

Healthy Catering Finger Food



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This initiative is funded by the Australian Government



Council is committed to ensuring the community, staff, volunteers and visitors have access to healthy food and drink choices when attending council operated facilities and sponsored events.

Providing healthy and tasty food and drinks at functions, events, meetings and training sessions is a great way to contribute to community health and wellbeing.

It is not about eliminating unhealthy food, however catered food should comprise predominantly green and amber options using the 'traffic light' system (see page 14 for details), to respond to growing consumer demand and 'make healthy choices the easy choices'.

Simple changes such as switching to low fat dairy products and wholegrain ingredients can have a significant impact on the nutrition of catered foods.

'Healthy Catering – Finger Food', aims to illustrate a variety of appetizing, healthy catering options to support implementation of council's healthy catering policy / guidelines.

Information, photos and recipes are sourced from:

-  SA Health: Healthy Catering Ideas
-  Taste
-  Heart Foundation: Recipes
-  Healthy Eating Advisory Service

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General Tips

To promote healthy eating, minimise waste and costs, provide only small or moderate serves per person.

- ✿ Wherever possible make your menus healthier by:
 - ✓ Providing wholemeal or wholegrain options,
 - ✓ Adding fresh fruits and vegetables/salads, and
 - ✓ Using low fat, low salt and reduced sugar options.
- ✿ Ensure healthy choices look and taste great.
- ✿ Use cooking methods that use the least fat.
- ✿ Use herbs and spices rather than fats and salt to enhance the flavour.
- ✿ Use spreads thinly and serve condiments separately.
- ✿ Always serve chilled water.
- ✿ Exclude foods and drinks that are high in fat, salt, sugar and energy (kilojoules) such as :
 - ✗ fried or deep-fried foods, sausages, bacon, salami,
 - ✗ pies, pasties, sausage rolls, quiches,
 - ✗ butter, cream,
 - ✗ croissants, donuts and sweet pastries,
 - ✗ chips, crisps and other similar products,
 - ✗ chocolate, lollies and confectionary products,
 - ✗ iced or cream-filled biscuits, cakes, and
 - ✗ soft drinks and other sugary drinks including cordial.

Sandwiches and Rolls

- ✓ Wholegrain, multigrain or high fibre white bread or mini-rolls.
- ✓ Turkish, pita, flat, rye.
- ✓ Sandwiches can be toasted.



Meat

- ✓ Lean meats, such as skinless chicken, ham, roast beef, corned beef, pastrami or turkey.
- ✓ Limit processed salted meats, like sausages, salami, kabana, and foods such as liver, kidneys and pate. Use reduced fat mini portions as an option.
- ✓ Use tinned fish in water, or smoked salmon.



Eggs

- ✓ Use boiled or curried with low fat dressing or ricotta.

Cheese

- ✓ Slice thinly or use reduced-fat varieties.

Condiments

- ✓ Chutney, pickles, mustard, capers, low fat mayonnaise, hummus, cranberry sauce or gherkin.



Suggested sandwich filling combinations;



- ✿ Ham, lettuce, tomato, mustard,
- ✿ Red onion, Kalamata olive, tuna,
- ✿ Chicken, avocado, red onion, lettuce,
- ✿ Roast beef, baby spinach & tomato chutney,
- ✿ Tandoori chicken with spring onion, rocket,
- ✿ Smoked salmon, alfalfa sprouts, rocket, low fat mayo,
- ✿ Chicken, avocado, grated carrot, spinach,
- ✿ Chicken, cucumber, coriander, satay sauce,
- ✿ Turkey, pesto, cucumber, sprouts,
- ✿ Cottage cheese, basil, ham, avocado, lemon juice,
- ✿ Chicken, ricotta, sweet potato, chives, cucumber,
- ✿ Olive tapenade, semi dried tomato, prosciutto,
- ✿ Cranberry sauce, sliced turkey, baby spinach.



Vegetarian;

- ✿ Hummus, tomato and cucumber,
- ✿ Basil pesto and cherry tomato,
- ✿ Char grilled vegetables, hummus,
- ✿ Egg, low fat mayonnaise, mustard, lettuce,
- ✿ Curried egg with lettuce, low fat mayo,
- ✿ Babaghanoush, tabouli, cucumber, avocado.



Cold Finger Foods

☀️ Sushi Rolls or slices



☀️ Dip Platters

- ✓ Hummus, tzatziki, beetroot or eggplant,
- ✓ Include fruit and reduced fat cheeses such as fetta,
- ✓ Low fat salsas and relishes eg: tomato, capsicum, spinach, mushrooms or corn,
- ✓ Serve raw, steamed or grilled vegetables, and
- ✓ Keep skin on where possible.



☀️ Vegetables

- Sticks
- ✓ Asparagus, radish, zucchini, cherry tomato, capsicum, beans, snow peas, broccoli, cauliflower, carrot, celery, cucumber, capsicum or baby corn.

- Kebabs
- ✓ Serve with tomato salsa, mango chutney, chilli and ginger sauce.

- Spoons with salad vegetables.



☀️ **Devilled Eggs**

- ✓ Replace egg yolk with cottage cheese or hummus to reduce fat and maintain creamy texture.



☀️ **Topped bases**

- ✓ Select from a variety of versatile bases for a myriad of low fat toppings (refer to sandwich fillings for ideas).
- ✓ Use minimal oil when preparing.



