

Neami Catering Guide

Purpose

In response to the needs identified by staff, the Neami Catering Guide has been developed. The guide is intended to promote and support healthy and sustainable catering among staff. Neami is committed to encouraging all staff, consumers and other community organisations to reduce their environmental impact, and to enable people to increase control over and improve their health. The guide can be used for consumer groups/programs, conferences, meetings, training and celebrations.

It may not be feasible for every recommendation to be followed; however, Neami asks that the recommendations are at least considered for all stages of event planning, implementation and execution.

Food and drink

- Choose healthy, seasonal, local, organic and some meat free* options to reduce the impact on the environment
- Provide Fairtrade products such as tea and coffee
- Offer tap water instead of bottled water
- Give attendees the opportunity to indicate any specified dietary and ethnicity requirements prior to the event
- Select a caterer that provides sustainable food options and enquire about their commitment to sustainability. You may like to consider using social enterprise caterers. Example questions:
 - Do you use organic products?
 - Do you offer vegetarian and/or vegan products?
 - Is the food packaging recyclable?
 - What is your commitment to social responsibility (if any)?
- Label food- 'vegetarian', 'vegan' etc.
- Avoid highly processed food with high levels of fat, sugar and salt
- Avoid providing drinks high in sugar, such as soft drinks and fruit juices

Environment

- Provide non-disposable serving ware, i.e. reusable cups, crockery and glassware
- Choose food or other products with little or no packaging that are reusable and made from recycled materials. Ensure most catering waste is recyclable or biodegradable.
- When shopping for the event, make sure you take reusable shopping bags

*Some of the environmental effects that are associated with meat production include pollution through fossil fuel usage, water and land consumption. Excessive meat consumption can also contribute to a number of physical health issues such as heart disease.

Recommended Caterers

See below some recommendations for healthy and sustainable caterers in each State.

NSW	VIC	SA	WA	QLD
<ul style="list-style-type: none"> • Earth Catering (East & Inner Sydney) <i>(02) 9557 1422</i> • The Chef & I (Western Sydney) <i>0431 910 915</i> • Charlotte at the Grand (Broken Hill) <i>(02) 8087 2230</i> • The Earl of Sandwich (Hunter) <i>(02) 4950 9048</i> 	<ul style="list-style-type: none"> • Asylum Centre Resource Centre Catering (Melbourne) <i>(03) 9326 6066</i> • Sorghum Sisters (Melbourne) <i>(03) 8558 8882</i> • Smart Brown Catering (Fairfield & Blackburn) <i>0413 605 879</i> • Life Skills Café (Northern Melbourne) <i>(03) 9479 1525</i> 	<ul style="list-style-type: none"> • Devilish Platters & More <i>0433 899 926</i> • Let Them Eat <i>0410 527 824</i> 	<ul style="list-style-type: none"> • Platters R Us (Perth) <i>(08) 9368 4607</i> 	<ul style="list-style-type: none"> • Coffee on Cook <i>(07) 3379 2666</i> • The Boiler Room (Strathpine) <i>(07) 3496 2119</i> • Espresso Train <i>(07) 3260 7414</i>

Catering Quantity Suggestions

See below some catering examples in regards to catering for a different number of people.

Number of attendees	Catering quantity examples
Up to 5 people	Morning tea- 1 small seasonal fruit platter, 1 healthy dips and crackers Lunch- 1 small sandwich/wrap platter, 1 small salad
5-10 people	Morning tea- 1medium seasonal fruit platter, 2 healthy dips and crackers Lunch- 1 medium sandwich/wrap platter, 1 medium salad
10-15 people	Morning tea- 1med/ large seasonal fruit platter, 2 healthy dips and crackers Lunch- 1 med/large sandwich/wrap platter, 1 med/large salad
15-20 people	Morning tea- 1 large seasonal fruit platter, 3 healthy dips and crackers Lunch- 1 large sandwich/wrap platter, 1 large salad
20+ people	Morning tea- 2+ seasonal fruit platter, 3+ healthy dips and crackers Lunch- 2+ large sandwich/wrap platter, 2+ large salad

Healthy Food Guide

Item	Serving suggestions	Not recommended
Drinks	Offer a variety of hot and cold options: <ul style="list-style-type: none"> - Plain water - Plain and decaffeinated tea/coffee - Plain and herbal tea - Reduced-fat milk in addition to regular full-fat milk - Small amounts of sugar and artificial sweetener for hot beverages 	Soft drinks, fruit drinks, cordials, energy and sports drinks
Fruit and vegetables	Whole sliced or cut pieces of fresh fruit or vegetables, e.g. carrot sticks.	All confectionary
Dried fruit and nuts	Small packets of dried fruit and/or plain/dry-roasted unsalted nuts.	Salted, coated, fried or chocolate coated dried fruit.
Meat	Lean chicken, turkey, beef, pork, lamb and veal with fat and skin removed. Tuna, salmon, sardines in canned spring water with no added salt.	Meats cooked in fat or a lot of oil.
Dairy/dairy alternatives	Milk, yoghurt and soy-milk. Small serves or cheese such as cottage, ricotta, fetta or hard cheeses.	Flavoured milk, large portions or blocks of all cheese varieties.
Sweet breads and loaves	Plain, un-coated, un-iced breads/loaves, e.g. raisin or fruit bread	Coated, iced or filled breads and loaves.
Spreads	Butter (maximum of 1 tsp per serve)	Cream or dairy blend spreads
Biscuits, cakes, muffins, slices	Un-iced, un-coated, plain or wholemeal sweet biscuits that are small or medium serve size, e.g. oat and raisin biscuits. Try reduced-fat and/or reduced-sugar varieties that contain high fibre ingredients, e.g. wholemeal flour	Biscuits, muffins, cakes and slices that are high in sugar, salt or fat; e.g. cream filled, chocolate coated.
Savoury breads and biscuits	Plain, un-coated, savoury breads and loaves; wholemeal salt-reduced crisp breads and crackers.	Large serves of savoury breads, e.g. a pull-apart topped with cheese.

Seasonal Food Guide



Examples of Sustainable and/or Fairtrade Products

Product	Brand and Variety	Where
Tea	<i>Oxfam organic</i> ; green, black, rooibos, earl grey, peppermint, chai, lemon, etc.	www.oxfamshop.org.au
	<i>Planet Organic</i> ; chai spice, chamomile, dandelion, earl grey, echinacea, English breakfast, green, etc.	www.planetorganic.com.au
	<i>Nature's Cuppa</i> ; ceylon, English breakfast, earl grey, green, peppermint, etc.	www.naturescuppa.com
Coffee	<i>Oxfam</i> ; instant, ground, decaffeinated	www.oxfamshop.org.au
	<i>Planet Organic</i> ; ground	www.planetorganic.com.au
	<i>Nature's Cuppa</i> ; granules, powder	www.naturescuppa.com
	<i>Jasper</i> ; ground, decaffeinated	www.jaspercoffee.com
Other drinks	<i>Oxfam</i> ; drinking chocolate	www.oxfamshop.org.au
	<i>Planet Organic</i> cacao; beans, powder and nibs	www.planetorganic.com.au
Sugar	<i>Jasper</i> ; Fairtrade organic raw sugar	www.jaspercoffee.com or www.officeworks.com.au

Further Resources

- 01.03.19 Policy: Health Promotion
- 01.01.15 Policy: Commitment to Sustainability
- Neami National Sustainable Events
- Neami National Sustainable Events Quick Guide
- Neami National Checklist Event Management

More information

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