



CANTEEN TOOLKIT



**SIMPLE CANTEEN STRATEGIES
TO HELP YOUR MEMBERS FUEL
TO PERFORM**



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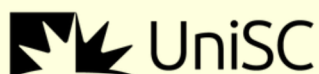


ACKNOWLEDGEMENTS

This resource has been developed using information originally developed by Health and Wellbeing Queensland as part of the A Better Choice for Sport and Recreation Strategy, including the A Better Choice Food and Drink Supply Strategy for Queensland Sport and Recreation Facilities, and supporting resources. For more information on the Strategy and resources available, visit <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/>

This resource has been created in collaboration with Noosa Council and the University of the Sunshine Coast. We would like to express our gratitude to all those involved in its design and their endless support during the creation of this resource.

A special thank you to the sporting club members that gave their time to help with the research required to create this resource and their continued dedication to their club environment and members.





HOW TO MAKE CHANGES?

ONE GOAL AT A TIME

HOW TO TEST NEW ITEMS

Run a "Specials Meal" at your club to try new ideas. This is a way to trial new foods in the canteen, test and limit waste.

REWARDS AND FUNDRAISERS

Replace fast-food vouchers with activity or canteen vouchers.

This is a good way to promote your food instead of promoting sales outside of the club.

MENU DESIGN

When designing a menu, consider ingredients that can be used in multiple meals.

E.g., Using a coleslaw mix for both sandwich filling and salad bowls. Saving costs and storage space.

GOOD INVESTMENTS

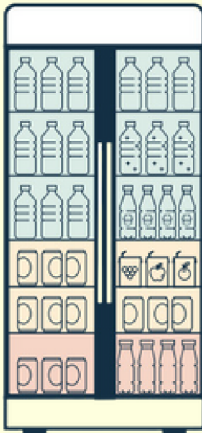
A countertop fridge to replace confectionary displays can help to promote nourishing options such as wraps, rolls and fruit salad.

Hire a cook, or someone with culinary experience to help in the canteen.

DESIGN YOUR FRIDGE

AT LEAST 50% OF
FOOD AND DRINKS
IN THE GREEN
CATEGORY

A MAXIMUM OF 20% OF
FOOD AND DRINKS IN THE
RED CATEGORY

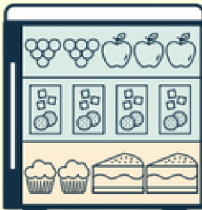


Fridge display	
Water	
Water	Water sparkling
Water flavoured (no sugar)	Milk drinks (low fat varieties)
Intense sweetened* soft drinks	Juice (99–100% fruit juice)
	Intense sweetened* sports drinks
Full sugar soft drinks	Full sugar sports drinks

*Intense artificial or naturally sweetened



Display stand
Air popped popcorn
Potato chips



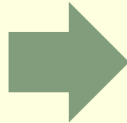
Counter fridge display
Fruit
Cheese with crackers
Muffins/ cakes (From <i>amber</i> category)

THE REMAINING FOOD
AND DRINKS CAN
COME FROM THE
AMBER OR GREEN
CATEGORY

PLACE GREEN FOODS AND DRINKS AT EYE HEIGHT

SIMPLE SWAPS

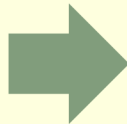
WHITE BREADS/WRAPPS



WHOLEGRAIN BREADS & WRAPS



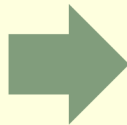
FULL CREAM DAIRY



LOW-FAT DAIRY



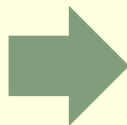
CHIPS & LOLLIES



POPCORN, UNSALTED NUTS ETC.



