



Healthy Options WA

Food and Nutrition Policy for
WA Health Services and Facilities

Catering Guidelines for Functions, Events and meetings 2009

Population Health Policy Branch
Public Health Division
Department of Health

The *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities*
Healthy Options Catering Guidelines for Events and Functions

Acknowledgments

The *Healthy Options Catering Guidelines for Functions, Events and Meetings* adapts elements from Queensland Health's *A Better Choice-Healthy Food and Drink Supply Strategy for Queensland Health Facilities* (2007), Queensland Health's *A Better Choice-Catering Guidelines for Meetings and Functions* (2007), Heart Foundation of Australia's *Catered Functions Kit, Part 2* (2006), and Heart Foundation's *A Healthier Serve-Guide to Healthier Catering* (2008).

The *Healthy Options Catering Guidelines for Functions, Events and Meetings* has been developed through consultation with the *Healthy Options WA* Project Advisory Group.

The Department of Health wishes to thank and acknowledge the contribution of Western Australian School Canteen Association Incorporated for assistance in the development of these guidelines.

Background

The *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* aims to enhance, improve and maintain the health of staff and the broader community by helping health care establishments to support and model good nutrition and healthy eating options. This approach to preventing and managing disease is in keeping with the World Health Organization's (WHO) Health Promoting Hospitals approach¹.

Under the new policy, all food outlets available to staff and visitors within WA Health services, hospitals and facilities will provide and actively promote a greater selection of healthy nutritious food and drink choices and limit the supply of less healthy options. The policy does not apply to inpatient or aged care resident meals.

The new guidelines apply to all food outlets, vending machines and food and drink sources that are available to staff and visitors in these facilities. These outlets are currently provided by a mixture of hospital, volunteer/auxiliary and contracted food vendors. They include:

- Cafes and coffee shops
- Food outlets and kiosks
- Food and drink vending machines
- Staff cafeterias and canteens
- Ward trolley services for patients and visitors
- Internal and external fundraising initiatives, events and prizes
- **Professional and business catered functions, events and meetings.**

The policy applies to all food and drinks, whether freshly made on the premises or supplied pre-packed or processed.

Healthy Options Catering Guidelines for Functions, Events and Meetings

The *Healthy Options Catering Guidelines for Functions, Events and Meetings* have been developed to provide guidance to WA Health services that organise (and fund) professional or business events that are catered, such as:

- Conferences, exhibitions or symposiums
- Staff training courses or workshops
- Meetings or forums with an education or business focus
- Official events, such as program launches and awards nights.

The aim of the guidelines is to assist WA Health services to comply with the *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* and maximise the healthiness of catering offered. As such the guidelines themselves are not a mandatory set of rules, but rather suggestions and advice about how to achieve.

¹ World Health Organization, *Health promotion in hospitals: evidence and quality management*, WHO Regional Office for Europe, 2005.

The guidelines are based on 'traffic light' system to classify foods and drinks and nutrient criteria outlined in the *Healthy Options WA* policy. Under the policy all WA Health funded catering (except staff social functions) should comply with the requirements for food outlets such as canteens, kiosks and cafes. This means that when organising catering for events, the following should be complied with as much as is practically possible:

- Have available a wide range of the **Green** foods and drinks (at least 50% items offered).
- A maximum of 20% of items to be **Red** foods and drinks.

The traffic light categories are defined as follows:

Green – healthiest options, fill the menu. Green foods and drinks can be consumed every day and at every meal. They are the healthiest choices as they are important sources of nutrients and low in saturated fat, added sugar and salt. These foods will be promoted.

Amber – choose carefully. Amber foods and drinks have some nutritional value but contain moderate levels of saturated fat, added sugar and / or salt and can contribute to excess energy intake. Amber foods must meet the nutrient criteria. They should be eaten in moderation and selected carefully.

Red – limit. Red foods and drinks are energy dense and nutrient poor foods and drinks that are high in saturated fat, sugar and/or salt and can contribute to excess energy intake if consumed in large amounts or on a frequent basis. Red foods and drinks should only be eaten occasionally². These foods and drinks will be limited in WA Health services and facilities.

Further information about the *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* can be found at

<http://www.healthyoptions.health.wa.gov.au/policy/index.cfm>

² Children's Health Development Foundation and Deakin University, *The Australian Guide to Healthy Eating*, Commonwealth of Australia, 1998.

