



Opal

Better BBQ Resource

PROMOTING HEALTHY EATING AND DRINKING FOR
CHILDREN AND FAMILIES WITHIN THE COMMUNITY

A healthier approach to your next barbeque





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About this resource

Barbecuing is one of Australia's most traditional cooking methods and is embedded within modern Australian culture. A simple, traditional barbecue typically consists of sausages, onion, white bread and tomato sauce, which is a meal low in fibre and high in saturated fat, oil and salt and has limited nutritional value. However, with a little thought and a few small changes, the barbecue can be a *healthy* and *tasty* cooking method.

OPAL is a healthy lifestyle program that works with local communities to encourage and support families to eat well and be active. The *OPAL Better BBQ* resource is designed to provide guidance and ideas for making easy changes to the traditional barbeque, providing nutritious options suitable for children and families.

Good nutrition is key to a healthy, active and enjoyable life. Children need a nutrient rich diet for healthy bones, joints and muscles, and brain development. Healthy children have the best chance of being healthy adults. Good nutrition among adults can help prevent diseases such as heart disease, diabetes and some cancers. Reducing the consumption of high energy foods and drinks can also prevent overweight and obesity among children and adults.

How your healthy barbeque can impact your community?

- A healthy barbeque is a great opportunity to contribute to the health and wellbeing of your community.
- Show your community that you value their health and wellbeing.
- Reinforce important health messages to children and their families.
- Provide personal satisfaction of being a positive role model.

Further Information and Support

For further information on how to provide healthy and tasty barbecues, contact OPAL at the City of Charles Sturt
Ph: (08) 8408 1132 or email mmcallister@charlessturt.sa.gov.au



Tips for making your barbeque healthier

Small changes can make a big difference

Providing healthy food options within the community doesn't mean having to make a lot of big changes. By **reducing saturated fat** and **salt intake**, **increasing vegetable, fruit and fibre consumption** and **using healthier cooking methods**, you can make a big difference on the nutritional and energy value of the foods you provide.

Reduce saturated fat and salt

Animal products including meats, dairy and butter can contain high amounts of fat and salt. Burgers, chops and sausages often have the highest amounts. If providing meat, choose lean and reduced salt options. All cooking oils are also high in fat so it is best to use the least amount as possible.

Top tips for meat:

- Skinless chicken, minute steaks, lean meat kebabs, seafood and kangaroo are good options.
- Limit burgers, chops and sausages. Ask your butcher to provide low fat and salt varieties. Aim for less than 10g of total fat per 100g of meat.
- Trim off any visible fat from meats before cooking.
- Lean meats can become dry when cooking, use a marinade for moisture and flavour (see the recipes section for ideas).
- Limit meat servings to the palm size of an adult's hand.
- Vegetarian options are generally low in fat and salt. See below for tasty ideas.

Top tips for oil, dairy and spreads:

- Reduce the amount of oil used for cooking and choose healthier options such as canola and sunflower. See below for cooking method ideas.
- If serving dairy such as cheese, milk and yoghurt, choose reduced fat options.
- Butter and margarine spreads on bread is not necessary. Provide reduced salt sauces, mustards and other condiments that provide flavour instead.

Increase Fibre

High amounts of fibre can be found in whole foods including wholegrains, vegetables and fruits.

Top tips for breads and grain products:

- Use wholemeal and wholegrain breads, rolls, pita bread, English muffins etc instead of plain white varieties.
- If white bread is offered, choose a high fibre variety.



Increase Fruit

Having fruit served fresh or grilled is a great healthy sweet addition to your barbecue. Fruit can be fresh, frozen, dried or canned.

Top tips for fruit:

- Provide fresh sliced fruit or diced fruit salad. Serve with reduced fat or natural yoghurt.
- Fresh seasonal fruits can be a cheaper option than those that are not in season.
- Pineapple rings or stoned fruits like peaches, nectarines and apricots can be lightly seared on the barbeque plate.
- If using canned fruit, choose options with natural juice or no added sugar rather than syrup.
- Wash all fruits before use.

Increase vegetables

Vegetables add freshness and flavour to a meal. Add them to the main meal or serve on the side. Use fresh, frozen, dried or canned (rinse before use).

