

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 meal choices in their school canteen – proudly brought to you by Sydney Markets.



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Summer fruit fun

Towards the end of the school year as the weather warms up, make the most of fresh seasonal fruits. It's a bumper time for strawberries, melons, pineapples, Valencia oranges, pawpaws, mangoes and bananas.

Kids love their fruit peeled and chopped so it's easy to eat. These fun, fresh fruit snacks will appeal to kids of all ages. Healthy and colourful, they're also quick to make.

NUTRITION: Oranges, mangos, rockmelon, pawpaw, strawberries and pineapple are rich in vitamin C which we require daily. Vitamin C helps boost immune systems and improves the ability to absorb calcium and iron.

Watermelon shots *(above right)*

Puree seedless watermelon flesh in a blender until smooth. Pour into small (30ml) plastic 'shot' cups and freeze until firm. Serve with a spoon. Sell frozen watermelon shots on warm days and after sport! Half a large watermelon will



yield approx 100 x 30ml shots – costing approx 8 cents per watermelon shot.

Thanks for this great suggestion from Freeman's Reach Public School Canteen who sell their watermelon shots for 20 cents (that's a profit of 250% per shot!). Shot cups are available from paper suppliers.

Fresh fruit pops

Thread chopped rockmelon, pineapple, hulled strawberries, pawpaw and/or oranges onto paddle-pop sticks. Brush fresh fruit pops with a little combined orange juice and honey to prevent discolouring. Vary the fruit selection, using fruits in peak season.

Melon ball bags *(left)*

Scoop out watermelon, honeydew melon and rockmelon flesh using a melon baller (or if preferred roughly chop). Spoon melon balls into small plastic bags, seal and chill until ready to serve. Store in the fridge for up to 4 hours.



CRUNCH TIME... adding salad vegies to your menus



Take a few moments to review your canteen menu to determine where you can add more fresh vegetables. Crunchy salads are the perfect starting block – they're speedy to make, ultra healthy to eat and provide fibre and vitamins. Add a hearty salad to sandwich fillings, team a salad with another item on your menu and offer a daily salad meal!

At this time of year a large variety of leafy greens and salad vegetables is available. Vegetables should feature prominently on your menu as they are an important part of achieving a balanced diet.

Make light work of seasonal salads – they can't be beaten for colour and crunch!

SALAD FOR SANDWICHES

Include a selection of at least 4 of the following fresh salad vegetables:

- Grated carrot
- Crisp lettuce leaves – Iceberg or Butter lettuce are great choices for children

PICK A PIECE – *fresh fruit on the counter*

Make your fresh fruit display a feature. Display fresh fruit directly on the serving counter to attract kids and boost your sales.

Include these fresh fruits this term:

- Apples – choose Sundowner and Lady Williams varieties
- Bananas
- Strawberries (hulled and halved) in wax paper or plastic cups
- Rockmelon and watermelon wedges
- Oranges – peel Valencia oranges 'snake style'
- Pineapple wedges – fresh and juicy
- Pawpaw – chopped in wax paper or plastic cups
- Peaches and nectarines – in December
- Mango cheeks – serve with a paper napkin



- Sliced ripe tomato
- Sliced Lebanese cucumber – use a vegetable peeler to thinly slice lengthways
- Very thinly sliced red capsicum
- Thinly sliced celery
- Snow pea and alfalfa sprouts
- Sliced button mushrooms

Gourmet selections could also include:

- Thinly sliced red onion
- Grated raw beetroot
- Char-grilled eggplant

TOP TIP: Place sliced tomato between meat, cheese or another 'cushioning' filling on sandwiches so that bread remains firm and does not become soggy. Lettuce for salads should be fresh and crisp. Separate the leaves and wash well in cold water. Dry well – a salad spinner is ideal for drying leafy greens.