- ✓ Topped or stacked with;

- Avocado, tomato and basil,
- Smoked salmon and capers,
- Asparagus and low fat mayo,
- Low fat cream cheese and low salt relish or chutney.



- Corn cakes,
- Mini Pancakes / Blini's, and
- Toasted bread / Bruschetta



Hot Finger Foods

Mini-Skewers

- ✓ Lean meat and vegetables.
 - Marinated Chicken or vegetables,
 - Mediterranean vegetables,
 - Haloumi with fetta, herb dip,
 - Lamb koftas, lime beef, red onion.



Vietnamese Rolls

- ✓ Combine crunchy raw vegetables, & aromatic leaves.



Polenta

- Grilled parmesan chips, or
- Wedges with toppings, eg;
 - ↪ Tomato tapenade,
 - ↪ Bocconcini, pesto, prosciutto.



Mini Muffins.

- ✓ Use recipes that incorporate wholemeal, flour, low fat milk, cheese and yoghurt, vegetables, fruit, bran, eg;
 - Greek vegetable, and
 - Cheesy vegetable.



☀ **Meatballs**

- Lean beef with tomato salsa,
- Minted lamb with tzatziki
- Asian-style pork with honey lime dipping sauce,
- Lentil patties or falafel, and
- Sesame chicken with lime (nuggets).



☀ **Mini Pizza / slices**

- ✓ Use minimal cheese and add lean meat and vegetable toppings.



☀ **Filo parcels**

- ✓ Combine vegetables and lean meat, eg
 - Chicken and feta,
 - Baked salmon,
 - Ham and Mushroom, and
 - Mini-lasagne.



☀ **Mini quiches**

- ✓ Use wholemeal bread instead of pastry.



🌱 **Vegetables**

- ✓ Grilled, chargrilled or baked using baking paper and light coating of oil spray.



- Vegetable cups, eg;
 - cucumber slices topped with Thai beef salad,
 - lettuce cups with mince,
 - Artichokes topped with spinach and brie.



- Mini baked potatoes
- ✓ Add low fat salads, cheeses and lean meats.



- Baked chunky chips / wedges
- ✓ Sweet potato, parsnip or potato wedges with salsa or low-fat dip, eg sweet chilli yoghurt.

☀️ **Soup Sips / shots**

- ✓ Non creamy, vegetable or legume based
 - Red lentil, and
 - Minestrone.



☀ Toasties

- ✓ Minimise or don't use margarine to reduce fat.
- ✓ Instead of salt, sprinkle Italian herbs/ lemon pepper.

↪ baked beans, low fat cheese

↪ grated vegetable, low fat cheese

↪ banana, apple, cottage cheese

↪ sliced coked potato, low fat cheese



☀ Dumplings / Gyoza's

- ✓ Combine vegetables with lean pork.



☀ Nachos

- ✓ Use flat bread and low fat cheese.



☀ Low fat savoury slice/ frittata

- Pea mint and feta frittata.

☀ Scrolls

- ✓ Small serves of wholemeal low fat varieties.

- Cheese and vegemite.



Sweet Options

Limit sugary, fatty and salty snack foods, such as crisps, cakes, pastries, biscuits, lollies and chocolate.



☀️ Fruit Platter

- ✓ Fresh seasonal fruits whole or pieces.
 - Fruit kebabs with yoghurt and honey dressing or berry puree.

☀️ Mini sweet muffins

- ✓ Un-iced plain, fruit or vegetable.
- ✓ Avoid choc bits and other sweets.
 - Polenta and dried apricot,
 - Strawberry or Raspberry, and
 - Apple maple crumble.



☀️ Sweet Bread

- ✓ Small serves of low fat, wholemeal varieties.
 - Almond / Raisin / Sweet Potato,
 - Cinnamon banana loaf.



☀ **Sweet Crepes/Pancakes/Pikelets/Blini's**

- ✓ Use low fat milk, wholemeal flour.
- ✓ Serve with fruit and low fat yoghurt.



☀ **Trail mix**

- ✓ Mix small serves of unsalted nuts, seeds, dried fruit and unprocessed grains.



☀ **Slices**

- ✓ Small serves of low fat wholemeal varieties using a fruit, nut or vegetable base.
 - Oat, Banana and Date slice,
 - Banana Muesli squares,
 - Apricot and Chia,
 - Energy Balls,
 - Snowballs with grated carrot, and
 - Fruit and nut filo fingers.



☀ **Scones**

- ✓ Offer small plain, fruit or vegetable scones, preferably wholemeal.
- ✓ Serve with low fat yoghurt, ricotta cheese or fruit puree (avoid cream).



Summary of 'traffic light' system

Green, Amber or Red definitions:



Green items (Healthiest Choice): Greater nutrient value and are low in saturated fat, added sugar and salt. Examples include fruits and vegetables, lean meats, low fat dairy products, wholegrains, eggs and legumes.



Amber items (OK Choice): Some nutritional value but contains moderate amounts of saturated fat, added sugar and / or salt. Examples include sugary drinks, full-cream dairy products and white varieties of breads and cereals.



Red items (Less Healthy Choice): Limited nutritional value, are energy dense-high in saturated fat, sugar and salt. Examples include sweet biscuits, confectionary, sugar sweetened drinks and deep fried foods.

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