Allergens³

Some foods or their ingredients may cause allergic or other adverse effects in some people. For this reason, the Food Standards Code in Australia requires that an organisation that is providing food is able to tell consumers whether certain substances are present in the food. For some foods or ingredients, specific labelling statements need to be placed near the foods to make sure that consumers have enough information to make informed choices.

If you are holding an event or a function, this means that you need to be able to tell people at the event or function whether there are any allergens in the food that you are providing. Further information on allergens may be found on the Food Allergy Alliance website <http://www.foodallergyalliance.org>.

Dial 000 if someone is having an anaphylactic or severe allergic reaction.

Providing the allergen list

If the food you are providing at an event or a function contains an allergen (as specified under Food Standards Code, Standard 1.2.3 *Mandatory Warnings and Advisory Statements*) the food can still be provided. However, staff at the function must be able to inform any consumer about the allergens present if they are asked. The following is a list of the most common allergens (it is advised that caterers be familiar with all of the allergens listed in Standard 1.2.3⁴) :

- Gluten containing cereal or their products:
e.g. wheat, rye, barley, oats, spelt, triticale, wheat starch, wheat-based corn flour
- Eggs and egg products:
e.g. whole egg, egg yolk, egg white, albumin, dried egg, meringue, custard powder
- Crustacea and their products:
e.g. prawns, crabs, lobster, Balmain bugs, yabbies
- Fish and fish products:
e.g. roe, caviar, anchovies, Worcestershire sauce
- Milk and milk products:
e.g. dried milk, skim milk, evaporated milk, condensed milk, whey, lactose, yoghurt
- Peanuts, soybeans and their products:
e.g. peanuts, peanut butter, peanut oil, soybeans
- Tree nuts, sesame seeds and their products:
e.g. almonds, brazil nuts, cashew nuts, chestnuts, hazelnuts, macadamias, pecans.

³ Adapted from Heart Foundation, A Healthier Serve, Allergens, 2008

http://www.heartfoundation.org.au/document/NHF/HW_CAT_AHealthierServe_ISC_Allergens_FINAL.pdf

⁴ Food Standards Code, Standard 1.2.3 *Mandatory Warnings and Advisory Statements*, available at http://www.foodstandards.gov.au/srcfiles/Standard_1_2_3_Warning_Statements_v109.pdf

Healthy Food and Drink Guidelines

Recipe ingredients to make recipes healthier

<i>Instead of...</i>	<i>Use these healthier alternatives...</i>
Full cream milk	Skim milk Reduced fat milk
Full fat yoghurt	Reduced fat yoghurt
Full fat sour cream	Extra light sour cream Evaporated skim milk and lemon juice Reduced fat natural yoghurt
Cream	Evaporated skim milk Low fat vanilla yoghurt
Cream cheese	Ricotta and cottage cheese
Cheese	Reduced fat cheese Mozzarella cheese Small amount of a very strong cheese like parmesan Use smaller amounts
Coconut cream/milk	Evaporated skim milk with coconut essence or coconut flavoured low fat evaporated milk
Salad dressings	Clear 'oil free' varieties, or those made with canola, olive, sunflower or soy oil Use reduced fat varieties
Butter, margarine and oils	Reduce the amount and use monounsaturated (e.g. olive, canola, peanut) or polyunsaturated varieties (e.g. sunflower, safflower, corn, soybean) Use spray oils instead of pouring oils
Meat and chicken	Use lean cuts (i.e. chicken breast, eye fillets) where possible Remove fat and/or skin BEFORE cooking Use smaller amounts (approx 100g per person) and replace with vegetables and/or legumes and or pasta or rice.
Pastry	Filo pastry brushed with skim or reduced fat milk.
Bread, rice, and pasta	Wholegrain, wholemeal and high fibre varieties Use to accompany stir fries, soups, etc
Fruit	Where possible, avoid removing the skin and ensure they are well washed Stew fruit with minimal or no added sugar If canned, use varieties in natural juice with no added sugar and drain before use
Vegetables	Where possible, avoid removing the skin and ensure they are well washed Cook vegetables without added salt Where possible, try to reduce the cooking time If canned, use low salt varieties
Sugar	Where possible serve sugar separately Use smaller amounts in recipes
Salt	Try seasoning with herbs and spices For extra flavour, add lemon juice, garlic, onion or shallots

