2004
TERM 1

canteen *fresh*

For more Fruit and Veg information, check out the Fresh for Kids internet site at www.freshforkids.com.au

Helping canteen managers provide healthy and nutritious meal choices on their canteen menu – proudly brought to you by Sydney Markets!

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BLACKBOARD SPECIAL

This fabulous sandwich can be offered on a regular day each week (for example every Wednesday) for a month or for the duration of a week in Term 1. It's simple to make and package. A light spread of cranberry or red currant jelly can be added to a teacher's version.

TURKEY SALAD FLAT ROLL

Salad vegetables included are thinly sliced Lebanese cucumber, butter lettuce leaves and sliced ripe tomatoes. Crisp cucumber and butter lettuce helps keep the sandwich fresh and crunchy and also provides fibre. Rich red tomatoes are great for lycopene, a valuable antioxidant that may help reduce the risk of cancer.

TOP TIP: Place the sliced tomato and cucumber between the lettuce and turkey to keep the roll crisp.

Shaved turkey is lean, tasty and provides protein.
A carbohydrate-packed hi-fibre flat bread roll is easy to fill, cut and wrap and is also great for sustained energy.

Sell this sandwich with a piece of fresh fruit and a drink as a special meal deal!

Salad time

It's hot and sunny in Term 1 and there's no better time to add a refreshing vegetable salad to your menu. Tomatoes, celery and cucumbers are in good supply – combine them in this terrific salad with nutritious chick peas.

CRAZY COOL SALAD

Toss together halved cherry tomatoes, diced celery, diced Lebanese cucumbers, drained canned chick peas and reduced fat grated cheddar cheese.

NUTRITION: The fresh vegetables in this salad provide plenty of vitamins, antioxidants and dietary fibre.

Fresh start to the year

The beginning of Term 1 is the ideal time to make positive changes to your canteen menu. Take time to check that your menu offers low-fat, nutritious food choices for your young and older customers. Children in particular need a good balance of healthy foods to ensure their growth and development. Strive to provide high quality foods like whole grain breads, lean meats and chicken, reduced fat milk and yoghurts, salads and plenty of fresh fruit and vegetables.

Ham, cheese and tomato sandwich

Peanut butter, sultanas and grated carrot sandwich

CONSIDER YOUR FRESH FRUIT AND VEGETABLE OPTIONS

Ensure that fresh fruit and vegetables are included on your menus every day. Fruit should be available mid-morning and at lunch time. Expand the range from the regular oranges, apples and bananas so fruit does not become 'boring'.

Review all snacks, sandwiches, rolls, salads, hot foods and yoghurts, etc. on offer. Where possible add some vegetables or some chopped fresh fruit. Include a fresh vegetable salad daily.

Package and sell freshly-cut sandwiches or rolls, using mashed avocado as a spread instead of margarine. Ideas include:

- cheese and lettuce
- ham, cheese and tomato
- peanut butter, sultanas and grated carrot
- egg and lettuce
- chicken and salad (lettuce, tomato, cucumber, grated carrot)
- chicken, cheese and avocado

TOP TIP: Give sandwiches a fun and funky name that appeals to children.

Plan your menus around seasonal fruits and vegetables. Fresh produce in season is abundant, ultra fresh and most economical to purchase.

Make sure there's a variety of well-presented seasonal fruit available each day on the canteen counter. Selling fresh fruit by the piece is easy for busy kids to eat. A fresh seasonal fruit salad is also a great option.

PROMOTE FRESH FRUIT AND VEGETABLES ON YOUR MENUS!

Schedule some dates in the school canteen diary for regular promotions and 'specials' throughout the year featuring seasonal fruit and vegetables. Some easy examples are 'Apple Crunch and Munch' week or 'Munch on a Corn Cob' week! This adds interest and variety to your canteen menus and can improve your profitability.

Promote your school canteen and the fresh food on offer to all your potential customers . Don't forget to keep parents informed of your healthy menu through the school newsletter.

TOP TIP: Generate sales with a blackboard featuring daily or weekly specials.

5 top fruit & vegie purchasing tips

1. **GRAPES:** Choose seedless grapes for your canteen. Bunches should be full and intact and the grapes should have supple, firm stems attached. Grapes do not ripen further after harvesting.

2. **MELONS:** Select whole melons that are firm and feel heavy for their size. Rockmelons should have a sweet aroma, whilst watermelon and honeydew melon have little fragrance when ripe.

3. **BANANAS:** Bananas are harvested green and ripened under controlled conditions. Choose bananas at different stages of ripeness so that they do not all ripen at once.

4. **TOMATOES:** Purchase your tomatoes in advance of when you need them. Leave tomatoes to ripen at room temperature. Allow 3-4 days for pale red tomatoes and 5-7 days for pale pink tomatoes to fully ripen. Under-ripe tomatoes lack flavour and colour.

5. **ICEBERG LETTUCE:** Choose Iceberg lettuce with crisp leaves. The lettuce should feel heavy for its size and the leaves should be tightly packed.

Super fruit salad

Most fruit provides vitamin C, is low in fat and is a good source of dietary fibre. It also makes for a quick healthy snack food in between meals.

Vary your fresh fruits on offer with the season. Fruits that are in season are best value. Remember that apples, pears and bananas will brown after they're cut so toss them in a little citrus juice to prevent discolouring.

Make fruit salad fresh every morning and store it in a large airtight container in the fridge until you are ready to serve it. Small wax paper cups or clear plastic cups are perfect for serving the fruit salad – they're available from paper suppliers (look in the Yellow Pages for supplier details).