Top tips for vegetables:

- Automatically serve salad (such as tomato, cucumber, grated carrot or lettuce) on bread options e.g. burgers and steak sandwiches.
- Try bean, lentil, chickpea or vegetable patties, burgers and falafels and marinated firm tofu burgers/steaks.
- Add grated vegetables to meat or legume patties to bulk them up – this can also help reduce costs.
- Corn on the cob is very popular – ask your supplier to remove husks and cut in halves.
- Try mixed vegetable skewers with zucchini, tomato, capsicum, onion, and mushroom. Skewers need to be soaked in water before use to prevent splintering.
- Vegetables such as capsicum, zucchini, sweet potato or eggplant are easily grilled and/or barbecued.
- Jacket potatoes can be cooked wrapped in foil (for barbecues with closable lids only) and filled with salads and reduced fat cheese or yoghurt.
- Provide a variety of fresh salads. Avoid using meat, cheese or egg as these will need to be kept cold. Try adding beans, chickpeas and other legumes.
- Wash all vegetables and salad greens before use.



Flavour with sauces, dressings, herbs and spices

These additions are a great way to add flavour and aroma to food. Choose reduced salt sauces and dressings. Experiment with a range of common fresh or dried herbs and spices.

Top tips for adding flavour:

- Use dressings with lemon juice, vinegar, mustard and herbs such as pepper, parsley, basil and mint, with a dash of healthy plant oil such as olive or canola.
- For commercial dressings, choose 'no oil' or a reduced fat variety.
- Try natural yoghurt to replace common creamy dressings.
- Let people choose and serve their sauces and dressings on the side.
- Add herbs and spices to meats or marinades.
- Popular herbs include parsley, basil, thyme, dill, rosemary, oregano and chives.
- Popular spices include ginger, paprika, pepper, nutmeg and cinnamon. Avoid chilli unless you know it will be enjoyed by everyone.

Choose healthier cooking methods

The healthier cooking methods include grilling, steaming and roasting, where little or no oil, butter or margarine is used. Butter and margarine are generally high in fat and salt. All cooking oils are also high in fat.

Top tips for frying foods:

- If frying, oil is healthier than butter or margarine. Some oils are healthier than others. Canola and sunflower oils are good options.
- A cooking oil spray can help control the amount you use, which will also reduce costs. Be careful when spraying close to gas grill plates.
- Use the grill plate instead of the flat plate where possible to allow fat to drip away.
- Toss onions and other vegetables in a bowl with a small amount before cooking rather than pouring oil directly on the BBQ plate.
- Drain oil-based marinades off meats before cooking.

Provide water

Water is the healthiest drink option for people of all ages and is the most effective drink to quench thirst. Other drink options such as juice, soda, flavoured milks and energy drinks generally contain a lot of sugar and energy and provide little or no nutrition.

Top tips for drinks:

- Always have water on display and kept cold if possible.
- If providing drinks other than water, keep them out of sight and provide upon request only.

Use the 'Australian Guide to Healthy Eating' as an easy reference for providing healthy options. Visit www.health.gov.au or contact your local OPAL team for a copy.



Food Safety

With any type of food preparation and serving, it is always important to maintain food safety and hygiene. Here are a few ways to help ensure you are serving healthy, safe food to your community.

- Wash your hands before and after cooking or going from handling raw meats to cooked foods.
- Store foods at the appropriate temperature:
 - Keep cold foods cold before cooking and eating (below 5°C).
 - Keep hot foods hot until serving - especially meat (above 60°C).
- Keep cooked meats or any utensils used for cooked foods away from raw foods.
- Keep raw meat away from vegetables and fruits, this includes when cooking on the barbeque.

Case Study

Rotary's healthy barbeque for the City of Charles Sturt Mayor's Christmas event

Rotary cooked a healthy barbeque for the 2010 Mayor's Christmas event. Small changes were made to the traditional sausage sizzle, which included the use of multigrain hamburger rolls, lean meat patties and vegetable patties with shredded lettuce, sliced tomato, reduced salt tomato sauce and corn on the cob. The mark-up added allowed the beef and vegetable burgers to be sold at \$4 each, and a serve of corn sold at \$1 each, which made it possible for a 100% return on the cost of goods. However, because the amount of food purchased was greater than what was sold, profit was reduced. A good tip when planning catering is that it is better to under-cater than be left with waste. Consider the ability to purchase more food from a local supermarket or other food supplier on the day if needed.