Cooking methods to make foods healthier

- Grill foods instead of frying
- Use equipment with non-stick surfaces e.g. non-stick fry pans and toasted sandwich machines
- Steam vegetables instead of baking vegetables with oil
- Where possible avoid coating or crumbing foods e.g. patties, chicken breast or cutlets

Breakfast

Table 1: Standard breakfast guidelines

Item	Serving suggestions	Not recommended
Drinks	<ul style="list-style-type: none"> - Offer a variety of hot and cold options including: - Chilled plain water - Regular and decaffeinated coffee - Regular and herbal teas - Reduced fat and skim milk - Serve sugar separately, offer small amounts of sugar and artificial sweeteners - 100% fruit juice with no added sugar (small serve up to 250ml) 	<ul style="list-style-type: none"> - Full fat milk * - Soft drinks - Fruit drinks - Cordial - Energy drinks - Sports drinks <p><i>* Unless reduced fat or skim varieties are not available</i></p>
Bread	<ul style="list-style-type: none"> - Offer a variety of bread types e.g. wholemeal, multigrain or high-fibre white bread - Wholemeal crumpets - Fruit bread - English muffins - Plain or fruit pikelets 	<ul style="list-style-type: none"> - Sweet fruit muffins (cake-style) - High fat options such as sweet pastries, tarts, croissants or Danishes
Spreads	<ul style="list-style-type: none"> - Serve spreads and condiments separately - Use poly- or mono-unsaturated margarine - Use reduced fat and/or reduced salt varieties where possible e.g. reduced fat cream cheese, whipped ricotta and vanilla yoghurt - Fruit purees 	<ul style="list-style-type: none"> - Butter or dairy blend spreads that are high in saturated fat - Cream - Confectionery spreads
Cereal	<ul style="list-style-type: none"> - Offer a variety of wholegrain breakfast cereals that are high in fibre and low in salt and sugar e.g. wheat biscuits, cereal flakes with a variety of grains, bran, un-toasted muesli and porridge 	<ul style="list-style-type: none"> - Refined and processed breakfast cereals that are high in added sugar and/or saturated fat e.g. toasted muesli, flavoured and/or sugar sweetened corn, rice or wheat based cereals
Fruit	<ul style="list-style-type: none"> - Fresh fruit - Plain dried fruits (e.g. sultanas) - Fruit canned in natural juice or water with no added sugar - Try serving fruit with a reduced fat yoghurt dip 	<ul style="list-style-type: none"> - Confectionery style fruit e.g. chocolate coated dried fruit and fruit leathers - Deep fried fruit e.g. fritters
Dairy	<ul style="list-style-type: none"> - Reduced fat or skim milk - Reduced fat plain or fruit yoghurt - Fruit smoothie using reduced fat milk and reduced fat yoghurt 	<ul style="list-style-type: none"> - Full fat milk * - Full fat yoghurt * <p><i>* Unless reduced fat or skim varieties are not available</i></p>
Egg and other cooked items	<ul style="list-style-type: none"> - Served poached, boiled or scrambled eggs or omelettes - Reduced salt canned baked beans - Reduced salt canned spaghetti - Lean bacon or lean ham, grilled - Tomato, grilled - Mushrooms, grilled 	<ul style="list-style-type: none"> - Fried egg - Fried bacon or ham - Fried tomatoes or mushrooms

