Healthy Fundraising Ideas
for ACT School Communities
Acknowledgements

Sincere thanks to ACT Health Promotion Grants for approving a Health Promoting Schools Vitality Grants to develop this booklet.

Thanks go to Robyn Bromley (Executive Officer of the Western Australian School Canteen Association) for allowing us to use recipes from ‘Canteen Cuisine’, a collection of easy nutritious food ideas and recipes: www.waschoolcanteens.org.au

The Committee would like to acknowledge that some of the recipes used in this booklet have been taken from the Heart Foundation Cookbook, Deliciously Healthy Cookbook, Cooking for Plenty, Food Smart and from the Eat Smart Play Smart (ESPS) program. The ESPS program has been developed by the Victorian Division of the Heart Foundation from funding of the Telstra Foundation.

Thanks also go to Dianne Ellson (Executive Officer of the Tasmanian State School Parents and Friends Incorporated) for the use of fundraising ideas from the ‘Fruitful Fundraising Directory’, a rich resource of healthy fundraising ideas: www.parentsandfriendstasmania.asn.au


Thanks to the Australian War Memorial for the use of photography.

Many thanks to the following persons for all their work to make this book possible:
- Irene McColl – Health Promotion Officer Heart Foundation ACT
- Jodie Ward – Student Well Being Executive Officer DET
- Robyn Lewis – Student Well Being Executive Officer DET

A special thanks for their support to:
- Lyn Brown – Project Officer Nutrition Australia
- Viv Pearce – P&C Council Representative

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National Heart Foundation of Australia (ACT Division)
Foreword

I would like to congratulate the team who have produced this booklet. It will help address those questions many parents ask like, how do we do this in a healthy way, or how do we avoid selling the chocolates? As we confront the reality of an obesity epidemic in our children it is important that the school community is consistent in its activities and messages about nutrition and exercise. Our fundraising activities are a prominent activity in our schools and communities. Using them to demonstrate and showcase healthy foods and exercise is vital to supporting our children and our teachers. The ideas in this booklet will help us answer those questions we ask and show our children we think healthy food is important and that exercise is fun and great.

We all need to work together to change our society from one that encourages obesity in many ways to one that encourages and rewards healthy behaviours and activities. This booklet is an example of a resource to help us achieve that.

I encourage people to share their ideas around about what works and to have fun with the great activities suggested.

Jane Gorrie
President P&C Council 2006
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Introduction

Fundraising is a regular activity undertaken by school communities. Money generated through fundraising provides crucial resources for our students. Fundraising efforts contribute to strong communities as well as providing children with opportunities to develop valuable skills and knowledge.

Food is commonly used as a focus for school fundraising but sometimes the food chosen is of poor nutritional quality. Chocolates, biscuits, donuts and pie drives are typical examples. The promotion and sale of confectionery and high saturated fat, high sugar foods for profit is counter-productive to healthy eating messages within the curriculum and school environment. These foods also contribute to poor health and obesity.

The National Heart Foundation of Australia (ACT Division) in partnership with the Department of Education and Training (DET) has developed this booklet to guide the fundraising activities of school communities. This booklet will assist schools in planning fundraising activities that fit within the Health Promoting Schools\(^1\) framework, ensuring the ethos of the school is not compromised by resorting to the sale and promotion of chocolates, donuts, lollies etc at schools.

The booklet is designed to provide a quick reference to school and parent organising committees to select a wide variety of fundraising ideas, along with contact details of businesses providing existing services. The classification of fundraisers by school terms provides schools with opportunities to link fundraising activities to seasonal and calendar events, ensuring successful outcomes by promoting unique and interesting events. In addition to the sale of products, the booklet also provides guidance for fun, physically active fundraisers and school fetes.

Healthy fundraising can:

- Make money for your school whilst promoting health and well-being
- Provide positive role modelling to students and families
- Demonstrate to the school community that the school values student health over profit

Support classroom learning

- Involve the whole school community and develop school cohesion
- Support other community initiatives designed to improve health and well-being
- Provide opportunities for successful fundraising without repetition
- Assist students to develop citizenship skills

The Healthy Fundraising for ACT School Communities booklet, along with opportunities for student learning and development through the new ‘Curriculum framework for ACT schools’\(^2\), professional learning through the ‘School Canteen Accreditation Program’\(^3\) and ‘Nourish – The Food in ACT Schools Guideline’\(^4\) (to be released later in the year), provide school communities with consistent messages relating to health and wellbeing. The booklet draws on the abovementioned partners to support and guide ACT schools efforts to engage in healthy, successful fundraisers.

The organising committee wish you good luck and good health in your school fundraising.

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1 A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working. (WHO 1995)

2 Every Chance to Learn: ACT Department of Education and Training (2006)

3 DET School Canteen Accreditation Program (2006)

4 ACT Department of Health/ACT Department of Education and Training (2006)
Healthy fundraising guidelines

What are healthy fundraisers?
Successful healthy school fundraisers incorporate choices that:
› Promote healthy eating guidelines
› Involve the use of fresh, seasonal, high quality products
› Link to classroom learning
› Are imaginative, creative and linked to special school/calendar events
› Encourage participants to be physically active
› Require minimal time, financial outlay, organisation and equipment
› Ensure good financial return
› Encourage fun, friendship and whole community involvement
› Incorporate a wide variety of fundraising approaches
› Involve students, staff and parents at the planning, organisation, implementation and evaluation stages
› Link to other community organisations
› Meet legal, ethical and liability requirements
› Ensure that safety is a key consideration in all phases of fundraising

How do I choose a healthy fundraiser?
Before conducting a healthy fundraiser it is important to consider a range of aspects in order to guide the decision making process:
› Browse this booklet to find suitable fundraisers
› Survey students and parents to explore possible fundraising options, gauge support for the proposal and discover links to local businesses
› Check that the proposed fundraiser meets the requirements of ‘The Dietary Guidelines for Children and Adolescents in Australia’ (Appendix 1 p.22)
› Complete the ‘Considerations for Conducting a Healthy Fundraiser’ checklist (Appendix 2 p.23)
› Discuss the fundraising proposal with the school Principal, P&C or P&F

How do I plan the fundraising activity?
Once a fundraising decision has been made, an organising committee representing students, staff, parents and community partners should be established to plan the activity:
› Decide on an event date
› Inform teachers of the fundraiser and work with them to create links to classroom learning
› Develop a timeline of planning activities
› List all jobs and allocate tasks
› Determine resources and equipment required, seek assistance from the school and wider community, make facility bookings
› Determine how many people will be required to run the fundraiser
› Decide how the event will be promoted both within the school and to the wider community
› Decide how you will secure sponsors, prizes and handle money
› Meet regularly to discuss the planning process

FUNDRAISING TIP:
Don’t try to organise too many fundraisers in one year. One fundraiser each term is manageable and allows time to thoroughly explore all aspects of the activity.
**Why sell chocolate for a school fundraiser? Fun way to fitness (and fundraising)**

*November 21, 2006, The Advertiser (Adelaide)*

Tory Shepherd

A Primary school has set its students the Fulham North Physically Active Challenge – FuNPAC – to get them fit and raise money for fitness equipment. For two weeks, students at Fulham North Primary kept a journal of all their physical activities – from netball to skateboarding to walking the dog.

Parents and friends sponsored them for the activities. The money raised will go towards a new playground fitness circuit at the school.

Mr. Hutton says the program was an "absolute success" and will continue next year.

“There is a lot of press at the moment about obesity and kids not being active enough," he says.

“It’s pretty simple. You have to have more energy going out than you have coming in to lose weight, so it all links in together. We raised $5500 for the new playground, which in turn will lead to increased exercise. We want it to be a lifelong activity.

Each journal showed how much exercise and fitness each student had achieved. Each activity was awarded with points.

Sponsors then paid for the number of points the student had earned. Mr Hutton says parents involved with their children’s activities and their enthusiasm has rubbed off in the wider community. “One mum joined a gym again because her child was embarrassing her,” he says.

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**Physical activities**

Fundraisers that are based on physical activity are healthy, fun, successful and sure to attract the whole family.

**Walk, ride, skate and swim-athons:**

Students seek sponsorship per km. A course needs to be set up with manned drink stations, and distances marked out. You may need to include fruit snacks every 5 km. Perhaps finish the event with a healthy barbecue. Ask local fruit markets/bakery to provide food and/or sponsorship in exchange for signage along the way.

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**FUNDRAISING SAFETY TIP:**

Ensure the safety of all activity participants by providing sun protection, drinking water, opportunities to rest, a first aid kit, and a first aid officer as well as an emergency action plan.
Fun run/walk or skate:
A variation on the ‘–athons’ from the previous page. They need to be promoted widely and should include a healthy BBQ lean meat, reduced fat sausages and vegetable sizzle afterwards. Sponsored healthy prizes should be awarded, perhaps a random barrel draw. As above, takes a fair amount of organisation, with drink and refreshment stations necessary.

Sponsorship discovery walk:
Guided tours at locations such as the Botanic Garden or national parks provide school groups with a great way to raise money, do physical activity and learn about different habitats and biodiversity.

Other physical activity fundraisers:
› Dance- bush, disco
› Scavenger hunt
› Car wash
› Games night
› Sports competition
› Raffle gardening or home cleaning prize
› Raffle gymnasium multi-pass
› Indoor rock climbing event
› Lawn bowls event
› Ten pin bowling event
› Swimming pool event
› Ice skating/roller skating event
› Golf event

Physical activity fundraisers should incorporate healthy meals, snacks and prizes. Ensure that cool water is available and that participant safety is considered.

Canberra fundraising ideas
Canberra schools have access to a wealth of national treasures and activities that can form the basis for unique and successful fundraising ideas. It may be possible to hold a fundraising event at venues or activities such as:
› National Gallery
› War Memorial
› Botanic Gardens
› National Museum
› Questacon
› National Zoo and Aquarium
› A travelling exhibition
› A theatrical event
› An art exhibition
› A musical event/concert
› A sporting event
Activities that involve catering should be consistent with the catering guidelines (see p.8).

FUNDRAISING TIP:
Contact cultural groups in your school community to perform, share stories, food preparation, art and craft with students and families.

FUNDRAISING TIP:
Decide on a fundraising objective. School communities are more likely to support a fundraiser if their children are to benefit from play or learning equipment.
**Cultural events**

The multicultural nature of the Canberra community provides schools with opportunities for rich learning experiences. By sharing and celebrating cultural events, schools can plan fundraising events around special days, such as:

- National days eg French Bastille Day 14 July, Swiss National Day 1 August, St Patrick’s Day 17 March.
- Chinese New Year 29 January
- National Multicultural Festival February
- Harmony Day 21 March
- National Aborigines and Islanders Day Observance Committee (NAIDOC) Week July
- National Sorry Day 26 May
- Reconciliation Week May

**ENVIRONMENTAL TIP:**

Ensure that consideration is given to choosing environmentally friendly products when planning your fundraiser. Choose biodegradable products and strive to recycle materials where possible.

**FUNDRAISING TIP:**

Support the Heart Foundation & make money for your school by selling quality skipping ropes.

For further information please ring the Jump Rope for Heart Coordinator on 6269 2651.
Fetes

The annual school fete is a major fund raising activity for a school community. The proceeds from a school fete allow a school to undertake major projects or provide extra resources for students. A successful school fete requires involvement by parents and carers, staff, students, local businesses and community members.

What is needed to make your school fete successful?

The key to success is to be well organised. You need to have regular meetings, initially monthly, and then fortnightly and weekly as the day grows closer. Try to get information from the previous year’s organising committee as they can provide valuable guidance and advice. Try to encourage as many people as possible to participate in the planning of the fete.

Decide on a day, time and theme. You can attract different crowds by holding the fete at a different time (eg twilight) or by planning the fete in a different season (eg autumn), so that you are not competing with other school fetes and community activities. Planning the fete around a particular theme (eg country fair) can provide a fresh focus for the event.