SUPER FRUIT SALAD

- ½ medium watermelon
- 1 large rockmelon
- 1 large pineapple
- 6 large Valencia oranges
- 500g seedless grapes, washed
- 4 medium Granny Smith apples, washed
- 1 punnet small strawberries, washed, hulled and halved lengthways

METHOD:

1. Peel and roughly chop the watermelon, rockmelon, pineapple and 5 oranges. Place chopped fruit in a very large bowl or dish.
2. Remove stems from grapes and add to fruit salad.
3. Chop apples (leave the skin on) and add to fruit salad.
4. Juice remaining orange. Add juice and strawberries to fruit salad. Toss gently to combine and serve.

Makes: 30 cup-sized serves.

Cost per serve: approx. 55 cents.

Fresh fruit to go

Attractively arrange and label your fruits so that your 'little' customers can easily select a piece. Provide at least 4 types of fresh fruits every day.

Variety is important! Each week offer something new and/or rotate fruits so that children do not lose interest. Value-add fruits by serving them cut or sliced ready to eat, with a yoghurt or thread chopped fruits onto paddle-pop sticks.

Make your fresh fruit display a feature to boost your sales! In Term 1 your fresh fruit selection could include:

- Royal Gala & Jonathon apples
- Williams, Howell & Packham pears – ripe and ready to eat
- Bananas – choose a small size for kids
- Wedges of rockmelon, watermelon and honeydew melon
- Valencia oranges – peeled 'snake' style or cut into wedges
- Fresh pineapple wedges – simply take the skin off
- Nashi pears
- Small bunches of seedless sultana grapes
- Stonefruits – early in Term 1 you can pick up some great late season stone fruits – try nectarines, peaches and plums
- Mango cheeks – cut honeycomb style

In focus – *cucumbers*

BUYING

Lebanese and Telegraph varieties are ideal for your school canteen.

Select firm, green-skinned cucumbers. Avoid soft cucumbers and those with withering or yellowing skin.

STORING

Store cucumbers in the crisper section of the fridge. Do not store in plastic bags or in the same section of the fridge as fruit, as the natural gas given off by the fruit will cause cucumbers to quickly soften.

PREPARING

Wash cucumbers just before using. The skin is thin and edible. Thinly slice lengthways using a vegetable peeler or chop with a knife as desired.

NUTRITION

Lebanese cucumbers contain twice the vitamin C of other varieties.

CUCUMBERS IN YOUR SCHOOL CANTEEN

Add to salad sandwiches or include with egg and lettuce, rocket and roast beef (for seniors and teachers) and tomato and cheese. Dice cucumbers and add to salads.

School canteen seasonal produce buying guide *February to April*

Use this chart to plan your menus and refer to it when ordering your produce. Buying produce in peak season will save you money - produce in season is generally most abundant, fresh and economical.

Top tips for buying fresh produce:

- Schedule time for a quick chat with your greengrocer or supplier before you place your order to ensure you know what's best market value that week.
- Don't be afraid to stipulate the quality and size of the fresh produce you require, especially for fruit for the canteen counter which should be easy for kids to pick up and eat.
- Inspect your produce order on delivery and ensure that it looks and feels good. Smell stone fruits, mangoes and melons, they should have a pleasant fragrance. It's important for you to choose the season's best.

VEGETABLES

- Avocados (Reed & Shepherd until March then choose Fuerte)
- Beans
- Broccoli
- Capsicum – kids prefer the red ones
- Celery
- Cucumbers – see in Focus on page 3
- Eggplants
- Lettuce – all varieties
- Mushrooms – available all year round
- Peas – snow peas are great to crunch on raw
- Potatoes
- Pumpkin
- Spinach – use baby leaves on sandwiches
- Sweetcorn – serve fresh corn on the cob
- Sweet potato
- Tomatoes
- Watercress
- Zucchini

FRUIT

- Apples – choose Royal Gala, Jonathon and Red Delicious
- Bananas
- Berries – season ends in late March
- Grapes – choose seedless varieties
- Kiwifruit
- Limes – use instead of lemon juice on fruit salad
- Mangoes – early in Term 1
- Melons – Casaba, Honeydew, Rockmelon and Watermelon
- Nashi
- Nectarines – late season varieties until March
- Oranges – Valencia
- Papaya
- Passionfruit – add to fruit salads
- Pawpaw – add to fruit salads
- Peaches – late season varieties until March
- Pears – Howell, Williams and Packham varieties
- Pineapples
- Plums – the Autumn Giant is stunning

Meal Deals

Tamara Tomato Tasty Meal

- Crazy cool salad
- Wholemeal bread roll
- Wedge of pineapple

Summa Strawberry Hot Deal

- Peanut butter, sultana and grated carrot muffin
- Strawberries chopped in a cup with vanilla yoghurt

Oscar Orange Sporting Fuel

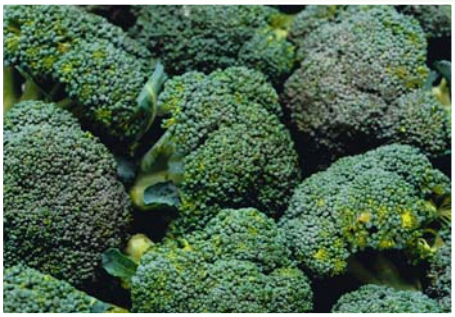
- Egg and lettuce multigrain roll
- Wedge of cheese and a quartered orange

Megabite Apple Brain Food

- Turkey salad flat roll
- Apple, pear and orange fruit salad

Captain Capsicum Hero Meal

- Chicken and capsicum salad roll
- Super fruit salad



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