Morning or Afternoon Tea

Table 2: Standard morning or afternoon tea guidelines

Item	Serving suggestions	Not recommended
Drinks	<ul style="list-style-type: none"> - Offer a variety of hot and cold options including: - Chilled plain water - Regular and decaffeinated coffee - Regular and herbal teas - Reduced fat and skim milk - Serve sugar separately, offer small amounts of sugar and artificial sweeteners - 100% fruit juice with no added sugar (small serve up to 250ml) - Soda water - Plain mineral water 	<ul style="list-style-type: none"> - Full fat milk * - Soft drinks - Fruit drinks - Cordial - Energy drinks - Sports drinks <p><i>* Unless reduced fat or skim varieties are not available</i></p>
Fruit	<ul style="list-style-type: none"> - Fresh or frozen fruit - Plain dried fruits (e.g. sultanas) - Fruit canned in natural juice or water with no added sugar 	<ul style="list-style-type: none"> - Confectionery style fruit e.g. chocolate coated dried fruit and fruit leathers - Deep fried fruit e.g. fritters
Nuts and seeds	<ul style="list-style-type: none"> - Plain or dry roasted, unsalted nuts and seeds - Nut and seed pastes with no added sugar, salt or fat 	<ul style="list-style-type: none"> - Confectionery and deep fried varieties - Salted, coated and/or fried nuts and seeds
Sweet breads, loaves, buns and scones	<ul style="list-style-type: none"> - Plain, un-coated, un-iced, un-filled breads, loaves, buns and scones - For example: - Raisin or fruit bread - Plain or fruit based pikelets - Plain, fruit or pumpkin scones - Banana or date loaf - Plain almond bread 	<ul style="list-style-type: none"> - Coated, iced or filled breads, loaves, buns or scones or those containing confectionery e.g. choc chips
Spreads	<ul style="list-style-type: none"> - Serve spreads and condiments separately - Use poly- or mono-unsaturated margarine - Use reduced fat and/or reduced salt varieties where possible e.g. reduced fat cream cheese, whipped ricotta and vanilla yoghurt - Fruit purees 	<ul style="list-style-type: none"> - Butter or dairy blend spreads that are high in saturated fat - Cream
Cakes, muffins, sweet pastries and slices	<ul style="list-style-type: none"> - Un-coated, un-iced, un-filled cakes, muffins, sweet pastries and slices - Small to medium serve size i.e. two mini muffins or 60g muffin per person - Include reduced fat and wholemeal varieties e.g. fruit cake reduced fat fruit or vegetable based muffins 	<ul style="list-style-type: none"> - Coated, iced or filled varieties or those containing confectionery - Large serves i.e. greater than 60g - High fat options such as sweet pastries, tarts, croissants or Danishes

Snack food bars, muesli bars, fruit bars and sweet biscuits	<ul style="list-style-type: none"> - Un-coated, un-iced, un-filled snack food bars, muesli bars, fruit bars and sweet biscuits - Small to medium serve size i.e. 30-40g per person - Include reduced fat and/or reduced sugar varieties that contain high fibre ingredients i.e. wholemeal flour and/or fruit, vegetables or nuts 	<ul style="list-style-type: none"> - Coated, iced or filled varieties or those containing confectionery e.g. chocolate coated biscuits - Large serves i.e. greater than 40g
Savoury snack food and biscuits	<ul style="list-style-type: none"> - Oven baked savoury snack food and biscuits - Wholemeal salt reduced crisp bread, crackers, lavash or water crackers as a base - Top with a variety of garnishes including reduced fat cheeses, relishes, chutneys, fruit and vegetables 	<ul style="list-style-type: none"> - Large serves - High fat and/or high salt varieties
Topping, dips, antipasto	<ul style="list-style-type: none"> - Reduced fat, reduced salt varieties. For example: - Ricotta, cottage or cream cheese with sliced strawberries or peaches - Tomato, basil and reduced fat cheese - Cherry tomato, onion and avocado - Low-fat vegetable-based salsas, relishes such as tomato, capsicum, bean or corn - Reduced fat dips including tzatziki, hommus, vegetable based varieties including beetroot, capsicum or eggplant - Poly- or mono-unsaturated oil with balsamic vinegar 	<ul style="list-style-type: none"> - Oil, cream or cheese based dips - E.g. aioli, sour cream, tapenades, pesto - Butter or dairy blend spreads that are high in saturated fat - Cream
Cheese and cheese platters	<ul style="list-style-type: none"> - Small serves of cheese i.e. allow maximum of 30g per person of combined varieties offered - Reduced fat varieties including cottage, ricotta, fetta or hard cheese. Served with: - Different bread varieties, wholemeal salt reduced crisps breads, crackers, plain almond bread, lavash or water crackers - Fresh and dried fruit - Fresh cut vegetable sticks with reduced fat dips - Roasted or grilled vegetables (served drained of oil) - Plain and/or dry roasted unsalted nuts and seeds 	<ul style="list-style-type: none"> - Large portions or blocks of all cheese varieties - Varieties containing confectionery - Salted, coated and/or fried nuts and seeds