Ensure that there is a good balance of stalls and activities. The more items that can be donated or made by the school or community, the more profit will be made. Survey the school community to determine expertise and interest in areas such as gardening, hairdressing, manicures, face painting, craft and cooking.

Appoint convenors or co-ordinators for each stall and activity. They will appoint their own sub-committee, made up of willing volunteers. The convenor is in charge of organising helpers on the day and a roster for them. This will take the pressure off the key fete committee members.

Fete entertainment

Entertainment and activities need to cater for all age groups and should include some activities that will keep children entertained for a long period of time (eg patting paddock or colouring in competition). Book popular activities and rides at least 12 months before the event and include some creative, fun, low cost entertainment (eg golf putting, tenpin bowling and fishing). Be aware that carnival type rides are great to attract people to the fete but many have a very low profit margin. By developing a fete entertainment program you will attract extra visitors, entice people to stay longer and raise extra money by selling food and drink to entertainers and their families and friends.

Successful fete entertainment ideas include:

- Community demonstrations by indigenous or cultural groups such as belly dancing, Irish dancing, callisthenics, ballet, bands, martial arts, skipping, cycling stunts, maypole demonstrations and singing.
- Contacting all the community groups that use the school during the year and encouraging them to participate or perform.
- Organising each class to perform an item will ensure that all children and their families come along to the fete
- Adapting popular themes to the school fete, such as Australian Idol is fun and sure to draw big crowds
- Invite a media or sports celebrity to appear at the fete, to perform, judge a competition, draw a raffle or to donate a prize
- Invite the fire brigade, police or ambulance to come along with a display or a vehicle for inspection
- Raffle (see appendix 3 p.24)
- Chocolate Wheel (see appendix 3 p.24)
- Silent auction (see appendix 3 p.24)

FUNDRAISING TIP:

Use seasonal foods in fundraising and catering to provide fresh tastes and save money.
Fete food

Food and drink are an integral part of a school fete. Ensure that the event is planned around lunch or dinner and that there are plenty of tempting food items, including vegetarian options. Food stalls should be grouped together with a shaded area to sit and supervise children or watch entertainment. To improve efficiency and accounting, vouchers for food and drink can be sold in one area with colour coded tickets indicating the food choice.

If removing unhealthy options such as fairy floss, toffees, soft drink, ice cream and hot dogs, there must be some healthy, cost effective alternatives planned. If people are able to purchase healthy sweet and savoury foods at the fete, they will be satisfied and will not miss the less healthy options.

All food and drink stall coordinators should ensure that helpers are aware of the need for hygiene when preparing, handling, storing and serving food (see food safety appendix 4 p.25). Health regulations require all ingredients to be listed on labels when selling products such as cakes, muffins and slices (see appendix 4 pp.25–29 for more information). Encourage your school and local business community to support and improve the quality of food sold at your fete.

Invite local vendors to your fete to set up their mobile businesses, such as chestnuts, soft serve yoghurt, fruit slushies and cappuccino.

Successful fete food ideas include:

- Sausage sizzle or BBQ using reduced salt and reduced fat sausages (see appendix 4 p.25 for more information)
- BBQ Vegetables (see appendix 4 for more information)
- Hot cobs of fresh corn (see appendix 4 for more information)
- Soup with bread (appendix 4 p.26)
- Popcorn
- Curries with rice
- Tacos
- Nachos (meat and vegetarian), using reduced fat cheese
- Noodle boxes with chopsticks
- Jacket potato with reduced fat cheese, salad, herbs and salsa
- Freshly squeezed juices
- Healthy muffins, slices and scones
- Fruit based slushies (99% juice, fat free and no added sugar)
- Frozen fruit

FUNDRAISING TIP:

Tooth friendly snack food and drinks

To help prevent dental decay, at snack times choose foods and drinks that are tooth friendly, high in fibre and low in salt. For example:

- Pieces of fresh fruit and vegetables
- Fluoridated tap water
- Dry biscuits (unsalted) with low fat cottage or cream cheese
- Breads, English muffins or bagels
- Low fat yoghurt with natural fruit

Avoid sports drinks – they are acidic and some are also high in sugar. The acid weakens and breaks down the tooth structure causing cavities and chipping.

Choosing tooth-friendly drinks like water and milk is important for good oral and general health.

Dairy products have special “protective properties” which help prevent dental decay. These foods and drinks are good to have after a meal or with a sugary snack to help buffer the “acid attack”. Long life low fat milk options could be considered (don’t need refrigeration). For more information contact a dental therapist or dentist in your local area or ACT Health Dental Health Program on 6205 1088 during business hours.

TOP TIP:

Swap chocolate for apples. They’re just as sweet and much better for your teeth.
School events

Healthy catering

All schools host a vast array of meetings, events and performances throughout the year. School information sessions, parent-teacher nights, award ceremonies, student performances, meetings, formals, graduation ceremonies, school carnivals and discos/dance parties, are important opportunities for the school community to gather and celebrate achievement.

Most of these events involve the preparation of food and drink to share with event participants. Providing a range of foods which are consistent with the Dietary Guidelines reinforces the importance of eating well. The recipes at the end of the booklet will provide some ideas for parents. If the school canteen has been accredited through the DETSCA program, the manager could be approached to coordinate the catering for school events within the healthy catering guidelines.

Healthy catering encourages a variety of different foods being offered to support the school communities in making healthier food choices. Use the Dietary guidelines, Australia’s guide to healthy eating to choose a variety of foods (see p.22).


Healthy catering ideas include:
- Spread margarine thinly and use oils in moderation. Choose a monounsaturated or polyunsaturated variety
- Avoid frying foods. Try oven-baking, grilling, boiling, stewing or poaching
- Purchase lean meat. If purchasing sausages choose low fat, high meat content varieties (see Appendix 4 p.29)
- Offer fish or poultry (remove skin from poultry and oven-bake or grill)
- Offer reduced fat milk for teas and coffees and reduced fat milk drinks.
- Offer reduced fat cheese (reduced fat cheddar)
- Offer reduced fat yoghurt, reduced fat fromage frais, reduced fat custard as an alternative to cream.
- Offer a variety of vegetables
- Offer a salad selection or salad bar
- Choose wholemeal, multigrain or sourdough breads and rolls
- Use fresh fruit, fresh fruit salad, fruit kebabs, fruit platters or fresh fruit juice
- Use black pepper, herbs, lemon or salsa for flavouring. Avoid salt and salt substitutes containing sodium

For more comprehensive catering guidelines please go to ‘Healthy Catering Guidelines’ Heart Foundation http://www.heartfoundation.com.au/downloads/Healthy_catering_NHFAwebsite_Sept03_v2.pdf

Healthy food choices for seasonal celebrations include:
- Home made reduced saturated fat Christmas cakes and puddings. Try the Christmas cake with frosted fruit recipe from the Heart Foundation’s ‘Deliciously Healthy Cookbook’ (appendix 5 p.32) or the Ricotta Xmas cake (see p.31)
- Greek Easter Bread (see p.30)

FUNDRAISING PROMOTIONS TIP:
Ensure that your school and wider community know about your fundraising activity through the school newsletter, banners, posters and advertising at local shopping centres.

Note to teachers: Term fundraisers can be used as a guide for curriculum planning. By linking units of work to school fundraising and community activities, students gain a rich understanding of the world around them.
Term 1 Fundraisers
(Summer and Autumn)

Fundraisers/Curriculum focus can be aligned with the following celebrations, cultural and seasonal events (visit the health promotion website: http://www.healthpromotion.act.gov.au and click on Event & Conference Calendar)

- Australia Day (special food)
- Chinese New Year (special food)
- World Cancer Day (sunscreen)
- National Multicultural Festival (food tasting in the canteen)
- Valentines Day (anonymous flower/card)
- Australian Organ Donor Week
- National Sunnies for Sight Day (sunglasses)
- National Pancake Day (pancakes)
- Schools Clean-up Day
- Clean Up Australia Day
- International Women’s Day
- Walk Against Want (a-thon)
- Brain Awareness Week
- St Patrick’s Day (special green food)
- Canberra Day (balloons)
- Big Canberra Bike Ride (a-thon)
- National Harmony Day
- Work Day for Water (water)
- April Fools Day
- Seniors Week
- National Youth Tobacco Free Day
- World Health Day
- Relay For Life (relay)
- Easter (hat parade, egg decorating, cards, craft)
- Seasonal foods (grapes, watermelon, stone fruit)
NAME OF BUSINESS: ACT Planning and Land Authority

CONTACT DETAILS:
Transport Planning Team  
ACT Planning and Land Authority  
GPO Box 1908  
CANBERRA ACT 2602  
Phone: 02 6207 5539  
Email: travelsmart@act.gov.au

DETAILS:
“The Canberra & Queanbeyan Walking & Cycling Map”.
Canberra has an excellent network of shared paths, footpaths and on-road cycling lanes; offering cyclists and pedestrians enjoyable, safe and efficient routes for travelling in and between suburbs and around our parks and lakes.

The map details on-road cycling lanes, shared paths, footpaths, unsealed paths and ACTION’s Intertown bus route. Locations of bike-related and other facilities are also shown on the map. All street names are included, so the map can also be used as a street map and is a useful resource to have in the car.

The Map retails for $5.95 from the ACT Government (more from other outlets such as newsagents and bike shops). For bulk orders, the Map is available from the ACT Government from as low as $2.50 per copy. Schools can make a profit of over $3 per copy by buying the map wholesale and selling it at retail prices.

ROLE OF THE SCHOOL
Schools can use the map for fundraising in two ways:
1. Take orders from parents and the community and collect money. Then purchase the required number of maps at wholesale prices from:
   ACT Planning and Land Authority Shopfront  
   Ground Floor South  
   Dame Pattie Menzies House  
   16 Challis Street  
   DICKSON ACT 2606
2. Direct retail sales at a school fete, the school’s front office or a canteen. In this case, the school will need to buy copies from the above address before selling.

ROLE OF THE BUSINESS
Supply copies of the Map at wholesale prices through the ACT Planning and Land Authority Shopfront.

PRICING

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<th>PROFIT</th>
<th>WORKLOAD</th>
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<tr>
<td>1. Bulk Wholesale (by the box): Box of 120 maps for $300.00 ⇒ $2.50 a map inc GST</td>
<td>Schools can make a profit of over $3 per copy from buying the map wholesale and selling it at retail prices.</td>
<td>Workload depends on the method of sales chosen by the school.</td>
</tr>
<tr>
<td>2. Wholesale (minimum 20 maps): ⇒ $3.00 a map inc GST</td>
<td>Maps retail from the ACT Government for $5.95, but there is no recommended retail price, so schools can sell it for more. (Other outlets such as bike shops typically charge more than $5.95).</td>
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NAME OF BUSINESS: The Cancer Council ACT

CONTACT DETAILS:
The Cancer Council ACT
5 Richmond Ave. Fairbairn ACT 2609
Ph: 6257 9999
Fax: 6257 5055
E-mail: reception@actcancer.org
Website: www.actcancer.org

DETAILS:
TCCACT can organize for schools to purchase bulk sunscreen at cost price which can then be resold at a retail or sale price.

We can also provide schools with smaller quantities of sunscreen at a discounted price for schools wishing to promote SunSmart days ie sunscreen application days, raffles, prizes etc).

ROLE OF THE SCHOOL
- Organise special sunscreen days
- Promote SunSmart messages throughout the school
- Pick up sunscreen form TCCACT
- Allow adequate time for sunscreen to be ordered if need be.

ROLE OF TCCACT
- To supply sunscreen at cost price.
- Provide information and any promotional material on sun protection behaviour.