TEAM MEALS WITH A SALAD *(pictured above left)*

Serve a salad with any type of meal at lunch time. Use rectangular plastic containers for salads as there is plenty of space to add a slice of pizza, oven-baked chicken nuggets or tenderloins, cold sliced meat, or include reduced fat cheese and boiled eggs.

MAKE A MEAL OF SALAD *(pictured above)*

Serve a fresh salad in a box with a wedge of reduced fat cheese or sliced lean meat like ham or chicken breast. Alternatively, add crunchy nutritious chick peas or canned flaked tuna to a salad.

Drizzle salads with a low-fat dressing or mayonnaise. For a Meal Deal, serve salads with a wholegrain bread roll and a piece of seasonal fresh fruit.

QUICK CHICKEN PASTA SALAD: Toss shredded skinless barbecued chicken, grated carrots, cooked bow-tie pasta and chopped cherry tomatoes together. Drizzle with a low-fat dressing and serve.

CHEESE, CARROT & SULTANA WRAP

Healthy wraps make a great change to everyday sandwiches. Easy to make, wraps can enclose a variety of delicious fillings including crispy salad greens. For rapid preparation, have filling ingredients lined up assembly-line style.

Leave wraps whole or cut in half to serve. Once prepared, wrap in greaseproof paper to keep them fresh. Wraps keep well in the fridge for up to 4 hours.

TO MAKE: Place shredded Iceberg lettuce, grated carrot, sultanas and grated reduced fat cheese onto the centre of a Lebanese bread. Roll up to enclose filling and gently squeeze to secure. Wrap in greaseproof and chill until ready to serve.

NUTRITION: Carrots are an excellent source of beta carotene which is converted in the body to vitamin A. They also provide the antioxidant alpha carotene and supply fibre, folate and vitamin C. Iceberg lettuce adds crispness and provides folate. Cheese is a good source of calcium needed for healthy bones and teeth. Sultanas contribute fibre and provide natural sweetness. The Lebanese bread provides fibre, carbohydrates and some protein.

BLACKBOARD SPECIAL



In focus – Valencia oranges

BUYING: Valencia oranges are in season from mid spring to late autumn. Select plump firm fruit that feels heavy for its size. Greening skin occurs on the tree and develops as a natural part of the ripening process. Green skin does not affect quality or flavour.

STORING: Store oranges at room temperature out of direct sunlight in a well-ventilated place. Use within 1 week. To extend storage, keep oranges in the fridge and use within 1 month.



PREPARING:

Peel and chop oranges, cut into wedges or leave whole. Younger kids love their oranges peeled 'snake' style.

NUTRITION: Oranges are great for vitamin C, folate and dietary fibre as well as beta carotene (which the body converts to vitamin A).

VALENCIA ORANGES IN YOUR SCHOOL CANTEEN

- Sell small cups of chopped oranges and rockmelon.
- Package frozen orange wedges in small plastic bags for an after sport snack.
- Add chopped oranges to fruit salads – orange juice helps prevent discolouration of banana and custard apple.
- Peel oranges 'snake' style and sell over the counter at lunchtime (with a paper napkin).
- Include oranges in your Oscar Orange Meal Deals.

5 top purchasing & storage tips

1 MELONS are picked ripe and ready to eat. Select melons which feel heavy for their size with a pleasant fruity aroma. Store whole melons in a cool, well-ventilated place out of direct sunlight. Use within 5 days.

2 CAPSICUMS: Choose plump firm capsicums with shiny skin and well-developed colour. Red, orange and yellow capsicums are sweeter than green ones and ideal for kids. Store capsicums in the crisper section of the fridge. Use within 5 days.

3 TOMATOES: Choose plump tomatoes with an even red colour. Do not store ripening tomatoes in the fridge or their flavour will not develop. Leave tomatoes, stem-side

down, at room temperature out of direct sunlight until rich red in colour. Allow 3-7 days for ripening. Store very ripe tomatoes in the fridge.