Lunch

Table 3: Standard lunch guidelines

Item	Serving suggestions	Not recommended
Drinks	<ul style="list-style-type: none"> - Offer a variety of hot and cold options including: - Chilled plain water - Regular and decaffeinated coffee - Regular and herbal teas - Reduced fat and skim milk - Serve sugar separately, offer small amounts of sugar and artificial sweeteners - 100% fruit juice with no added sugar (small serve up to 250ml) - Soda water - Plain mineral water 	<ul style="list-style-type: none"> - Full fat milk * - Soft drinks - Fruit drinks - Cordial - Energy drinks - Sports drinks <p><i>* Unless reduced fat or skim varieties are not available</i></p>
Sandwiches	<ul style="list-style-type: none"> - Offer a variety of breads, sandwich types and fillings - Try finger or pinwheel sandwiches open-faced, bread rolls, pita pockets or lavash wraps - Use a wide variety of breads and rolls e.g. multigrain, wholemeal, rye, high-fibre white, lavash and other flat breads, bagels, plain foccacias and baguettes 	<ul style="list-style-type: none"> - Large serves of high fat savoury breads i.e. garlic or pull-aparts topped with cheese and/or high fat meats such as bacon or salami
Spreads	<ul style="list-style-type: none"> - Use spread or condiments sparingly - Use poly- or mono-unsaturated margarine - Use reduced fat and/or reduced salt varieties where possible e.g. reduced fat cottage, ricotta or cream cheese, reduced fat mayonnaise, avocado, mustard, relishes or chutney 	<ul style="list-style-type: none"> - Butter or dairy blend spreads that are high in saturated fat - Cream - Oil-cream and/or cheese-based dips such as aioli, sour cream, tapenades or pesto
Sandwich fillings	<ul style="list-style-type: none"> - Offer a variety of sandwich fillings - Offer vegetarian choices - Use lean cuts of meats, meat alternatives or reduced fat cheeses in combination with a variety of raw salads and vegetables e.g. roast or corned beef, skinless roast chicken, lean ham, lean bacon, lean sliced chicken or turkey - Plain tuna, salmon or sardines canned in spring water with no added salt - Eggs - Reduced fat ricotta or cottage cheese - Reduced fat hard or soft cheese 	<ul style="list-style-type: none"> - High fat cured lunch meats such as salami, mortadella, luncheon meats, reconstituted meats, devon, polony and fatty bacon or ham - Do not add salt to sandwiches or sandwich fillings

	<ul style="list-style-type: none"> - Roasted or grilled vegetables drained of oil, served with salad 	
Sushi and rice paper rolls	<ul style="list-style-type: none"> - Try options that include lean, un-coated and un-crumbed meats, egg or seafood and use a variety of vegetable fillings - Offer vegetarian choices - Use reduced fat, reduced salt ingredients in dipping sauces e.g. sweet chilli sauce, reduced salt soy sauce or reduced salt fish sauce with fresh herbs, garlic onion or shallots 	<ul style="list-style-type: none"> - Sushi or rice paper rolls containing deep-fried, coated or battered ingredients - Cream or oil based sauces such as aioli
Salads	<ul style="list-style-type: none"> - Offer a variety of salads e.g. garden, bean, pasta, rice or pasta, potato, tabouleh, couscous, coleslaw, roasted vegetables and egg salad - If accompanied by meat and or cheese, refer to guidelines described in sandwich fillings - If accompanied by nuts, use plain and/or dry roasted, unsalted and un-fried varieties 	<ul style="list-style-type: none"> - Salad containing deep fried ingredients such as croutons - High fat cured lunch meats such as salami, mortadella, luncheon meats, reconstituted meats, devon, polony and fatty bacon or ham - Coated meat such as crumbed chicken
Salad dressing	<ul style="list-style-type: none"> - It is preferable to leave salads undressed or serve dressings separately - If preparing dressings use poly- or mono-unsaturated oils i.e. canola, sunflower, sesame, olive and peanut oils - Use low oil or no oil dressings e.g. lemon or lime juice, natural yoghurt or balsamic or wine vinegar with herbs or pepper - Use reduced fat, low oil or no oil commercial dressing 	<ul style="list-style-type: none"> - Do not add salt to salads or dressings - Cream or full fat mayonnaise based dressing such as Caesar or sour cream
Soup	<ul style="list-style-type: none"> - Vegetable based soup - Soup containing legumes, rice or pasta - Use lean meat - For a creamy taste try adding evaporated skim milk 	<ul style="list-style-type: none"> - Cream - High fat meats such as fatty bacon
Finger foods, antipasto, dips	<ul style="list-style-type: none"> - Reduced fat, reduced salt varieties - Low-fat vegetable-based salsas, relishes such as tomato, capsicum, bean or corn - Reduced fat dips e.g. tzatziki, hommus, vegetable based varieties including beetroot, capsicum or eggplant - Poly- or mono-unsaturated oil with balsamic vinegar - Roasted or grilled vegetables drained of oil 	<ul style="list-style-type: none"> - Deep fried items including savoury pastries such as dim sims, spring rolls, samosas, coated or crumbed meat or vegetable products, potato chips, wedges, gems, scallops or hashbrowns - Hot or cold savoury pastries such as pies, sausage rolls, party pies, croissants or quiches - High fat cured lunch meats such as salami, mortadella, luncheon meats, reconstituted meats,