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<td>Cost price + GST</td>
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Term 2 Fundraisers
(Autumn and Winter)

Fundraisers/Curriculum focus can be aligned with the following celebrations, cultural and seasonal events (visit the health promotion website: http://www.healthpromotion.act.gov.au and click on Event & Conference Calendar)

› Earth Day
› ANZAC Day (biscuits)
› International Guide Dog Day
› World Dance Day (disco)
› Heart Week
› World Asthma Day
› Go Red for Women
› Mother’s Day (stall)
› National Volunteers Week
› International Day of Families
› Walk the World (walk-a-thon)
› Australian Library Week
› Australia’s Biggest Morning Tea
› National Sorry Day
› 65 Roses Day (roses)
› Reconciliation Week
› World No Tobacco Day
› Geography Week
› Science Fair
› World Environment Day
› World Oceans Day
› Queen’s Birthday
› Winter Solstice
› Red Nose Day (red noses)
› NAIDOC Week (entertainment)
› Seasonal foods (apples, pears)
› Public Education Day
NAME OF BUSINESS: Hillmark Industries Pty Ltd

CONTACT DETAILS:
Hayley Butterworth, Marketing Coordinator
664 South Road
GLANDORE SA 5037
PO Box 210
MARLESTON SA 5033
Phone: Freecall 1800 671 109
Email: hillmark@hillmark.com.au

DETAILS:
The Fun with Fruit Apple Slinky Fundraiser. Apple Slinkies can be sold in the canteen as well as sold to the school community to fundraise money for the school. This fundraiser could be extended into the greater community by selling the Apple Slinky machines at school fetes, fairs and for special occasions such as Christmas.

ROLE OF THE SCHOOL
- Use & sell apple slinkies in the school canteen
- Advertise to parents & school community, take orders, collect money & distribute to purchasers

ROLE OF THE BUSINESS
- Provide information and example support material to make fundraising as easy as possible
- Collect complete order & payment, then dispatch goods to be delivered to the school/home.

PRICING

| $39 per unit or $28.20 for 12 or more units |

PROFIT

School chooses selling price. Based on a retail price of $39, the cost is $28.20 and the profit is $10.80 per unit sold.

WORKLOAD

Minimal workload for students and volunteers
Term 3 Fundraisers (Winter and Spring)

Fundraisers/Curriculum focus can be aligned with the following celebrations, cultural and seasonal events (visit the health promotion website: http://www.healthpromotion.act.gov.au and click on Event & Conference Calendar)

- National Diabetes Week
- Bastille Day
- National Tree Day for Schools (garden products)
- Dental Awareness Week (dental products)
- National Mathematics Month
- National Healthy Bones Week
- International Youth Day
- National Science Week
- Children’s Book Week
- Daffodil Day (daffodils)
- National Literacy and Numeracy Week
- Keep Australia Beautiful
- Wattle Day (wattle)
- National Child Protection Week
- Father’s Day (stall)
- International Literacy Day (books)
- Clean Up The World Weekend
- Canberra Times Fun Run/Walk
- Health and PE Week (carnivals, a-thons)
- International Day of Peace
- World Heart Day
- National Save the Koala Day
- Seasonal foods (oranges, mandarins, bananas)
NAME OF BUSINESS: Healthy Inspirations Erindale

CONTACT DETAILS:
Debra Hestbeck
51 Comrie Street
Erindale ACT 2903
Phone: 02 6231 0944
Fax: 02 6231 0700
Email: erindale@healthyinspirations.com.au
Website: www.healthyinspirations.com.au

DETAILS:
A three week exercise membership including a full body composition before and after the three weeks, unlimited use of the fitness area, a weekly massage in our shiatsu massage chair, information on nutrition and healthy eating. Cost $19.90 (Women only)

ROLE OF THE SCHOOL
School will sell the three week memberships for us

ROLE OF THE BUSINESS
We will provide all information, documentation and posters to schools.

PRICING

| $19.90 |

PROFIT

| $19.90 (schools keep all money) |

WORKLOAD

Schools are just required to sell the membership and provide paperwork back to us.
Term 4 Fundraisers
(Spring and Summer)

Fundraisers/Curriculum focus can be aligned with the following celebrations, cultural and seasonal events (visit the health promotion website: http://www.healthpromotion.act.gov.au and click on Event & Conference Calendar)

- World Teachers Day
- World Food Day
- National Recycling Week
- Jeans for Genes Day (wear jeans for a gold coin)
- World Mental Health Day
- National Nutrition Week (healthy celebration)
- National Water Week (water fundraiser)
- World Osteoporosis Day (dairy fundraiser)
- Children’s Week
- ACT Walk to School Week (walking school bus)
- Pink Ribbon Day (ribbons)
- National Bandanna Day (bandannas)
- Australian Teachers Day (morning tea, raffle)
- Halloween (decorations, raffle)
- Melbourne Cup (sweeps)
- Remembrance Day (poppies)
- Food Safety Week
- World Diabetes Day (activity, healthy food)
- International Day for Tolerance
- National Skin Cancer Action Week (sunscreen)
- World AIDS Day
- International Day of Disabled Persons
- International Volunteer Day
- St Nicholas Day
- Christmas (raffle, gift stall, parties, cards)
- Seasonal foods (mangos, watermelon, stone fruit, berries)
NAME OF BUSINESS: The Mango Fundraiser

CONTACT DETAILS:

Helen & Kylie
PO Box 28
GIRU QLD 4809
Phone: 07 4784 4026
Fax: 07 4782 9369
Email: mangofundraiser@bigpond.com
Website: www.mangofundraiser.com

DETAILS:
The Mango Fundraiser delivers trays of fresh mangoes, picked and packed during the premium harvest period, directly to your school, organisation, or a nominated address in metropolitan areas only.

ROLE OF THE SCHOOL
› Register interest to participate
› Collect orders from students
› Distribute mangoes on arrival

ROLE OF THE BUSINESS
Fresh mangoes will be delivered to your school or organisation free of charge

PRICING | PROFIT | WORKLOAD
--|---|---
$18.00 per tray | Selling price $22.00 – $24.00 per tray | Minimal workload for co-ordinators and students
All Year Fundraisers

- Gardening (bulbs, plants, gloves)
  see Garden Express
- Manure, mulch, straw and wood
- Home wares (tea towels, aprons, bricks/pavers, labels, stickers)
- Gifts (perfume, soap, candles, artwork, craft, jewellery)
- Coffee
- Toys (bubble wands, wrist bands, glow sticks, tattoos)
- Clothing (socks, swim wear, hats)
- Toiletries (toothbrushes)
- Books (cookbooks, magazines, calendars, CD’s, DVD’s, Entertainment books)
- Drink bottles (with school logos)
- Bottled water
- Food (dried fruit and nuts, bakery products, soup/curry nights)
- Family portraits
- Digital photos/DVD’s from school events
- Trash and treasure sale
- Car boot sale
- Hoyts movie ticket (see Hoyts)
- Cocktail parties
- Adults only entertainment nights (talent quests, trivia nights)
- Progressive dinners
- School concert or performance

**PRIVACY TIP:**
Before photographing or recording school fundraising events for sale or distribution, ensure that all students have a permission slip signed by a parent or carer. A general consent form is normally distributed at the beginning of each school year.
NAME OF BUSINESS: Garden Express Fundraising Plus

CONTACT DETAILS:
Fiona Vanderleur
Freecall 1800 001 669
Fundraising Plus
REPLY PAID 68541
MONBULK VIC 3793
Email: info@fundraisingplus.com.au

DETAILS:
Flower Bulb Fundraising. Carry boxes containing 18 packs of flower bulbs for sale. Healthy gardening products, fun and educational. Also available is a brochure/order form program for flower bulbs where the kids go out and take orders for a larger range.

ROLE OF THE SCHOOL
› Carry Box – Purchase a minimum of 6 boxes, and sell them at 50% profit.
› Brochures – register for brochures, collect completed order forms, and return. Receive and distribute orders.

ROLE OF THE BUSINESS
› Supply carry packs ready to sell.
› Supply brochures with order forms, collate and label every order and deliver back to school. All materials and envelopes and freight included.

PRICING
Carry Box $72 per box.
Brochures, packs range from $4. to $18. Minimum sale required of $200.

PROFIT
50% of retail pricing.

WORKLOAD
Carry boxes, very little.
Brochures, very simple but a bit of extra communication.
NAME OF BUSINESS: Easyrun Fundraising

CONTACT DETAILS:
PO Box 128
Mentone VIC. 3194
Phone: 1800 170 287
Email: info@easyrun.com.au

DETAILS:
Risk free profit for schools and clubs that’s Zero Fat, Zero Sugar & 100% Fun. Discounted movie tickets in books of 5 for on-selling to families at cheaper than box office prices.

<table>
<thead>
<tr>
<th>ROLE OF THE SCHOOL</th>
<th>ROLE OF THE BUSINESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distribute official send home forms to families or members and collect orders.</td>
<td>Collate orders, package and deliver usually within 3 working days.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRICING</th>
<th>PROFIT</th>
<th>WORKLOAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between $34 &amp; $49 for schools/clubs to buy ……….</td>
<td>$15 profit per book of 5 tickets.</td>
<td>Minimum workload. Tickets come pre packed ready for distribution. No bulky handling of perishable goods.</td>
</tr>
<tr>
<td>Between $49 and $64 for families and members to buy…………….</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
NAME OF BUSINESS: Crackerjack Parties Pty Ltd

CONTACT DETAILS:
Crackerjack Parties Pty Ltd
PO Box 2876
Tuggeranong ACT 2901
ABN 15 071 062 747
Phone: 02 6162 0175 (m) 0418 697 823
Email: showbags@crackerjackparties.com.au
Website: www.crackerjackparties.com.au

DETAILS:
We are a wholly owned and operated Australian business providing themed showbags for school fundraising and celebrations. Each themed showbag contains a selection of quality novelties. Our novelties stimulate the children’s imaginations, fine and gross motor skills and are value for money. However most suitable for Primary school aged children, our showbags appeal to a wide range of ages.

ROLE OF THE SCHOOL
Promote the fundraising event and sell the showbags. Collect showbags if delivery not required.

ROLE OF THE BUSINESS
Pre-pack the showbags and arrange delivery.

PRICING
$3.50 each for orders of 50 or more.
$5.50 each for orders of less than 50.

Note: Delivery is additional but pick-up can be arranged.

Selling price $ 7.00 each

WORKLOAD
Minimal workload
Unpack and sell. Bags come prepacked and labelled.
Appendix 1

Dietary guidelines for children and adolescents in Australia

Encourage and support breastfeeding

Children and adolescents need sufficient nutritious foods to grow and develop normally

- Growth should be checked regularly for young children
- Physical activity is important for all children and adolescents

Enjoy a wide variety of nutritious foods

*Children and adolescents should be encouraged to:*

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives. Reduced fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced fat varieties should be encouraged for older children and adolescents
- Choose water as a drink

*and care should be taken to:*

- Limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants
- Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars
- Care for your child’s food: prepare and store it safely

*Australian Government Department of Health and Ageing*

## Appendix 2

### Considerations for conducting a healthy fundraiser

(Use this checklist to consider all aspects of planning before choosing a fundraising activity)

**Date:** ..........................................................

**Proposed Fundraising Activity:** ..........................................................................................................................

<table>
<thead>
<tr>
<th>General Considerations</th>
<th>Yes/No</th>
<th>Comments/Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does it promote the health and well-being of the school community?</td>
<td></td>
<td></td>
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<tr>
<td>Does it promote involvement of the whole school community?</td>
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<td></td>
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<tr>
<td>Does it return enough profit for the effort expended?</td>
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<td></td>
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<tr>
<td>Is it consistent with school policies?</td>
<td></td>
<td></td>
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<tr>
<td>Is it consistent with PE/Health curriculum?</td>
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<td></td>
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<tr>
<td>Is it representative of the diversity of your school community?</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Safety and Insurance Issues</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Is the activity covered by your current insurance policy?</td>
<td></td>
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</tr>
<tr>
<td>Have you determined who has duty of care?</td>
<td></td>
<td></td>
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<tr>
<td>Have you considered child protection issues?</td>
<td></td>
<td></td>
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<tr>
<td>(eg children selling raffle tickets/seeking sponsorship)</td>
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<td></td>
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<tr>
<td>Is it a raffle? Do you need a permit?</td>
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<tr>
<td>Do you have an emergency action plan, first aid officer, first aid kit?</td>
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<tr>
<td>Have you checked your school sponsorship guidelines?</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Related Activities</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Have you checked the school guidelines in regard to the sale/use of food?</td>
<td></td>
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<tr>
<td>Is your school canteen DETSCA accredited?</td>
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</tr>
<tr>
<td>Has the canteen manager been approached to cater for the event?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you considered safe food and handling procedures?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Will alcohol be served? Do you need a permit?</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Activities</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Do all children have an opportunity to participate?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have safety issues been considered?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has sun protection been considered?</td>
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</tbody>
</table>


Appendix 3

Successful fundraisers

Raffle/Silent auction/Chocolate Wheel

Vouchers from your fruit and vegetable market – they might be willing to give cost vouchers for prizes (this means they don’t lose any money).

