

# Catering Guidelines

**These guidelines help workplace colleagues, clients and caterers provide healthier food at meetings and events.**

**Provide health-promoting food — food that is predominantly less processed and prepared with minimal added salt, fat and sugar.**

## **Reduce salt/sodium**

Provide foods that don't include both salt and salty ingredients.

## **A variety of vegetables**

Vegetables and salads should be offered with all meals; incorporate vegetables into other menu items (eg sandwich fillings, soups, quiches, baked potatoes).

## **Lean meat, poultry, fish and alternatives**

Ensure dishes with meat are prepared using lean meat, or skinless poultry; where possible avoid or keep to a minimum meat dishes made with processed or deli meat (eg sausages, salami, ham, pate).

Consider other meat alternatives such as fish or legumes (eg hummus, bean salad).

## **A variety of breads, cereals, preferably wholegrain**

Where breads are used ensure wholegrain, multigrain or wholemeal bread/rolls, wholemeal pit, wholegrain wraps are used.

## **Reduced-fat dairy products**

Provide/use reduced fat versions of dairy products (eg yoghurt, sour cream and cream cheese).

Use only small amounts of cheese (eg 30g cheddar, Colby Edam per portion) or even less of stronger-flavoured cheese (eg parmesan, blue vein or tasty cheese).

Avoid dishes prepared with butter or cream or if they are used ensure there is a maximum of 1 teaspoon of butter or 2 teaspoons of cream used per portion.



## Reduce dressings, table sauces

Provide dressings/sauces on the side or only lightly dress the dishes

## Reduce pastry and deep-frying

Avoid pastry products where possible. If pastry products are used ensure they are small in size and limited in quantity.

## Reduce spreads

Use table spreads or alternatives instead of butter. Alternatives include avocado, hummus, reduced-fat spreadable cheeses (eg cottage cheese). Rather than spreading table spread on baked goods, let consumers spread their own

## Reduce slices and cakes

Try to substitute fresh fruit for sweet baked products.

If providing sweet baked products (provide limited quantity and smaller portions (eg muffins, cakes, slices, maximum 70g).

## Healthier desserts

Offer seasonal fruit whenever possible (eg as fresh fruit and/or fresh fruit salad). Aim to have fresh fruit provided for at least half the desserts.

Aim to have other desserts based on fruit.

Avoid using added sugars where possible. If other sugars are added, ensure there is no more than 10g added sugar per portion.

Avoid the use of cream where possible. If cream is used, ensure there is no more than 2 teaspoons per portion.

Offer yoghurt as the default garnish.

## Healthier beverages

Ensure water is freely available.

Use reduced-fat milk as the default milk.

For further information [www.heartfoundation.org.nz/hospitality-hub](http://www.heartfoundation.org.nz/hospitality-hub)