	<ul style="list-style-type: none"> - Olives served drained of oil - Lean cold meat, such as roast beef, skinless chicken, lean ham - Fresh and dried fruit - Fresh cut vegetable sticks - A variety of breads, water crackers or crisp breads, preferably wholemeal varieties 	<ul style="list-style-type: none"> devon, polony and fatty bacon or ham - Oil, cream or cheese based dips e.g. aioli, sour cream, tapenades or pesto
Fruit platters	<ul style="list-style-type: none"> - Whole, sliced or cut fresh fruit - Plain dried fruit - Fruit kebabs, try serving with reduced fat dips e.g. fruit purees, vanilla yoghurt and whipped ricotta cheese 	<ul style="list-style-type: none"> - Whipped cream - Dipping sauces containing confectionery
Cheese and cheese platters	<ul style="list-style-type: none"> - Small serves of cheese i.e. allow maximum of 30g per person of combined varieties offered - Reduced fat varieties including cottage, ricotta, fetta or hard cheese. Served with: - Different bread varieties, wholemeal salt reduced crisps breads, crackers, plain almond bread, lavash or water crackers - Fresh and dried fruit - Fresh cut vegetable sticks with reduced fat dips - Roasted or grilled vegetables (served drained of oil) - Plain and/or dry roasted unsalted nuts and seeds 	<ul style="list-style-type: none"> - Large portions or blocks of all cheese varieties - Varieties containing confectionery - Salted, coated and/or fried nuts and seeds

Useful Resources

A Healthier Serve, the Heart Foundation's Guide to healthier catering 2008

<http://www.heartfoundation.org.au/SiteCollectionDocuments/HW%20CAT%20A%20Healthier%20Serve.pdf>

A Healthier Serve, the Heart Foundation's Guide to healthier catering, Allergens 2008

<http://www.heartfoundation.org.au/SiteCollectionDocuments/HW%20CAT%20AHealthierServe%20ISC%20Allergens.pdf>

Commonwealth of Australia Law, Liquor Control Act 1988

<http://www.comlaw.gov.au/ComLaw/Legislation/AppliedLawCompilations1.nsf/0/07DEFA64D48D6183CA2574A600231490?OpenDocument>

Department of Health, Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities <http://www.healthyoptions.health.wa.gov.au/policy/index.cfm>

Department of Health and Ageing, Australian Guide to Healthy Eating

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-guide-index.htm>

National Health and Medical Research Council, Dietary Guidelines for all Australians

<http://www.nhmrc.gov.au/PUBLICATIONS/synopses/dietsyn.htm>

Queensland Health A Better Choice – Healthy Food and Drink Supply Strategy for Queensland Health Facilities, Queensland Health, Brisbane

http://www.health.qld.gov.au/ph/Documents/abetterchoice/32511_a.pdf

Western Australian School Canteen Association Inc, Canteen Cuisine Cookbook

http://www.waschoolcanteens.org.au/pages/training/canteen_cuisine_form.pdf

Western Australian School Canteen Association Inc, Star Choice™ Buyers Guide

registered product list <http://www.waschoolcanteens.org.au/pages/starchoice/02-starchoice.php>



Delivering a **Healthy WA**



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Department of Health