Your local gym, leisure centre might be willing to give cost vouchers for a number of workout passes eg circuit class, pump class, aerobics class, gym workout or aquarobics class.

Try asking your local restaurant to donate a delicious healthy meal for two (great advertising for the restaurant).

A hamper of healthy food options, home-made or bought (see baking options appendix 5 pp.30–51 and Dietary guideline appendix 1 p.22) or choose foods with the Heart Foundation Tick.

Contacts for fresh fruit ‘deals’ include:

- Go Troppo Fruit Market, Dalby St, Fyshwick, Tel: 6295 3416
- Wiffens, Dalby St, Fyshwick, Tel: 6295 8520
- Ziggy’s Fruit Market, Lachlan St, Belconnen, Tel: 6251 3568
- Dried fruits and nuts (nut allergies see appendix 4 p.25) are available all year round. Contact Ray Joyner at The Nut Shoppe, Fyshwick Markets, Tel: 6239 7554.

Canvas the local and school community for anyone with a skill to teach. Ask for donated or discounted lessons in swimming, horse riding, skiing, rowing, sailing, surfing, yoga, and music.

Contact details for frozen fruit

National Capital Frozen Foods Pty Ltd
63 Lorn Road
Queanbeyan NSW 2620
Tel: 6299 1455

Contact details for biodegradable, recyclable plates and cups

PACLEMOND
Unit 1/45 Sheppard Street
Hume
Tel: 6260 22 32
sales@paclemond.com.au

ShopBasics
301 Canberra Avenue
Fyshwick 2609
Tel: 6280 4128
www.shopbasics.com.au
sales@shopbasics.com.au
Appendix 4

Catering ideas

Reduced fat/salt sausages
Sausages can be made with reduced salt and fat to produce a good option for the fete BBQ that complies with the Australian Dietary Guidelines and the Australian & New Zealand (ANZ) Food Regulations. Ask your butcher to prepare sausages with the following dietary guidelines and regulations:

Salt: the sodium content of low salt foods must not exceed 120 mg/100g.

Fat: especially saturated fat – must be reduced, and most of the fat in sausages is saturated. Reduced-fat foods comply with the food regulations if the total fat content is 75% or less than the usual fat content and at least 3g/100g less than usual. This puts the upper limit for total fat in sausages at 15g/100g.

BBQ vegetables
Contact your local fruit & vegetable shops to get the best price on vegetables, such as eggplants, capsicum, zucchini, mushrooms, sweet potatoes, pumpkins, carrots and broccoli. Cut them all up and brush them with some olive oil, or a marinade (2 cloves garlic crushed, 1 tbls honey, 1 tbls reduced salt soy, 2 teas sesame oil, 1 tbls olive oil). Cook the vegetables on a hot barbeque plate for 6 to 10 minutes.

Corn on the cob
Contact your local fruit & vegetable shops to get the best price on corn. To prepare corn remove husk, put a wooden skewer through the centre and place in large pots of water to boil for about 10 minutes. After removing corn from boiling water brush with either polyunsaturated or monounsaturated margarine spread, such as those based on sunflower, canola or olive oils or add grain mustard or spices.

Food safety
Food safety is an important issue that needs to be addressed. To find out the regulations and more information about Food Safety facts visit:

Health Protection Service 02 6205 1700 – hps@act.gov.au or visit the ACT Government Health web page for Fetes and Fundraising Food Stalls- Food safety guidelines for fetes and fundraising events: www.health.act.gov.au

For additional information contact your state health department or Food Standards Australia New Zealand (FSANZ) or visit their website: www.foodstandards.gov.au

Allergies/anaphylaxis
For information regarding allergies and anaphylaxis visit their website: http://www.allergy.org.au

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5 The B.P Monitor June 06 p. 2 Queensland.
Organising a soup day fundraiser
from Fruitful Fundraising

Try this great fundraiser during the colder months.

You will need:

Ingredients – Including vegetables. For creamy soups, use reduced fat milk or light evaporated milk instead of cream (for a calcium boost). This should save you money as milk is cheaper than cream. Use a dollop of reduced fat natural yoghurt instead of cream or sour cream. There is no need to add salt, stock is highly flavoured and commercial stock is quite high in salt anyway. Try adding herbs and simmer the soup to develop the flavour.

Bread – Offer wholemeal and multigrain bread or rolls. There’s no need to add any spreads – think of the money savings to be made by skipping the spread!

Equipment – Chopping boards, knives, pots, bamix or food processor, spoons, cups and ladles.

Volunteers – A great opportunity to involve students and other volunteers.

Posters – Photocopy or print some great looking promotional posters. Focus on the taste, rather than health.

You may like to:
› Open it up to staff and families
› Run it during another school event, such as a fete or sports carnival
› Hold it through the canteen or on a day that the canteen is closed
› Offer different sizes to cater for different ages and appetites

How much to charge:
You may be able to get some of the food donated or discounted. You will need to set the price by taking into account:
› How much you have spent on the ingredients
› How much the school community is happy to spend
› How much you have spent on equipment purchase and hire

SIX REASONS WHY SOUPS ARE SUCH GREAT FUNDRAISERS

1. They can be made quickly and cheaply
2. They have such wide appeal, both kids and adults love them
3. There’s nothing quite like a steaming cup of soup on a cold day
4. You can make them the day before and they taste even better
5. They’re a great way to include vegetables
6. There is so much variety. Try a different soup each fundraiser
Organising a smoothie/milkshake day fundraiser
from Fruitful Fundraising

A smoothie day is a great way of promoting delicious drinks incorporating milk, yoghurt and fruit.

You will need:
**Ingredients** – Including reduced fat milk, reduced fat yoghurt and fresh, canned or frozen fruit (frozen fruit makes much thicker smoothie) (see appendix 3 p. 24).

**Blenders and milkshake makers** – Some options for accessing these include:
1. From the canteen, staff room or classrooms
2. Borrow from the school community
3. Hire a demonstrator with blenders
4. Purchase the equipment

**Equipment** – Chopping boards, knives, spoons, jugs, cups, straws and blenders

**Ice blocks** – Optional. If you are using ice, make sure that your equipment can blend ice.

**Volunteers** – A great opportunity to involve students and other volunteers

**Posters** – Photocopy or print some great looking promotional posters. Focus on the taste, rather than health.

You may like to:
- Open it up to staff and families
- Run it during another school event, such as a fete or sports carnival
- Hold it through the canteen or on a day that the canteen is closed
- Offer different sizes to cater for different ages and appetites

How much to charge:
You may be able to get some of the food donated or discounted. You will need to set the price by taking into account:
- How much you have spent on the ingredients
- How much the school community is happy to spend
- How much you have spent on equipment purchase and hire

**RECIPES**

**Banana Super Smoothie** – Blend or process until creamy 1 cup of reduced fat milk, ½ cup of vanilla reduced fat yoghurt, 1 ripe banana

**Mango Lassi** – Whizz in a blender until thick and smooth 3 ripe mangoes (chilled and chopped), 1 cup reduced fat plain yoghurt, 1 cup reduced fat milk, 1 teaspoon honey, 1 teaspoon cinnamon
Organising a BBQ vegie day fundraiser
from Fruitful Fundraising

This is a great way of proving that vegetables can be delicious and tasty.
You will have people coming back for more of the great flavour that comes from marinating and BBQ cooking. It also gives people new ideas for the BBQ and opportunities to try new foods.

You will need:
Vegetables – Eggplant, capsicum, zucchini, mushrooms, broccoli, corn and potatoes. Contact your local fruit and vegetable supplier for the best prices. Choose vegetables that are in season for the best quality and price.
Other Ingredients – Marinades, polyunsaturated or monounsaturated oil, such as olive oil, canola oil or sunflower oil.
Equipment – BBQ, tongs, chopping boards, bowls for marinating, skewers, napkins for serving and plates.
Volunteers – A great opportunity to involve students and other volunteers.
Posters – Photocopy or print some great looking promotional posters. Focus on the taste, rather than health. For poster options go to: www.freshforkids.com.au or www.nutritionaustralia.org

You may like to:
› Open it up to staff and families
› Run it during another school event, such as a fete or sports carnival
› Hold it through the canteen or on a day that the canteen is closed
› Offer different sizes to cater for different ages and appetites

How much to charge:
You may be able to get some of the food donated or discounted. You will need to set the price by taking into account:
› How much you have spent on the ingredients
› How much the school community is happy to spend
› How much you have spent on equipment purchase and hire

TIPS FOR THE BEST BBQ VEGIES YOU’VE EVER TASTED
1. Prepare marinade that you will be using
2. Cut up vegetables and place in marinate
3. If using corn or potato, do not marinate these. Remove the husk of the corn and scrub potatoes. Place in large pots of water to boil. Wrap in foil ready for cooking.
4. Cook vegetables on a hot BBQ plate for 5–8 minutes.
Avoid the ‘not another sausage sizzle’ trap. There are plenty of ideas to make your next sizzle different and successful as well as healthier than the traditional sausage sizzle.

**You will need:**

**Ingredients**

- **Bread** – Offer wholemeal and multigrain bread, along with high fibre white bread.
- **Salads** – Have a variety of salads available. Avoid using meats, cheese or egg in your salads. Serve fresh salads in attractive bowls.
- **Meat** – Choose kebabs, lean steaks, lean burgers and skinless chicken breasts. Limit sausages, greasy burgers and chops. Try reduced fat, reduced salt sausages in moderation.
- **Vegetarian options** – Vegie burgers or vegetarian sausages
- **Vegetables** – Vegies to BBQ such as mushrooms, zucchini, capsicum, eggplant and onion. Marinate and BBQ.
- **Fruit** – Try peaches, apricots, apples, watermelon, rockmelon, berries, pineapple and oranges. Have fruit already cut up. Try freezing some as an option.
- **Water** – Have plenty of cold water available.

**Equipment** – Chopping boards, knives, forks, napkins, tongs, jugs and cups.

**Volunteers** – A great opportunity to involve students and other volunteers.

**Posters** – Photocopy or print some great looking promotional posters. Focus on the taste, rather than health.

**You may like to:**

- Give your sizzle a catchy name
- Open it up to staff and families
- Run it during another school event, such as a fete or sports carnival
- Hold it through the canteen or on a day that the canteen is closed
- Offer different sizes to cater for different ages and appetites

**How much to charge:**

You may be able to get some of the food donated or discounted. You will need to set the price by taking into account:

- How much you have spent on the ingredients
- How much the school community is happy to spend
- How much you have spent on equipment purchase and hire

---

**QUICK HEALTH CHECK ON YOUR SIZZLE**

- Wholemeal/high fibre bread
- Lean meats/kebabs/skinless chicken
- Vegetarian options
- Salads, Vegetables, Fruit, Water
- Use of volunteers
- Some food donated, use fruit and vegetables in season
- Promote widely
## Greek Easter bread

*from The Heart Foundation Cookbook, National Heart Foundation of Australia*  
*(4g fat per slice)*

**Makes 20 slices**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>30g fresh yeast, crumbled</td>
<td></td>
</tr>
<tr>
<td>1 cup low-fat milk, warmed</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp caster sugar</td>
<td></td>
</tr>
<tr>
<td>3½ cups plain flour</td>
<td></td>
</tr>
<tr>
<td>pinch of salt (needed for gluten development in bread)</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground nutmeg</td>
<td></td>
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<tr>
<td>½ tsp ground allspice</td>
<td></td>
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<tr>
<td>2 Tbsp canola oil</td>
<td></td>
</tr>
<tr>
<td>2 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>2 tsp grated lemon rind</td>
<td></td>
</tr>
<tr>
<td>1 egg lightly beaten, extra</td>
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</tr>
<tr>
<td>2 Tbsp sesame seed</td>
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</tbody>
</table>

Combine yeast, milk and 1 teaspoon each of the sugar and flour in a small bowl. Cover. Stand in a warm place for 10 minutes or until mixture is frothy.