4 PINEAPPLE is picked ripe and ready to eat. Choose plump pineapples with a pleasant tropical aroma. Store pineapple at room temperature out of direct sunlight. Use within 2-3 days. Cut, peel, place in plastic wrap and store in the fridge.

5 STRAWBERRIES: Choose full-coloured strawberries with stems intact. Remove berries from their punnets and place on a platter lined with paper towel. Cover loosely with plastic wrap and store in the fridge. Use within 2 days.

School canteen produce buying guide

October to December

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value.

Use this seasonal produce chart to help you plan your canteen menus and refer to it when ordering produce. When ordering produce from your greengrocer be sure to stipulate the quality that you expect with your produce order and the size you require, especially for fruit that should be easy for kids to pick up and eat.

Inspect fresh fruit and vegetables on delivery and ensure that produce looks, smells and feels good – it's important for you to choose the season's best. Promptly store your produce after delivery so it keeps as fresh as possible.

VEGETABLES

- Asparagus
- Beans
- Capsicum – from late November, red are sweetest
- Celery – add to sandwich fillings and salads
- Cucumbers – Lebanese are ideal
- Lettuce – choose from a wide variety

Maximise your produce purchasing

It is important to have a reliable greengrocer who you can count on for fresh, top quality and fair-priced fruit and vegetables, with delivery on time.

For best results, communicate regularly with your greengrocer to maximise your buying power and the profitability of your school canteen. Your greengrocer should readily suggest good seasonal market buys and the most economical produce purchases.

Your fresh fruit and vegetable greengrocer should:

- Keep you informed of the best fruit and vegetables choices for quality and value.
- Your greengrocer should be aware of market price fluctuations due to weather conditions and changes in supply and demand.

- Onions – green and spring
- Peas – snow peas are great raw
- Spinach – choose baby spinach leaves
- Sweetcorn – from November
- Tomatoes – allow time to ripen
- Watercress – great for teachers
- Zucchini

FRUIT

- Apricots – from December
- Avocados – mash with lemon juice
- Bananas
- Berries – strawberries and blueberries from November
- Cherries – from early December
- Mangoes – from November – serve mango cheeks
- Melons – honeydew, rockmelon and watermelon
- Nectarines – from December
- Oranges – Valencia – see in Focus on page 3
- Papaya & Pawpaw – add to fruit salads
- Peaches – from early December
- Pineapples

- Advise you of opportunities to save by buying produce in good supply. Buying produce by the box at bulk purchasing prices can save you money. Alternatives to produce in low supply should also be provided by your greengrocer – produce in low supply or out of season may not be the most economical choice.
- Be knowledgeable and conversant about a range of fresh fruit and vegetables.
- Be willing to take time to discuss your school canteen order each week.

TOP TIP: Acknowledge your greengrocer's support by displaying a sign in your canteen and provide a laminated 'certificate of appreciation' for your greengrocer's shop.

The 'Fresh for Kids' Program and the Sydney Markets wishes you and your staff a very healthy and happy festive season and safe holiday.

Meal Deals

Tamara Tomato Tasty Meal

- Ham, cheese & tomato roll
- Lady Williams apple



Summa Strawberry Hot Deal

- Tuna salad sandwich
- Fresh strawberry & melon stick
- Tub reduced fat berry yoghurt



Oscar Orange Sporting Fuel

- Cheese, carrot & sultana wrap
- Orange & rockmelon salad



Megabite Apple Brain Food

- Chicken, tomato & pasta salad
- Crunchy apple & orange cup



Captain Capsicum Hero Meal

- Chicken nuggets & crunchy salad
- Watermelon Shot



Banana Break

- Banana, honey & sultana sandwich
- Carton reduced fat flavoured milk



Canteen Fresh is produced by



PO Box 2 Sydney Markets NSW 2129
Phone: (02) 9325 6830 Fax: (02) 9325 6285
Email: freshforkids@sydneymarkets.com.au



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