FATTY MEATS



LEAN MEATS



EASY WINS

ZERO PREP OPTIONS

~\$3.50



~\$2.40



\$1.50 PER PACK



~\$1.45 PER DRINK



~\$0.80 PER PACK



~\$1.00



~\$0.80 PER PACK



~\$0.55 PER PACK



MOVE **LOLLIES**
AND **RED**
OPTIONS OUT OF
SIGHT



★ NOTE THAT MOST OF THESE FOODS HAVE A LONG SHELF LIFE

LOW PREP OPTIONS

~2.50



JUST ADD BOILING WATER
& PRE-PREPARED SEASONAL
FRUIT

~\$7.50



MICROWAVE AS PER
INSTRUCTIONS

~\$4.00



SERVE FRESH OR
MICROWAVE

MEDIUM PREP OPTIONS

PRE-PREPARE OR OUTSOURCE THESE OPTIONS



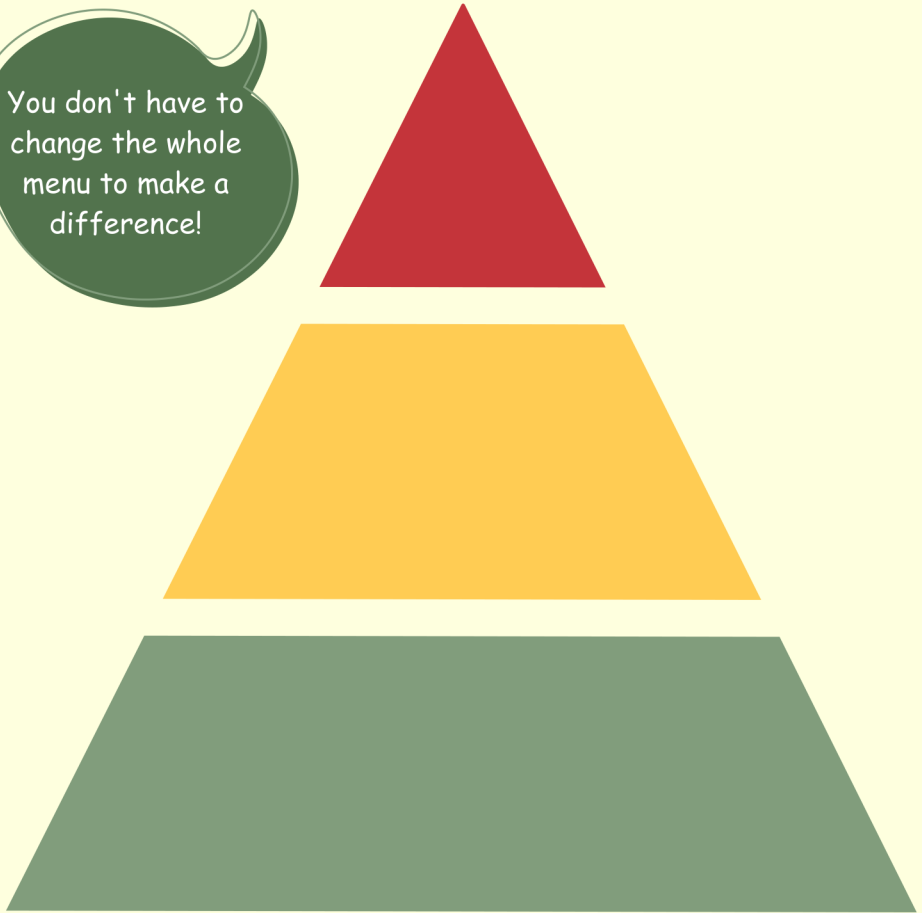
★ NOTE THAT THESE MEDIUM PREP FOODS DO NOT HAVE A LONG SHELF LIFE

CREATING EASY WINS

Write in your current canteen items.

How many simple swaps can you create to move your items?

You don't have to change the whole menu to make a difference!



Even moving an item from the red to amber is a win.

You can do this by...

- ★ Adding more veggies in your burger fillings
- ★ Swapping white bread to wholegrain
- ★ Changing packet chips to popcorn

HOW TO BUILD A GREEN MEAL DEAL

WRAP MEAL DEAL



+



PASTA POWER MEAL DEAL



+



LEAN MEATS ETC..



GRAINS



DAIRY ETC.



VEGETABLES



FRUIT



HYDRATION



TRACK OUR CHANGE!

Track the success of your canteen's swaps. Record our profit before the swap and then after.

New Swap

Before Swap Profit

.....

After Swap Profit

.....

Quantity Sold

.....

Ideas for Next Swap

Customer Feedback