Combine remaining sugar and shifted flour, salt and spices in a large bowl. Add yeast mixture, oil, 2 eggs and lemon rind. Mix to a soft dough. Knead dough on a lightly floured surface for 10 minutes or until smooth. Place in a lightly oiled bowl. Turn to coat with oil. Cover. Stand in a warm place for 1 hour or until dough doubles in size. Punch down. Knead dough on lightly floured surface until smooth. Divide dough into three pieces. Roll each piece to make a 60cm log. Plait logs together. Shape into a ring and pinch ends together to join and seal. Place bread on a lightly greased baking tray. Cover. Stand in a warm place for 40 minutes or until dough is almost doubled in size. Brush with extra egg. Sprinkle with sesame seeds. Bake at 180–190°C for 35–40 minutes or until bread sounds hollow when base is tapped.

**TIP:** For added fibre, use half wholemeal plain flour and half white plain flour.
Ricotta Christmas cake

from The Heart Foundation Cookbook, National Heart Foundation of Australia
(1g fat per piece)

1 1/4 cups (250g) ricotta cheese
1 tsp bicarbonate of soda
1.5kg mixed fruit
1/2 cup red glace cherries
1/4 cup honey
1/2 cup blanched almonds
1 1/2 cups unsweetened juice, for example dark grape, orange or pineapple
2 3/4 cups self-raising flour, shifted
1/2 cup plain wholemeal flour, shifted
2 tsp mixed spice
2 Tbsp brandy

Combine ricotta cheese, bicarbonate of soda, fruit, honey, almonds and juice in a saucepan. Simmer for 5 minutes. Cool. Add dry ingredients. Mix well. Stir in brandy. Spoon mixture into a greased and lined 23cm square cake pan. Bake at 160–170°C for 2–2 1/2 hours or until cooked when tested with a skewer. If desired, sprinkle hot cake with extra brandy and wrap in a towel to cool.

WARNING:
Some recipes might contain nuts or nut oils – ensure none of the children at your service have a nut allergy before preparing.
**Christmas cake with frosted fruit**
from Deliciously Healthy Cookbook, National Heart Foundation of Australia

Preservation time: 30 minutes + overnight standing
Cooking time: 3 hours 30 minutes

Serves 30
1kg mixed dried fruit
150g glace apricots, chopped
150g glace cherries, chopped
50g glace ginger, chopped
250ml brandy
1 cup soft brown sugar
2 tablespoons safflower oil
3 egg whites, lightly beaten
1 teaspoon vanilla essence
100g blanched almonds, roughly chopped
1 tablespoon lime ginger marmalade
60ml orange juice
2 cups plain flour
½ cup self-raising flour
2 teaspoons mixed spice

**ICING**
1 egg white
2 teaspoons lemon juice
½ cup pure icing sugar, sifted

**FROSTED FRUIT**
500g mixed fresh fruit (eg berries, cherries, grapes)
2 egg whites, lightly beaten
2 cups caster sugar

**Method**
1. Put the mixed dried fruit, apricots, cherries and ginger in a large bowl and mix. Pour over the brandy, cover and allow to stand overnight.
2. Preheat the oven to 150°C. Grease and line the base and sides of a 20cm round or 23cm square cake tin with 2 layers of baking paper.
3. Put the sugar, oil, egg whites and vanilla in a bowl and beat until smooth. Add the almonds, marmalade and orange juice. Stir through the dried fruit mixture.
4. Sift the flour and spice into a bowl, then fold in the fruit. Spoon the mixture into the prepared tin, then tap the tin on the bench to remove any air bubbles. Smooth the surface of the cake with damp hands. Wrap several layers of newspaper around the outside of the tin and secure with string to stop the outside of the cake from burning. Bake on the middle shelf of the oven for 3–3½ hours or until a skewer comes out clean when inserted in the centre. Loosely cover the top of the cake with baking paper if it starts to darken too much during cooking. Cool completely then cover with icing and top with frosted fruit.
5. To make the icing blend all ingredients together until smooth.
6. To make the frosted fruit brush the fruit with egg white, roll in caster sugar and allow to dry.

**TIP:**
This fruit cake does not contain the butter and saturated fat content of most Christmas cake recipes and tastes great! However, like other fruit cakes it is high in kilojoules so be aware of the amount you are eating and how often you eat it.

<table>
<thead>
<tr>
<th>Nutrients per serve</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1592kJ</td>
</tr>
<tr>
<td>Energy</td>
<td>380cal</td>
</tr>
<tr>
<td>Total fat</td>
<td>3.7g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.4g</td>
</tr>
<tr>
<td>Monounsaturated fat</td>
<td>1.4g</td>
</tr>
<tr>
<td>Polyunsaturated fat</td>
<td>1.6g</td>
</tr>
<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Carbohydrate</td>
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</tr>
<tr>
<td>Fibre</td>
<td>4.1g</td>
</tr>
<tr>
<td>Sodium</td>
<td>72mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
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</table>
Apple cinnamon muffins
from Cooking for Plenty, National Heart Foundation of Australia

Makes 25

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>2½ cups plain wholemeal flour</td>
<td>2 ½</td>
<td>5 cups</td>
<td>5 cups</td>
</tr>
<tr>
<td></td>
<td>cup</td>
<td>cups</td>
<td>g</td>
</tr>
<tr>
<td>½ cup All Bran</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>1 teaspoon bicarbonate of soda</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>½ teaspoon nutmeg</td>
<td>¼ tsp</td>
<td>⅛ tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>½ teaspoon cinnamon</td>
<td>⅛ tsp</td>
<td>⅛ tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>½ cup brown sugar</td>
<td>¼ cup</td>
<td>⅛ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>210 g pie apple</td>
<td>85 g</td>
<td>210 g</td>
<td>420 g</td>
</tr>
<tr>
<td>500 ml buttermilk</td>
<td>200 ml</td>
<td>500 ml</td>
<td>1 litre</td>
</tr>
<tr>
<td>or low-fat milk mixed with 1 tablespoon of lemon juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>20 ml polyunsaturated oil</td>
<td>10 ml</td>
<td>20 ml</td>
<td>40 ml</td>
</tr>
</tbody>
</table>

Method

1. Preheat oven to 180°C.
2. Place all dry ingredients in a mixing bowl.
4. Mix buttermilk, egg and oil, and then stir into dry ingredients with a few swift strokes.
5. Spoon into lightly greased muffin trays and bake for 30-40 minutes.

Variations:

- Date and nut muffins: Replace apple and cinnamon with 120 g chopped dates and 35 g chopped walnuts.
- Carrot and sultana muffins: Replace apple and cinnamon with 120 g grated carrot and 35 g sultanas.
- Peach and cinnamon muffins: Replace the apple and All Bran with 1 cup unsweetened pie peaches and 120 g rolled oats.
Carrot and sultana muffins
from Eat Smart & Play Smart 2004, National Heart Foundation of Australia

Preparation time: 12–15 minutes
Cooking time: 15–20 minutes

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Makes 12</th>
<th>Makes 24</th>
<th>Makes 36</th>
<th>Makes 48</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola Oil</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Carrots, grated</td>
<td>2 (250g)</td>
<td>4 (500g)</td>
<td>6 (750g)</td>
<td>8 (1kg)</td>
</tr>
<tr>
<td>Honey</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Eggs, beaten</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Sultanas</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cup</td>
</tr>
<tr>
<td>Reduced fat milk</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>White SR flour</td>
<td>1 cup (125g)</td>
<td>2 cups (250g)</td>
<td>3 cups (375g)</td>
<td>4 cups (500g)</td>
</tr>
<tr>
<td>Wholemeal SR flour</td>
<td>¼ cup (100g)</td>
<td>1½ cups (200g)</td>
<td>2½ cups (300g)</td>
<td>3 cups (400g)</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>1 Tbsp</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 200°C. Brush a little of the oil over muffin pans.
2. Combine the carrots, oil, honey, brown sugar, eggs, sultanas and milk.
3. Sift the flours and cinnamon and stir into the carrot mixture until just combined.
4. Divide the mixture between the prepared muffin pans.
5. Bake until risen, cooked through and golden brown (15–20 minutes).

TIPS:

Measuring honey in a cup
When measuring the oil, do not rinse the cup before using to measure the honey – the honey will easily slip out of the cup!

Food processor to the rescue
Using a food processor will slash the amount of preparation time. For this recipe you could use one to grate the carrots in a few minutes!
Fruit muffins
from Canteen Cuisine Western Australia (School Canteen Association)

Makes 36 large

<table>
<thead>
<tr>
<th>Dry Ingredients</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 cups self-raising flour</td>
<td>1 1/2 cups 225 g</td>
<td>4 cups 600 g</td>
<td>8 cups 1.2 kg</td>
</tr>
<tr>
<td>1 cup custard powder</td>
<td>1/4 cup 30 g</td>
<td>1/4 cup 90 g</td>
<td>1 1/2 cup 185 g</td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td>1/4 cup 30 g</td>
<td>1/4 cup 1 cup</td>
<td></td>
</tr>
<tr>
<td>1/2 cup oats or bran</td>
<td>1 Tbsp 15 g</td>
<td>1/2 cup 30 g</td>
<td>1/2 cup 60 g</td>
</tr>
<tr>
<td>3 cups chopped fruit, eg banana, apple, pears</td>
<td>3/4 cup 155 g</td>
<td>1/2 cup 385 g</td>
<td>4 cups 770 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wet Ingredients</th>
<th>2</th>
<th>4</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 eggs</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>1 1/2 cups canola oil</td>
<td>100 ml</td>
<td>250 ml</td>
<td>500 ml</td>
</tr>
<tr>
<td>2 tablespoons vanilla essence</td>
<td>1/2 Tbsp 15 ml</td>
<td>1 1/2 Tbsp 30 ml</td>
<td>3 Tbsp 60 ml</td>
</tr>
<tr>
<td>3 cups fruit juice or skim milk</td>
<td>210 ml</td>
<td>500 ml</td>
<td>1 litre</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 180°C.
2. Sift the flour and custard powder together and mix with the sugar and the bran. Add fruit.
3. Mix all wet ingredients together and then fold into dry ingredients.
4. Spoon mixture into greased muffin trays.
5. Cook in moderate oven for 20 minutes.

Note: This is a great recipe for using surplus fresh fruit, however drained canned fruit may be used. If the fruit used is very juicy adjust the fruit juice or skim milk quantity.
## Perfect pumpkin muffins
from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Wet Mix</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup polyunsaturated margarine</td>
<td>⅛ cup</td>
<td>⅝ cup</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>60 g</td>
<td>155 g</td>
<td>310 g</td>
<td></td>
</tr>
<tr>
<td>2 x 60 g fresh eggs</td>
<td>2</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>1 cup cold mashed pumpkin</td>
<td>1 cup</td>
<td>2 ⅛ cups</td>
<td>5 cups</td>
</tr>
<tr>
<td>(cook 300 g pumpkin to ¼ cup water)</td>
<td>300 g</td>
<td>750 g</td>
<td>1.5 kg</td>
</tr>
<tr>
<td>Dry Mix</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups self raising flour</td>
<td>2 cups</td>
<td>5 cups</td>
<td>10 cups</td>
</tr>
<tr>
<td>300 g</td>
<td>750 g</td>
<td>1.5 kg</td>
<td></td>
</tr>
<tr>
<td>cinnamon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sprinkle</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Method**
1. Preheat oven to 200°C.
2. Spray muffin tin or use muffin cups.
4. Add flour and fold in.
5. Spoon into tin and sprinkle with cinnamon.

