



Procurement guidelines for healthy kai

Make the healthy choice the easy choice by choosing the following:

- Plenty of fruits and vegetables.
- Wholegrain foods, including bread, rolls or sandwiches.
- Mostly low and reduced-fat milk and milk products (such as yoghurt or cheese).
- Chickpeas, lentils and other legumes, nuts and seeds, fish and other seafood, and very lean meat or chicken without skin.
- Jugs of plain water, and the opportunity to fill up water bottles. Also jazz up water with ice or fruit pieces and offer herbal teas.



Choose foods that contain minimal saturated fat, salt and added sugar, and should be mostly whole and less processed.

- Foods containing saturated fat, salt and added sugar should only be available in very small portions.
- No deep fried foods.
- No, or very limited, lollies, confectionary or chocolate.
- No sugar sweetened drinks.
- Limited drinks containing intense sweeteners and limited 'no added sugar' juices.

Guidelines for catering providers:

- Provide foods for people with special dietary needs, including foods suitable for people with an allergy or intolerance, for those with specific cultural or religious dietary needs and for those requiring other special diets, for example diabetics.
- Provide vegetarian and vegan options.
- Where possible, provide ecologically sound food and encourage locally grown and seasonal produce.
- Discourage association with brands and products that are unhealthy.

Practical tips for catering providers:

- Use wholegrain breads for sandwiches and rolls.
- Serve bread, rolls, muffins and scones unbuttered, and provide margarine as an optional extra.
- Serve spreads, sauces or dressings on the side as an optional extra.
- Use low-fat salad dressings.
- Use lean cuts of meat (or remove any visible fat from meat and remove the skin from chicken), and avoid luncheon or fatty processed meats like salami and streaky bacon.
- Spread margarine thinly in sandwiches/rolls or use alternative spreads such as hummus or chutney.
- Use plenty of salad fillings in sandwiches and rolls.
- Keep sweet or baked items as small servings, for example mini muffins rather than large.

Some examples for morning and afternoon tea include the following:

- Fruit platter.
- Sandwiches (include a variety of vegetarian and meat or fish options with plenty of salad fillings).
- Small bran and fruit muffins eg, bran and sultana or banana bran.
- Fruit loaf (heavy on the fruit, light on the 'cake').
- Mini pizzas or pita bread pizza slices with plenty of vegetables and light on the cheese.
- Small savoury muffins.
- Vegetable fritters and dips.
- Hummus, bread and vegetable sticks platter.
- Vegetable slice, crust-less quiche or frittata (light on the cheese and cut out the cream).
- Wholegrain crackers or crispbreads with cottage cheese, salads, avocado.

Some examples for lunches include the following:

- Wholegrain rolls/sandwiches or wraps with fillings. For example salad, very lean meat, skinless chicken, tuna, salmon, egg, cheese, hummus, pesto, pickles, chutney.
- Fruit platter (minimum of one serve per person).
- Sushi (include a variety of meat, fish and vegetarian options).
- Vegetable soup and wholegrain rolls.
- Crust-less quiche, vegetable slice or frittata (light on the cheese and cut out the cream).
- Small baked potatoes with toppings such as cottage cheese and chives, tomato relish with shaved ham and parmesan, tuna and chutney.
- Mini pizzas or pita bread pizza slices with plenty of vegetables and light on the cheese
- Chicken drumsticks or wings (skin off).



- Rice paper rolls.
- Oven-baked fish goujons.
- Lean grilled beef/chicken/vegetable kebabs.
- Lamb kofta with yoghurt dip.
- Boxed salads (with dressings preferably served on the side or, if that's not possible, use low-fat dressing).
- Roast vegetable, pesto and feta panini.
- Vegetable fritters and dips.
- Fish cakes and dips.
- Sandwich fillings – while the possibilities are endless, some examples are as follows:
 - Grilled skinless chicken, rocket, tomato, cucumber.
 - Char-grilled vegetables, basil pesto and feta.
 - Lean beef, cheese, mixed greens and cranberry chutney.
 - Hummus, carrot, beetroot, sprouts, and grated cheese.
 - Skinless chicken, avocado, mesculin, carrot.
 - Smoked salmon, rocket, light cream cheese and cucumber.
 - Egg, carrot and beetroot.

For more

Find these resources on the [Manaaki at Mahi resource page](#) on [Wellplace.nz](#)