

CATERING

Are you planning on catering whilst using our facility? Whether it is a light snack, lunchspread or a fully catered dinner, we encourage you to go healthy!

FOODCITY

City of Melbourne recognises the importance of healthy eating and has developed a food policy - *Food City* to improve the health and wellbeing of our community. Our *Healthy Choices* program is one of the ways in which we are enabling people to make healthier food and drink choices. By coding food and drinks as Green, Amber or Red based on its nutritional value we aim to make healthy choices easier.

CONTACT

If you would like further information on healthy eating at the City of Melbourne email the Health and Wellbeing team at:

health@melbourne.vic.gov.au

For more information on the food policy - *Food City* visit: www.melbourne.vic.gov.au/foodpolicy

HEALTHY EATING AT THE CITY OF MELBOURNE



Ingredients	Healthy alternative
White bread	Brown, multigrain or high fibre bread
Full fat yoghurt	Low fat yoghurt
Butter	Margarine
Coconut oil	Olive or vegetable oil
Soy sauce	Reduced salt soy sauce
Full fat cheese	Low fat cheese
Sour cream	Yoghurt
Creamy dip	Yoghurt or vegetable based dips
Sugar/honey/agave	Artificial sweetener such as stevia
Meat with skin	Lean meat with skin/fat removed
Fatty meats such as salami, prosciutto	Lean sliced meats such as ham and turkey
Salted or roasted nuts	Unsalted, unroasted nuts
Full fat salad dressing	Reduced fat salad dressing
Cream	Ricotta or yoghurt
Fruit juice	Coconut water or vegetable juice
Full fat dairy	Reduced fat dairy
Coconut milk	Reduced fat coconut milk
White rice	Brown rice
Deep fried food	Shallow fried/pan fried/baked food
Sausages/burgers/mince	Reduced salt/fat
Flour	Wholemeal flour
Chocolate in cooking	Cacao or cocoa
Puff pastry/shortcrust pastry	Filo pastry
Tomato sauce	Salt reduced tomato sauce
Fried dumplings	Steamed dumplings

Here are some ideas that you could use to make your menu healthier and help us promote healthy eating



SMALL CHANGES

Small changes to your menu can make big changes to the nutrient quality of the food you are offering to your guests. Our data shows that people want healthy options. And we know that healthy food will give people energy, enable them to concentrate more and leave them feeling