**Note:** Can be frozen.
Scones
from Canteen Cuisine Western Australia (School Canteen Association)

Makes 10-12

<table>
<thead>
<tr>
<th></th>
<th>20</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups self-raising flour</td>
<td>2 cups</td>
<td>5 cups</td>
<td>10 cups</td>
</tr>
<tr>
<td></td>
<td>300 g</td>
<td>750 g</td>
<td>1.5 kg</td>
</tr>
<tr>
<td>1½ tablespoons polyunsaturated margarine</td>
<td>1 ½ Tbsp</td>
<td>3 Tbsp</td>
<td>6 Tbsp</td>
</tr>
<tr>
<td></td>
<td>30 g</td>
<td>60 g</td>
<td>120 g</td>
</tr>
<tr>
<td>⅛ cup low-fat milk</td>
<td>185 ml</td>
<td>460 ml</td>
<td>920 ml</td>
</tr>
</tbody>
</table>

Method

1. Preheat oven to 220°C.
2. Sift flour into a bowl and rub in margarine with fingertips.
3. Add milk and mix to a soft dough with a knife.
4. Turn onto lightly floured board and roll out to 2 cm thickness.
5. Cut into rounds, using scone cutter or small glass.
6. Place nearly touching on a lightly greased baking tray.
7. Bake at 220°C for 10-12 minutes until just golden.

Variations:

- Wholemeal Scones: Substitute 1 cup self-raising flour with 1 cup wholemeal self-raising flour.
- Sultana Scones: Stir through ⅛ cup sultanas before adding milk.
- Cheese Scones: Stir through ⅛ cup reduced-fat grated cheese and a pinch of paprika before adding milk.
Banana loaf

from Cooking for Plenty, National Heart Foundation of Australia

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ cups plain white flour</td>
<td>¾ cup</td>
<td>1 ½ cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>110 g</td>
<td>225 g</td>
<td>450 g</td>
</tr>
<tr>
<td>1 ½ cups wholemeal self-raising flour</td>
<td>¼ cup</td>
<td>1 ½ cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>135 g</td>
<td>270 g</td>
<td>540 g</td>
</tr>
<tr>
<td>½ cup brown sugar</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>1 teaspoon bicarbonate of soda</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>½ cup walnuts or pecans, chopped</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>30 g</td>
<td>60 g</td>
<td>125 g</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>3 large bananas, mashed</td>
<td>1</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>60 ml polyunsaturated oil</td>
<td>30 ml</td>
<td>60 ml</td>
<td>120 ml</td>
</tr>
<tr>
<td>30 ml lemon juice</td>
<td>15 ml</td>
<td>30 ml</td>
<td>60 ml</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 180°C.
2. Sift the dry ingredients and add the nuts.
3. Beat the eggs lightly, and then add the mashed banana, oil and lemon juice.
4. Stir the liquid and quickly fold into the dry ingredients.
5. Pour the mixture into oiled and floured loaf tins and bake for 45 minutes to an hour.
6. Keep for 12 hours before slicing.
Sultana and apricot loaf
from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Makes 10-12 slices</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sultanas</td>
<td>1 cup 185 g</td>
<td>2 cups 370 g</td>
<td>4 cups 740 g</td>
</tr>
<tr>
<td>1/3 cup chopped dried apricots</td>
<td>1/3 cup 90 g</td>
<td>1 cup 185 g</td>
<td>2 cups 370 g</td>
</tr>
<tr>
<td>1 cup processed bran cereal</td>
<td>1 cup 90 g</td>
<td>1 1/3 cups 120 g</td>
<td>2 1/3 cups 225 g</td>
</tr>
<tr>
<td>1 1/2 cup skim milk</td>
<td>185 ml</td>
<td>460 ml</td>
<td>920 ml</td>
</tr>
<tr>
<td>1/4 cup brown sugar</td>
<td>1/4 cup 40 g</td>
<td>1/4 cup 120 g</td>
<td>1 1/2 cups 240 g</td>
</tr>
<tr>
<td>1 1/2 cups wholemeal self-raising flour</td>
<td>1 1/2 cups 270 g</td>
<td>3 cups 540 g</td>
<td>6 cups 1.1 kg</td>
</tr>
<tr>
<td>1 teaspoon cinnamon or mixed spice</td>
<td>1 tsp</td>
<td>1.5 tsp</td>
<td>3 tsp</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 180°C.
2. Soak sultanas, apricots and bran cereal in milk overnight or for at least 2 hours.
3. Stir in sugar.
4. Add flour and cinnamon and mix thoroughly.
5. Pour into a lightly greased loaf tin and bake for 45 minutes or until a skewer inserted into the centre comes out clean.
6. Remove from tin when cool.
## Carrot cake

*from Food Smart, National Heart Foundation of Australia*

<table>
<thead>
<tr>
<th></th>
<th>Makes 1 loaf (10 slices)</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>4½ tablespoons polyunsaturated margarine</td>
<td>4½ Tbsp 90 g</td>
<td>9 Tbsp 180 g</td>
<td>18 Tbsp 360 g</td>
<td></td>
</tr>
<tr>
<td>½ cup brown sugar</td>
<td>½ cup 75 g</td>
<td>1 cup 155 g</td>
<td>2 cups 310 g</td>
<td></td>
</tr>
<tr>
<td>1 large egg</td>
<td>1</td>
<td>3</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>2 carrots, grated</td>
<td>2</td>
<td>5</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>2 large ripe bananas, mashed</td>
<td>2</td>
<td>5</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>1 cup self-raising flour</td>
<td>1 cup 150 g</td>
<td>2 ½ cups 375 g</td>
<td>5 cups 750 g</td>
<td></td>
</tr>
<tr>
<td>½ cup wholemeal self-raising flour</td>
<td>½ cup 90 g</td>
<td>1 ¼ cups 230 g</td>
<td>2 ½ cups 460 g</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon cinnamon</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>½ cup sultanas</td>
<td>½ cup 90 g</td>
<td>1 cup 185 g</td>
<td>2 cups 370 g</td>
<td></td>
</tr>
</tbody>
</table>

### Method

1. Preheat oven to 180°C.
2. Beat margarine and sugar until creamy.
3. Add egg and beat well.
4. Fold in carrot, sultanas and bananas.
5. Add sifted flours, cinnamon and mix well.
6. Pour into a non-stick loaf tin and bake for about 40 minutes.

**Note:** This recipe can also be made into patty cakes. Spoon mixture into patty pans and bake at 180°C for about 15 minutes.
Pineapple and apple slice
from Canteen Cuisine Western Australia (School Canteen Association)

Makes 20 slices*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅛ cup self-raising flour</td>
<td>⅛ cup 75 g</td>
<td>1 cup 150 g</td>
<td>2 cups 300 g</td>
</tr>
<tr>
<td>⅛ cup wholemeal self-raising flour</td>
<td>⅛ cup 45 g</td>
<td>1 cup 185 g</td>
<td>2 cups 375 g</td>
</tr>
<tr>
<td>2 ⅛ cups rolled oats and All Bran, mixed</td>
<td>1 cup 90 g</td>
<td>2 ⅛ cups 200 g</td>
<td>4 ⅛ cups 400 g</td>
</tr>
<tr>
<td>200 g dried apples, chopped</td>
<td>100 g</td>
<td>250 g</td>
<td>500 g</td>
</tr>
<tr>
<td>⅛ cups crushed pineapple, drained</td>
<td>⅛ cup 90 g</td>
<td>1 ⅛ cups 225 g</td>
<td>3 ⅛ cups 450 g</td>
</tr>
<tr>
<td>270 g polyunsaturated margarine</td>
<td>125 g</td>
<td>300 g</td>
<td>600 g</td>
</tr>
<tr>
<td>4 tablespoons honey</td>
<td>2 tsp</td>
<td>4 Tbsp</td>
<td>8 Tbsp</td>
</tr>
<tr>
<td>3 tablespoons low-fat natural yoghurt</td>
<td>1 ⅛ Tbsp</td>
<td>3 ⅛ Tbsp</td>
<td>7 Tbsp</td>
</tr>
<tr>
<td>3 eggs</td>
<td>1</td>
<td>3</td>
<td>6</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 180°C.
2. Grease base and sides of a 33 cm x 23 cm or two 20 cm shallow square cake tins with margarine or oil.
3. Combine flours, oats, apples and pineapple in a bowl.
4. Melt margarine and honey in small saucepan until combined, then add to dry ingredients with the yoghurt and mix well.
5. Beat eggs until light and foamy, and then fold through the oat mix.
6. Spread the mixture into the prepared cake tins and bake for 30-40 minutes.
7. Cool in the tin and then cut into slices when cold.

Note: Store in an airtight container.
*Cut into 40 smaller pieces for recess.
Pumpkin soup

from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Makes 20 x 200 ml serves</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ medium sized pumpkin</td>
<td>¼</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>1 large orange sweet potato</td>
<td>½</td>
<td>1</td>
<td>2½</td>
</tr>
<tr>
<td>2 brown onions</td>
<td>1</td>
<td>2½</td>
<td>5</td>
</tr>
<tr>
<td>3 potatoes</td>
<td>1½</td>
<td>4</td>
<td>7½</td>
</tr>
<tr>
<td>2½ litres water</td>
<td>1.25 L</td>
<td>3.1 L</td>
<td>6.25 L</td>
</tr>
<tr>
<td>3 tablespoons chicken stock powder</td>
<td>1 ½ Tbsp</td>
<td>4 Tbsp</td>
<td>8 Tbsp</td>
</tr>
<tr>
<td>1 teaspoon minced ginger</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
</tr>
<tr>
<td>1 can low fat evaporated milk or cup of low-fat milk</td>
<td>½ cup</td>
<td>1⅛ cups</td>
<td>2½ cups</td>
</tr>
<tr>
<td></td>
<td>125 ml</td>
<td>310 ml</td>
<td>625 ml</td>
</tr>
</tbody>
</table>

Method

1. Peel and chunky chop all the above vegetables except ginger.
2. Add water.
3. Add chicken stock powder and ginger.
4. Cook until soft, approximately 15-20 minutes, then puree.
5. Add low-fat evaporated milk or low-fat milk (depending on consistency).
Country cuppa
from Canteen Cuisine Western Australia (School Canteen Association)

Serves 35

<table>
<thead>
<tr>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon polyunsaturated margarine</td>
<td>½ Tbsp</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>6 onions, diced</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>4 carrots, diced</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>4 sticks celery, sliced</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>2 x 440 g cans tomatoes (no added salt)</td>
<td>1 can</td>
<td>2 cans</td>
</tr>
<tr>
<td>1 kg potatoes, scrubbed and diced</td>
<td>350g</td>
<td>1 kg</td>
</tr>
<tr>
<td>2 litres water</td>
<td>750 ml</td>
<td>2 litres</td>
</tr>
<tr>
<td>4 beef stock cubes (reduced salt)</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>2 tablespoons mixed herbs</td>
<td>½ Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>2 zucchini, diced</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2 x 750 g cans three-bean mix</td>
<td>1 can</td>
<td>2 cans</td>
</tr>
</tbody>
</table>

Method
1. Melt margarine in a large saucepan and sauté onion, carrot and celery for 3 minutes.
2. Add tomato, potato, water, stock cubes and mixed herbs.
3. Bring to the boil, then reduce heat and simmer for 1 hour.
4. Add zucchini and beans and simmer for a further 10 minutes.
5. Serve in cups with plastic spoons.

Microwave Instructions
Half of this recipe can be made in the microwave at one time. Place margarine and onion in a microwave dish and cook on high (100% power) for 3 minutes. Add remaining ingredients except zucchini and bean mix. Microwave on high for 20 minutes. Add remaining ingredients and cook for a further 7 minutes.