Rotary found the preparation for the BBQ easy because the lettuce, tomato and corn had been pre-prepared by local retailers. Assembling the burgers was also easy, having two people serving food and one handling the money. There were no complaints about sausages not being served and a number of people commented that it was nice to have healthy foods available. The corn was very popular and enjoyed by people of all ages without the addition of butter or salt.

Local Healthy BBQ Food Suppliers

OPAL is putting together a list of local businesses that can supply your healthy BBQ needs. Keep a look out for these details on the Charles Sturt OPAL website:

<http://www.charlessturt.sa.gov.au/page.aspx?u=706>

For more information or if you are a local food supplier and would be on the list, please contact OPAL at the City of Charles Sturt on Ph: (08) 8408 1132 or email mmcallister@charlessturt.sa.gov.au



Better BBQ Menu Ideas

Here are some tasty, healthy menu ideas for your next barbecue.

Main meal

- **Steak Sandwich** - tenderised minute steak served on wholemeal bread, topped with tomato and lettuce.
- **Australian burger** - lean mince or vegetable patty served with tomato, lettuce, fresh or barbecued pineapple rings and sliced beetroot.
- **Skewers** - marinated lean meat, tofu or haloumi, and thread onto skewers (soak wooden skewers in water first) with capsicum, mushroom, cherry tomatoes, and zucchini brushed/sprayed with healthy oil.
- **BBQ Wrap/Yiros** - thinly sliced lean meat or falafels served on wholemeal pita bread with fresh salad and tzatziki sauce.
- **BBQ Toasties** - pre-make toasties with wholemeal bread and toppings such as reduced fat cheese, tomato, avocado or lean ham. Lightly brush bread with oil before barbecuing each side on the hot plate until golden.
- **BBQ Stirfry** - finely sliced meat or tofu, mixed vegetables and hokkien noodles. Marinade the meat for extra flavour.



BBQ vegies

- **Jacket Potatoes** - cooked potatoes in wrapped foil on BBQ, then top with salad or vegetables and low fat cheese or yoghurt.
- **Corn on the cob** - although not necessary, you can thread the corn onto skewers for easy cooking and eating
- **Marinated garlic mushrooms** - brush/spray or toss large mushrooms with healthy oil and a small amount of crushed garlic, then grill.
- **Vegetable kebabs** - brush/spray or toss capsicum, zucchini, cherry tomatoes and mushroom with healthy oil and herbs then thread onto skewers.
- **Grilled vegetables** - brush/spray or toss chopped vegetables such as capsicum, zucchini, sweet potato or eggplant and grill or barbecue.



Salads

- **Coleslaw** - shredded carrot, cabbage, celery, and radish tossed in a reduced fat yogurt, lemon juice and parsley dressing.
- **Tabouli** - cracked wheat, parsley, mint, onion, tomatoes, lemon juice and a small amount of olive oil.
- **Pasta salad** - cooked pasta, tomatoes and spring onions tossed in balsamic vinegar.
- **Potato salad** - cooked potato and spring onions dressed in a mixture of reduced fat yoghurt, mustard and black pepper or alternatively reduced fat yoghurt, fresh mint, garlic and lemon.



Marinades – for meat, tofu and vegetables

- **Classic soy** - reduced salt soy sauce, small amount of sesame oil, ginger and garlic to taste.
- **Lemon and chilli** - garlic, reduced salt soy sauce, lemon juice and sweet chilli sauce.
- **Tandoori** - reduced fat yoghurt with chilli, coriander, garlic, cumin and turmeric.
- **Honey soy** - garlic, honey and reduced salt soy sauce.



For the best result let your items marinate overnight or for at least two hours.

Cheap, Easy, Healthy BBQs

Eight tips for improving catering basics



Cut down on the fat

Minute steaks, lean meat kebabs and skinless chicken are good meat options. If using sausages and meat patties, ask your butcher for reduced fat options (less than 10g fat per 100g). Balance any higher costs of lean meats with reduced portion sizes.

Remove any visible fat from meats before cooking.

Vegetable options are generally low in fat – vegetable burgers are a tasty option and cater for vegetarians.

Limiting oil use will not only reduce fat but also costs - oil spray from a can helps manage quantity.

Choose healthier cooking oils

Use healthier plant oils such as canola or sunflower.

