



HEALTHY FOOD OPTIONS

Our organisation is working in partnership with Healthway and Fuel to Go & Play® to provide and promote healthy food and drinks at community events.

As part of our Healthway partnership, event organisers require all vendors to offer at least one healthy 'green' food option. This fact sheet lists ideas for food vendors and explains how Fuel to Go & Play® can support you to offer healthy food options.

WHAT ARE HEALTHY GREEN FOODS?

Foods categorised as healthy green options include:

- pizza with vegetable toppings, paella, vegetable soups, fried rice, stir-fry's.
- sushi, rice paper rolls, sandwiches, rolls, wraps
- fruit salad, whole fruit, yoghurt (reduced fat)
- grazing plate: (e.g. dip, olives, crackers, cucumber, carrot, cherry tomatoes and cheese).



MENU SUPPORT

Fuel to Go & Play® can work with you to identify healthy food options - they might be part of your menu already! If not, Fuel to Go & Play® will provide practical advice to create healthy foods and increase your chance of being accepted to attend the Healthway sponsored event. For example:

- burgers on the menu - add salad and use reduced fat cheese
- nachos on the menu - offer rice, as an alternative to corn chips and top with reduced fat cheese and sour cream
- dessert on the menu - offer seasonal fruit and yogurt

If eligible, your business could be added to the Healthier Vendor Guide - WA's list of healthier food vendors.

Food vendors on this guide are highly sought after at Healthway sponsored events.