Variations:
- Substitute one small packet soup mix for canned beans. Add with vegetables and simmer for 1½ hours.
- Substitute 375g packet shell noodles for potato. Add to soup with beans and simmer for a further 20 minutes.
## Veggie noodles

*from Eat Smart & Play Smart 2004, National Heart Foundation of Australia*

When preparing more than 20 serves of these noodles, make sure you have two 8 litre pans to cook the sauce and stir through the noodles.

**Preparation time:** 12–15 minutes  
**Cooking time:** 20 minutes

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 10</th>
<th>Serves 20</th>
<th>Serves 30</th>
<th>Serves 40</th>
<th>Serves 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut oil</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Carrot, peeled and diced</td>
<td>2 med</td>
<td>4 med (600g)</td>
<td>4 large (1kg)</td>
<td>5 large (1.25kg)</td>
<td>6 large (1.5kg)</td>
</tr>
<tr>
<td>Zucchini, diced</td>
<td>2 med</td>
<td>4 med (500g)</td>
<td>4 large (800g)</td>
<td>5 large (1kg)</td>
<td>6 large (1.2kg)</td>
</tr>
<tr>
<td>Frozen sweet corn</td>
<td>1 cup (150g)</td>
<td>2 cups (300g)</td>
<td>3 cups (450g)</td>
<td>4 cups (600g)</td>
<td>5 cups (750g)</td>
</tr>
<tr>
<td>Spring onions, chopped</td>
<td>½ bunch</td>
<td>1 bunch</td>
<td>1½ bunches</td>
<td>2 bunches</td>
<td>2 bunches</td>
</tr>
<tr>
<td>Bean shoots, rinsed, drained</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Sweet chilli sauce</td>
<td>2 Tbsp</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Vegetable stock</td>
<td>1L</td>
<td>1.75L</td>
<td>2.5L</td>
<td>3L</td>
<td>3.5L</td>
</tr>
<tr>
<td>Fresh Hokkien noodles</td>
<td>800g</td>
<td>1.75kg</td>
<td>2.5kg</td>
<td>3.25kg</td>
<td>4kg</td>
</tr>
<tr>
<td>Reduced salt soy sauce</td>
<td>1½ Tbsp</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Coarsely ground pepper</td>
<td>Pinch</td>
<td>Pinch</td>
<td>¼ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>1 Tbsp</td>
<td>1 Tbsp</td>
</tr>
</tbody>
</table>

**Method**

1. Heat the oil in a large pan and stir-fry the carrots and zucchini for 2 minutes.
2. Add the sweet corn, spring onions, bean shoots, sweet chilli sauce and vegetable stock.
3. Bring the mixture to the boil, stirring once or twice.
4. Reduce the heat, cover and cook until the vegetables are just tender (about 10 minutes).
5. Add the noodles, soy sauce, pepper and sesame oil to the pan/s and stir through to ensure the strands separate and combine with the hot sauce.
6. Heat gently for 2 minutes, stirring. Turn off the heat and allow noodles to stand for 5 minutes before serving.

**Warning**

This recipe contains nut oils – ensure none of the children at your service has a nut allergy before preparing. Canola oil can be used as an alternative to peanut oil.

---

**Tips:**

**Tip – Handling hot stock**

Make the vegetable stock using the appropriate amount of salt-reduced stock cube/s and ¼ amount of boiling water – boil the water in an electric jug first. Then add remaining amount of stock in the form of boiling water. This is much less troublesome than having 4 litres of hot stock in another pot!

**Tip – Fresh Hokkien noodles**

Fresh Hokkien noodles are plump golden coloured noodles that expand when added to hot sauces and liquids. They are available from the chilled cabinets of larger supermarkets and Asian grocery stores.
**Fried rice**

from Eat Smart & Play Smart 2004, National Heart Foundation of Australia

Like other dishes that require stirring and tossing in a pan while cooking, this dish is not practical to cook quickly in more than 20 serves. But if you have 2 electric fry pans, you can whip up enough for 50 serves.

**Preparation time:** 12–15 minutes  
**Cooking time:** 12–15 minutes

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 10</th>
<th>Serves 20</th>
<th>Serves 30</th>
<th>Serves 40</th>
<th>Serves 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked rice</td>
<td>400g</td>
<td>600g</td>
<td>1.2kg</td>
<td>1.6kg</td>
<td>2kg</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>3 Tbsp</td>
<td>4 Tbsp</td>
<td>5 Tbsp</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>* see Warning below</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, beaten or Sliced lean ham, cut into strips</td>
<td>3</td>
<td>6</td>
<td>9</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Capsicums, sliced</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Spring onions, sliced</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Bean shoots, rinsed, drained well</td>
<td>250g</td>
<td>500g</td>
<td>750g</td>
<td>1kg</td>
<td>1.25kg</td>
</tr>
<tr>
<td>Cabbage, shredded</td>
<td>½ small</td>
<td>1 small</td>
<td>1½ small</td>
<td>2 small</td>
<td>2 large</td>
</tr>
<tr>
<td>Reduced salt soy sauce</td>
<td>2 Tbsp</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>4 tsp</td>
<td>4 tsp</td>
</tr>
<tr>
<td>Coarsely ground black pepper</td>
<td>Pinch</td>
<td>¼ tsp</td>
<td>¾ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
</tr>
</tbody>
</table>

**Method**

1. Heat 1 tablespoon of the oil in a fry pan and add the beaten eggs in a thin layer.
2. Cook until set, then remove from pan and set aside. When cool, cut into strips. If not using egg, set sliced ham aside.
3. Add the remaining oil to the pan and stir-fry the capsicums, spring onions, bean shoots and cabbage until almost tender (about 5 minutes).
4. Gradually stir in rice and cook until heated through and piping hot (about 10 minutes).
5. Stir in the soy sauce, sesame oil, pepper and egg (or ham) then remove from the heat and serve at once.

**Warning**

This recipe contains nut oils – ensure none of the children at your service has a nut allergy before preparing. Canola oil can be used as an alternative to peanut oil.

**TIP:**

**Tip – Sesame oil**

Sesame oil is used as a condiment in Asian cooking rather than as a cooking oil. It is added at the end of the cooking time or just before serving and should be used sparingly. Sesame oil imparts a delicious flavour and aroma to fried rice, noodle dishes and stir-fries.
Super spuds (stuffed jacket potatoes)

from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Serves 20</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 medium potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fillings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>200 g reduced-fat cheese, cut</td>
<td>100</td>
<td>250</td>
<td>500</td>
</tr>
<tr>
<td>into triangular slices</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>or 1½ cups grated reduced-fat</td>
<td>½</td>
<td>2</td>
<td>3½</td>
</tr>
<tr>
<td>cheese</td>
<td>cup</td>
<td>cups</td>
<td>cups</td>
</tr>
<tr>
<td>95 g</td>
<td>250</td>
<td>470</td>
<td></td>
</tr>
<tr>
<td>or 5 slices ham, diced</td>
<td>2</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>mixed with 1 cup</td>
<td>½</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>grated reduced-fat cheese</td>
<td>cup</td>
<td>cups</td>
<td>cups</td>
</tr>
<tr>
<td>60 g</td>
<td>155</td>
<td>310</td>
<td></td>
</tr>
<tr>
<td>or 1 cup grated reduced-fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cheese mixed with 1 cup</td>
<td>½</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>coleslaw</td>
<td>cup</td>
<td>cups</td>
<td>cups</td>
</tr>
<tr>
<td>60 g</td>
<td>155</td>
<td>310</td>
<td></td>
</tr>
<tr>
<td>or 1 cup chopped leftover meat</td>
<td>½</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>mixed with 2 Tbsp</td>
<td>cup</td>
<td>cups</td>
<td>cups</td>
</tr>
<tr>
<td>mustard pickle or chutney</td>
<td>1</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Mixes</td>
<td>Tbsp</td>
<td>Tbsp</td>
<td>Tbsp</td>
</tr>
</tbody>
</table>

Method
1. Bake potatoes at 180°C for approximately 1 hour or boil in stockpot until just cooked.
2. Make a slit across the top of each potato.
3. Open by pressing each end of the slit and fill with a spoonful of filling or a slice of reduced-fat cheese.
4. Wrap in foil and return to oven or place in pie warmer.

Microwave instructions
1. Prick the potato skin with a fork so excess steam can escape.
2. Line the microwave turntable with a paper towel to absorb moisture.
3. Space potatoes 2.5 cm apart around the edge of the turntable.
4. Microwave on high (100% power) as follows:
   1 potato for 3½ minutes
   2 potatoes for 5–7½ minutes
   3 potatoes for 7–10 minutes
   4 potatoes for 10½–12½ minutes

Note: For ease of serving, the potatoes can be cut across horizontally and topped with the ingredients. Put into the pie warmer or warm oven to heat through.

Variations:
- chicken, sweet corn and reduced-fat cheese
- chicken and avocado
- ham, asparagus and reduced-fat cheese
- reduced-fat cheese and tomato
- leftover savoury mince
## Crunchy coleslaw

from Food Smart, National Heart Foundation of Australia

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium cabbage, shredded</td>
<td>½</td>
<td>1⅛</td>
<td>2⅜</td>
</tr>
<tr>
<td>3 carrots, grated</td>
<td>1⅛</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>6 spring onions, sliced</td>
<td>3</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>3 sticks celery, sliced finely</td>
<td>1⅛</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>100 g sunflower seeds</td>
<td>50 g</td>
<td>125 g</td>
<td>250 g</td>
</tr>
<tr>
<td>200 ml reduced-fat mayonnaise or reduced-fat natural yoghurt</td>
<td>100 ml</td>
<td>250 ml</td>
<td>500 ml</td>
</tr>
</tbody>
</table>

### Method
1. Combine all ingredients in a large bowl.
2. Refrigerate before serving.
Potato salad

from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Serves 10</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kg potatoes</td>
<td>1 kg</td>
<td>2.5 kg</td>
<td>5 kg</td>
</tr>
<tr>
<td>3 hardboiled eggs, chopped</td>
<td>3</td>
<td>8</td>
<td>16</td>
</tr>
<tr>
<td>1 medium red onion, finely chopped</td>
<td>1</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>4 spring onions, chopped</td>
<td>4</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>½ cup gherkins, chopped (optional)</td>
<td>½ cup</td>
<td>1½ cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>2 tablespoons parsley or chives, chopped</td>
<td>2 Tbsp</td>
<td>5 Tbsp</td>
<td>10 Tbsp</td>
</tr>
<tr>
<td>½ cup low-fat natural yoghurt</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>1¼ cups</td>
</tr>
<tr>
<td>¼ cup light sour cream</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>juice ½ lemon or 1 tablespoon white vinegar</td>
<td>½ lemon</td>
<td>1 lemon</td>
<td>2 lemons</td>
</tr>
<tr>
<td>½ teaspoon paprika pepper</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
</tbody>
</table>

Method

1. If the potato skins are in good condition scrub; if not, peel thinly.
2. Cut into 2 cm cubes and cook until just tender.
3. Drain and cool, then combine with the eggs, onions, spring onions, gherkins and herbs.
4. Mix together yoghurt, sour cream, lemon juice or vinegar and paprika
5. Gently fold through the potato mixture and chill before serving.

Note: Nadine, Kestral or Royal Blues are good salad potatoes.