Provide better bread

Swap white bread options for wholemeal or multigrain breads, rolls, wraps etc.

Add vegetables and fruits

Automatically serve salad items such as sliced tomato and lettuce on bread options (eg burgers and steak sandwiches). Ask your supplier to pre-slice tomatoes. Sliced lettuce can also be used, however whole leaves can be easier to handle.

Ask your butcher to add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost.

Corn on the cob is very popular among all age groups and is an item that can make a large profit. Ask your supplier to remove the husks and cut cobs in halves.

Swap the seasoning

Ask your butcher to use herbs and spices to flavour meats instead of salt. Use salt-reduced foods including meat, sauces and dressings.

Ditch the drink options

Always have water on display and kept cold if possible. Other drinks such as soda, sport drinks, juice and flavoured milks often contain high amounts of unnecessary sugar and little or no nutrition. If supplying these, keep them out of sight and provide upon request only.

Make healthy eating easy

People generally enjoy eating tasty healthy foods, however if other more familiar foods are also available (eg sausages and other fatty meats), these can still sell in high quantities. Support healthy eating by making the healthier options the only options.

Get the numbers right

To help you achieve your planned profit, you want to avoid a lot of leftovers – it may be better to under cater than over cater. Get to know your crowd if possible. What age, gender and nationality may be purchasing food from you? How many people are expected? Be mindful that not everyone will eat.



Easy Budgeting for a Healthy BBQ



Item	Cost (0% profit)	20% mark up (16.66% profit)	30% mark up (23.08% profit)	40% mark up (28.57% profit)	50% mark up (33.33% profit)	60% mark up (37.50% profit)	70% mark up (41.18% profit)	80% mark up (44.44% profit)	90% mark up (47.37% profit)	100% mark up (50.00% profit)
Lean Steak Sandwich										
Wholemeal bread	\$0.47	\$0.56	\$0.61	\$0.66	\$0.71	\$0.75	\$0.80	\$0.85	\$0.89	\$0.94
Lean minute steak	\$1.10	\$1.32	\$1.43	\$1.54	\$1.65	\$1.76	\$1.87	\$1.98	\$2.09	\$2.20
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
Sale price	\$2.02	\$2.42	\$2.63	\$2.83	\$3.03	\$3.23	\$3.43	\$3.64	\$3.84	\$4.04
Vegetable Burger										
Wholemeal roll	\$0.70	\$0.84	\$0.91	\$0.98	\$1.05	\$1.12	\$1.19	\$1.26	\$1.33	\$1.40
Vegetable burger pattie	\$0.90	\$1.08	\$1.17	\$1.26	\$1.35	\$1.44	\$1.53	\$1.62	\$1.71	\$1.80
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
Sale price	\$2.05	\$2.46	\$2.67	\$2.87	\$3.08	\$3.28	\$3.49	\$3.69	\$3.90	\$4.10
Lean Beef Burger										
Wholemeal roll	\$0.70	\$0.84	\$0.91	\$0.98	\$1.05	\$1.12	\$1.19	\$1.26	\$1.33	\$1.40
Lean hamburger pattie (100g)	\$1.20	\$1.44	\$1.56	\$1.68	\$1.80	\$1.92	\$2.04	\$2.16	\$2.28	\$2.40
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
Sale price	\$2.35	\$2.82	\$3.06	\$3.29	\$3.53	\$3.76	\$4.00	\$4.23	\$4.47	\$4.70
Corn cob 1/2	\$0.40	\$0.48	\$0.52	\$0.56	\$0.60	\$0.64	\$0.68	\$0.72	\$0.76	\$0.80
Bottled water 600mL	\$0.83	\$1.00	\$1.08	\$1.16	\$1.25	\$1.33	\$1.41	\$1.49	\$1.58	\$1.66

These costs are an average of local supplier prices.

Ask your supplier for discounts to support your healthy event.

For a list of healthy food suppliers in the City of Charles Sturt, visit the Charles Sturt OPAL webpage or contact the OPAL team.

Salad can be easy -ask your supplier to pre-slice tomatoes. Ask for corn to have the husks removed and be cut in half. Sliced lettuce can also be used, however whole leaves are easier to handle.

If you need further support with budgets and menu planning, contact the Charles Sturt OPAL team Ph: (08) 8408 1132 or email mmcallister@charlessturt.sa.gov.au

