarian pizza, baked potatoes, vegetable lasagne



Identify at least half of the current meal options where vegetables or salad could be included.

If the facility uses an external supplier to purchase their meal options, communicate with them the types of meal options you'd like to provide and obtain a copy of their up-to-date menu or item list. Ask what options they have that contain vegetables or salad. When ordering try to:

- look for the product description or ingredients list to see whether the item has any vegetables
- choose options that feature more than one vegetable, if possible.

You can always add more vegetables to purchased meal options. For example, you could:

- add frozen diced vegetables to commercial pasta meals before heating
- top commercial pizzas like cheese and pepperoni with vegetables like capsicum, spinach and mushrooms before cooking
- add a side salad to a hot dish.

PREPARING FOR CHANGE

It is recommended that you make changes 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. Consider how to support staff to update recipes to ensure these changes are followed and communicated.

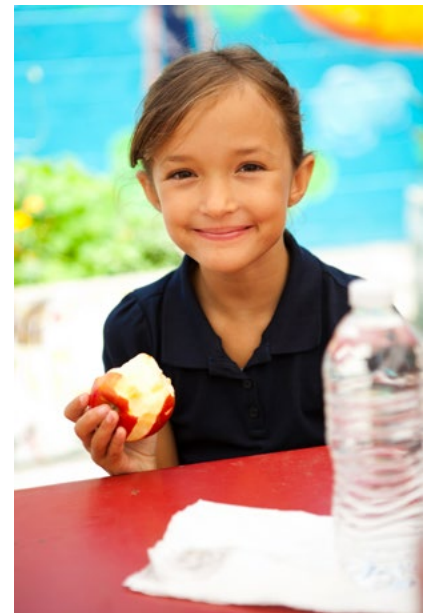


STEP THREE: ACT

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

Here's a great example of boosting veggies and salad.

Vic Kids' Leisure Centre reviewed the hot and cold menu options on their cafe menu and found that only 43% of the options available (six out of 14) included vegetables or salad (those without vegetables or salad are highlighted in red). Next, they identified ways to add in more vegetables and salads to their cafe menu so that at least half (50%) of the menu options had vegetables or salad. Vic Kids' Leisure Centre decided to improve their menu as follows:



Meal menu BEFORE small bite	Price (\$)
Burger and rolls	
Bacon and egg roll	4.00
Beef burger (with lettuce, tomato, beetroot, BBQ sauce)	7.00
Cheeseburger (with beef, cheese, tomato sauce)	6.50
Pizza	
Cheese and pepperoni pizza	5.00
Hawaiian pizza	5.00
Pasta/rice/noodle dishes	
Beef lasagne	7.00
Fried rice with ham and veggies	6.00
Salads	
Chicken Caesar salad	6.00
Sandwiches and wraps	
Egg and lettuce sandwich	6.00
Ham and cheese sandwich	6.00
Chicken and mayo sandwich	6.00
Chicken sweet chilli wrap (with lettuce, tomato and mayo)	6.50
Sushi	
Tuna and avocado sushi	5.00
Crispy chicken sushi	5.50

Meal menu AFTER small bite	Price (\$)
Burger and rolls	
Bacon, egg, spinach and avocado roll	4.50
Beef burger (with lettuce, tomato, beetroot, BBQ sauce)	7.00
Cheeseburger (with beef, cheese, tomato sauce)	6.50
Pizza	
Supreme pizza (with pepperoni, cheese, capsicum, spinach, onion, olives)	5.50
Hawaiian pizza	5.00
Pasta/rice/noodle dishes	
Beef lasagne with garden salad	7.00
Fried rice with ham and veggies	6.00
Pork and veggie stir-fry with noodles	7.00
Salads	
Chicken Caesar salad	6.00
Pumpkin, beetroot and feta salad	6.00
Sandwiches and wraps	
Egg and lettuce sandwich	6.00
Ham, cheese and tomato sandwich	6.00
Chicken sweet chilli wrap (with lettuce, tomato and mayo)	6.50
Sushi	
Tuna and avocado sushi	5.00
Crispy chicken sushi	5.50

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 meals in more prominent positions** in the kiosk.
- **Promoting the healthier meals in meal deals together with healthier drink options** e.g. chicken and salad wrap and water for \$6.
- **Pricing healthier snack 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 meal options available.

Remember, this is just one of the 'bites' you can do to change up the menu. Check out ['Offer healthier pies and pastries'](#) or ['Minimise fried foods'](#) for how to provide and promote other healthier menu options in the facility.





CELEBRATE

Great job! You've finished the 'Boost veggies and salad' 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

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**

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