The rind from the lemon can be used when cooking the potatoes to prevent discoloration on cooling.
**Hawaiian rice salad**
from Food Smart, National Heart Foundation of Australia

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 20</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>500 g quick cook brown rice</td>
<td></td>
<td>100</td>
<td>250</td>
<td>500</td>
</tr>
<tr>
<td>440 g can corn kernels</td>
<td></td>
<td>½ can</td>
<td>1¼ cans</td>
<td>2½ cans</td>
</tr>
<tr>
<td>4 sticks celery, sliced</td>
<td></td>
<td>2</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>6 spring onions, sliced</td>
<td></td>
<td>3</td>
<td>7</td>
<td>15</td>
</tr>
<tr>
<td>10 slices lean ham, diced</td>
<td></td>
<td>5</td>
<td>12½</td>
<td>25</td>
</tr>
<tr>
<td>3 medium carrots, grated</td>
<td></td>
<td>1½</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>2 red or green capsicums, diced</td>
<td></td>
<td>1</td>
<td>2½</td>
<td>5</td>
</tr>
<tr>
<td>440 g can pineapple pieces, drained</td>
<td></td>
<td>220</td>
<td>550</td>
<td>1.1 kg</td>
</tr>
<tr>
<td>150 ml oil-free salad dressing</td>
<td></td>
<td>75 ml</td>
<td>190 ml</td>
<td>375 ml</td>
</tr>
<tr>
<td>black pepper</td>
<td></td>
<td>to taste</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Method**
1. Prepare rice according to directions on packet.
2. Mix ingredients in a large bowl.
3. Refrigerate before serving.

---

**Bean nachos**
from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 4</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>410 g can four-bean mix, rinsed and drained</td>
<td>2 cans</td>
<td>2</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>1 small avocado, mashed</td>
<td></td>
<td>2</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>2 tomatoes, chopped</td>
<td></td>
<td>5</td>
<td>13</td>
<td>26</td>
</tr>
<tr>
<td>½ cup reduced-fat cheese chunks</td>
<td></td>
<td>1½ cups</td>
<td>3 cups</td>
<td>6 cups</td>
</tr>
<tr>
<td>2 tablespoons fresh chopped parsley</td>
<td></td>
<td>5 Tbsp</td>
<td>12 Tbsp</td>
<td>25 Tbsp</td>
</tr>
</tbody>
</table>

**Method**
1. Combine all ingredients in a large bowl.
2. Divide the mixture into 4 containers.
3. Accompany with rice crackers or oven toasted pita bread.
4. If desired, drizzle mixture with fat-free salad dressing.

**Note:** This recipe is also great served in 4 pita pockets. Feta cheese chunks or ricotta can replace cheese.
# Tacos

from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Serves 12</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pack (12) taco shells</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>1 tablespoon polyunsaturated oil</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>1 medium onion, finely chopped</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>1 large carrot, grated</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>500 g lean minced beef</td>
<td>420 g</td>
<td>1 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>a pinch chilli powder</td>
<td>pinch</td>
<td>½ Tsp</td>
<td>½ Tsp</td>
</tr>
<tr>
<td>ground black pepper, to taste</td>
<td>to taste</td>
<td>to taste</td>
<td>to taste</td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
</tr>
<tr>
<td>2 tablespoons tomato paste</td>
<td>2 Tbsp</td>
<td>4 Tbsp</td>
<td>8 Tbsp</td>
</tr>
<tr>
<td>½ cup water</td>
<td>105 ml</td>
<td>260 ml</td>
<td>520 ml</td>
</tr>
<tr>
<td>3 tablespoons chopped parsley</td>
<td>2 ½ Tbsp</td>
<td>6 Tbsp</td>
<td>12 Tbsp</td>
</tr>
<tr>
<td><strong>Topping</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup shredded lettuce</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>½ cup chopped spring onions</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>2 ripe tomatoes, chopped</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>1 cup reduced-fat cheese, grated</td>
<td>105 g</td>
<td>260 g</td>
<td>520 g</td>
</tr>
<tr>
<td>1 avocado, peeled and chopped</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>½ cup light sour cream or natural yoghurt (optional)</td>
<td>105 ml</td>
<td>260 ml</td>
<td>520 ml</td>
</tr>
</tbody>
</table>

**Method**

1. Warm the taco shells according to packet directions.
2. Heat oil in pan and fry garlic and onion till softened.
3. Add the carrot and beef and stir over medium heat till beef has crumbled and browned.
4. Stir in the seasonings, tomato paste and water.
5. Cook gently, covered 10-15 minutes till thickened.
6. Stir in the parsley.
7. Pile into the taco shells and top with the topping ingredients.
8. Serve immediately with a little sour cream or yoghurt if using.
Jelly delight
from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Serves 4</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup jelly</td>
<td>2 3/4 cups</td>
<td>6 1/2 cups</td>
<td>12 1/2 cups</td>
</tr>
<tr>
<td>1 large muffin, broken into pieces</td>
<td>2 1/2</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>4 tablespoons of fruit yoghurt or dairy dessert</td>
<td>10 Tbsp</td>
<td>25 Tbsp</td>
<td>50 Tbsp</td>
</tr>
<tr>
<td>Pieces of fruit to decorate (orange, banana or strawberries)</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
</tbody>
</table>

Method
1. Make the jelly as per instructions on pack and allow to partially set.
2. Break the muffin and put into the bottom of the serving cups.
3. Spoon over the jelly and allow to completely set.
4. Serve topped with yoghurt and chunks of fruit.

Note: This recipe is great for using left over sponge or muffins.

Popcorn
from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Makes 30 cups</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons oil, such as canola or sunflower oil</td>
<td>1 Tbsp</td>
<td>2 1/2 Tbsp</td>
<td>5 Tbsp</td>
</tr>
<tr>
<td>1 1/2 cups popping corn</td>
<td>1/2 cup</td>
<td>1 1/4 cups</td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>

Method
1. Heat one tablespoon of oil in a large saucepan.
2. Test for correct temperature by dipping in a couple of grains. If they spin slowly, oil is not hot enough.
3. Add 1 1/2 cup popping corn, cover and agitate the contents constantly while heating.
4. When popping ceases, turn out corn into a bowl.
5. Repeat twice more with remaining oil and corn.
6. Serve in cups, paper bags, or square ice-cream cones.

Note: If using an electric popcorn maker no oil is required.
## Survival pack

from Canteen Cuisine Western Australia (School Canteen Association)

<table>
<thead>
<tr>
<th>Makes 10 packs</th>
<th>10</th>
<th>25</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅓ cup sultanas</td>
<td>⅓ cup</td>
<td>⅓ cup</td>
<td>⅓ cup</td>
</tr>
<tr>
<td>10 pieces dried apricot</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>20 pieces dried apple</td>
<td>20</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>10 dates, pitted</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>1 cup puffed wheat breakfast cereal or popcorn</td>
<td>1 cup</td>
<td>2 ⅓ cups</td>
<td>5 cups</td>
</tr>
<tr>
<td>½ cup unsalted peanuts (not suitable for young children)</td>
<td>½ cup</td>
<td>1 ⅝ cups</td>
<td>2 ⅜ cups</td>
</tr>
</tbody>
</table>

### Method
1. Divide ingredients between 10 resealable plastic bags.

### Variation:
- For a larger lunch pack, include some cubes of cheese and a couple of bite size whole-wheat cracker biscuits.
Fundraising in ACT schools evaluation form

Please copy and complete this evaluation form when using the ‘Healthy Fundraising Ideas for ACT School Communities’ booklet and send to the address at the bottom of the page.

1. Did you find the ACT Healthy Fundraising booklet useful in planning your fundraiser?
   [ ] Yes  [ ] No
   Why: ..........................................................................................................................
   ..........................................................................................................................

2. Which fundraiser did you use?
   ..........................................................................................................................
   ..........................................................................................................................

3. Rate your overall level of satisfaction with this fundraiser in regard to:
   (Circle one answer per section)
   a) How much you made
      [ ] Very Satisfied  [ ] Satisfied  [ ] OK  [ ] Not satisfied  [ ] Very unsatisfied
   b) Effort required to organise
      [ ] Very Satisfied  [ ] Satisfied  [ ] OK  [ ] Not satisfied  [ ] Very unsatisfied
   c) Time to organise
      [ ] Very Satisfied  [ ] Satisfied  [ ] OK  [ ] Not satisfied  [ ] Very unsatisfied

4. Did you experience any problems?
   [ ] Yes [ ] No
   If yes, what are they and how did you solve them? ..........................................................................................................................
   ..........................................................................................................................

5. Did you achieve the expected money you were set out to make?
   [ ] Yes [ ] No

6. How did this fundraiser compare to other fundraisers your school usually uses:
   1. 2. 3. 4. 5. 6. 7. 8. 9. 10
      Less time consuming  More time consuming
      1. 2. 3. 4. 5. 6. 7. 8. 9. 10
      Less effort to organise and run  More effort to organise and run
      1. 2. 3. 4. 5. 6. 7. 8. 9. 10
      More money per effort and time  Less money per effort and time
      1. 2. 3. 4. 5. 6. 7. 8. 9. 10
      Met the needs of the community  Didn't meet the needs of the community

7. Who is your target audience when selling fundraising goods?
   [ ] Students  [ ] Staff  [ ] Parents
   [ ] Wider Community  Others, please explain ..........................................................................................................................
   Any other comments you would like to add ..........................................................................................................................
   ..........................................................................................................................

Attention:
Health & PE Executive Officer
Department of Education and Training
PO Box 1584
Tuggeranong ACT 2901
References

ACT Department of Education and Training (2006). Every Chance to Learn; curriculum framework for ACT schools

ACT Department of Health
http://www.healthpromotion.act.gov.au

ACT School Canteen Association
http://www.actschoolcanteen.org.au/

ASCIA – Australasian Society of Clinical Immunology and Allergy
www.allergy.org.au

Australian Department of Health and Ageing; Dietary Guidelines for Children and Adolescence in Australia
www.health.gov.au

Department of Health and Children; Healthy Catering Guidelines for Staff and Visitors in Healthcare Facilities
http://www.healthpromotion.ie/uploaded_docs/Catering.pdf

Food Standard Australia New Zealand (FSANZ)
www.foodstandards.gov.au

National Heart Foundation of Australia (1991) Cooking for Plenty
www.heartfoundation.com.au

National Heart Foundation of Australia (2003) Deliciously Healthy Cookbook
www.heartfoundation.com.au

National Heart Foundation of Australia (2004) Eat Smart Play Smart; A Manual for Out of School Hours Care
www.heartfoundation.com.au

National Heart Foundation of Australia (2002) The Heart Foundation Cookbook
www.heartfoundation.com.au


NSW School Canteen Association
www.schoolcanteens.org.au

Nutrition Australia
http://www.nutritionaustralia.org/Food_Facts/Fact_Sheets/about%20_the_healthy_eating_pyramid.asp

South Eastern Sydney Illawarra Area Health Service (2005); Fundraising for Healthy Kids

Tasmanian State School Parents and Friends Incorporated; Fruitful Fundraising Directory
www.parentsandfriendstasmania.asn.au

Western Australian School Canteen Association Canteen Cuisine
www.waschoolcanteens.org.au
## Local business template

<table>
<thead>
<tr>
<th>NAME OF BUSINESS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONTACT DETAILS:</td>
</tr>
<tr>
<td>DETAILS:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROLE OF THE SCHOOL</th>
<th>ROLE OF THE BUSINESS</th>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>PRICING</th>
<th>PROFIT</th>
<th>WORKLOAD</th>
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<td></td>
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</tbody>
</table>

**FUNDRAISING TIP:**

Copy this template and use to encourage local businesses to help with healthy fundraising ideas. Build up your school’s healthy fundraising opportunities.
There are two sides to your kids’ health - good nutrition & regular physical activity

A diet rich in fruit and vegies combined with regular physical activity will help establish life-long healthy habits

Find more information about physical activity recommendations for children at www.healthyactive.com.au

Find details about the ACT Go for 2&5® fruit & vegetable campaign at www.healthpromotion.act.gov.au

An Australian Government, State and Territory health initiative
Health Promotion and Grants, ACT Health
Ph: (02) 6207 9527 Email: healthpromotion@act.gov.au
www.gofor2and5.com.au
The Electronic version of the Fundraising booklet can be found on the following websites:

Heart Foundation:

ACT School Canteen Association:
www.actschoolcanteen.org.au

Department of Education and Training:

For accurate reliable heart health information call Heartline 1300 36 27 87