



Northern
Territory
Government

Healthy **choices**
made easy



Healthy fundraising guide



Healthy choices made easy

This guide has been designed to assist with the implementation of the “Healthy food and drink options for staff, volunteers and visitors in Northern Territory Health facilities”



Healthy fundraising guide

Fundraising must comply with the *Healthy food and drink options for staff, volunteers and visitors in Northern Territory Health facilities* policy (available at <https://health.nt.gov.au/professionals/nutrition-and-physical-activity>).

The policy was released on 25 November 2014 to improve the range, availability and promotion of healthy foods and drinks and ensure consistency between the nutrition messages the Department shares with the community and its practice.

The policy **applies to** all situations where food and drinks are provided or made available to NT Health staff, volunteers and visitors, including: cafeterias; cafes; kiosks; canteens; shops; mobile trolleys; vending machines; a catering for meetings, events and functions; fundraising; and education programs.

The policy **does not apply** to food and drinks that staff bring in from home for their own personal consumption or for social occasions (not paid with NTG funds) or in-patient meals. To help make healthy choices easier, food and drinks are classified according to their nutritional value: **GREEN** (best choices), **AMBER** (select carefully) and **RED** (limit).

Detailed information on this food categorisation is provided in the *Foods and drinks guide*.

How does the policy apply to fundraising?

From 25 November 2014, NT Health facilities cannot be used for fundraising activities that involve **RED** category foods and drinks.

This applies to all fundraising activities conducted either by staff/volunteers or external organisations (e.g. charity boxes). It applies whether the fundraising is held on NT Health facilities or away from these facilities (i.e. at a function, event or education session), but under a NT Health 'banner'.

Note that significant occasional fundraising events (such as the Biggest Morning Tea, or the Drivers Ball in Alice Springs) can be exempt from this requirement, at the discretion of the Senior Executives.



Healthy food and drink fundraising checklist

- Provide small or moderate serves only.
- Wherever possible make your menus healthier, i.e. 'GREEN up' by :
 - providing wholemeal or wholegrain options
 - using low fat, low salt and reduced sugar options
 - adding fresh fruits and vegetables or salads.
- Ensure healthy choices look and taste great.
- Adopt cooking methods that use the least fat.
- Use spreads thinly and serve condiments separately.
- Always offer chilled water at fundraising events.

Exclude the following foods that are classified as **RED** :

- × fried or deep-fried foods, fatty sausages, bacon or salami
- × pies, pasties, sausage rolls, quiches
- × butter, cream
- × croissants, donuts and sweet pastries
- × chips, crisps and other similar products
- × chocolate, lollies and confectionary products
- × iced or cream-filled biscuits, cream cakes
- × sugar-sweetened soft drinks and other sugary drinks including cordial.

For more information, refer to the *Foods and drinks guide* available at <https://health.nt.gov.au/professionals/nutrition-and-physical-activity>.

Healthy food and drink ideas for fundraising activities

Healthy breakfasts

- Fruit juice that contains greater than 99 percent fruit juice
- Wholegrain cereals, untoasted muesli served with low fat fruit yoghurt
- Fresh or stewed fruit such as apple, strawberries, melon, pineapple, mango, grapefruit
- A variety of wholegrain breads and fruit breads
- Cappuccino or latte (made with low fat milk), teas and herbal teas



Healthy barbecues

- Lean trimmed beef, lamb steaks, chops, whole roasts (for spits and covered barbecues), kebabs, skinless chicken or turkey breast or drumsticks, kangaroo, fish fillets, calamari, prawns. For interesting flavours try herbs, spices or low-fat and reduced-salt marinades.
- Lean low fat, salt reduced sausages or hamburgers
- Vegetarian burgers made from lentils or chickpeas
- Barbecued vegetables such as corn on the cob, potato, zucchini, sweet potato and pumpkin slices, onion, mushrooms, peppers, beans, eggplant and tomato
- Vegetable and haloumi kebabs
- Serve with wholemeal/high fibre breads, salads with low fat dressings and fresh fruit

Healthy lunches

- A variety of breads (preferably wholegrain), rolls or wraps filled with a selection of lean meats, salad vegetables, low fat mayonnaise, cracked pepper, herbs and spices.
- Noodle boxes containing meat and vegetable-based dishes served with chopsticks.
- Curries (beef, chicken, lamb and vegetables) served with rice and salads.
- A selection of fresh fruit.

Theme days

- Pancake day – pancakes can be made with part wholemeal flour, part white flour. Batter can be made with low fat milk and cooked using a non-stick frying pan. Serve pancakes topped with bananas, mangoes, berries, stewed apples or pears and low fat vanilla or fruit yoghurt.
- Pizza day – bases made from pita bread, muffins or dough. Top with an assortment of vegetables, pineapple, and reduced-fat cheese. Serve in small slices.
- Baked potato day – jacket potato with reduced-fat cheese, salad, herbs and salsa. Other fillings can include baked beans, low fat mince, tuna, pineapple, corn, and low fat mayonnaise.

Snacks and condiments

- Un-salted nuts, pretzels, rice crackers, plain air-popped popcorn that is packaged into small packets
- Plain low fat mini muffins, hot cross buns
- Scones served with fruit puree and low fat vanilla yoghurt, or fruit scones with a small amount of polyunsaturated margarine
- Fruit/nut buns and loaves
- Plain un-iced fruit cakes, cereal bars
- Plain or fruit scones
- Fruit-based smoothies (reduced-fat milk and no added sugar)
- Fruit – whole or cut and served on a skewer
- Dried fruit (small packets) ; frozen fruit
- Chutneys, sauces and packets of herbs.



Non food or drink ideas for healthy fundraising

Sponsorship

- Sport-a-thons, such as walk, ride, skate, touch and swim-a-thons
- Basketball shoot-outs
- Cycling event - organise your own or join an organised one
- Triathlon
- Mini-golf (organise your own inside or use a paid venue)
- Bocce, bowling, croquet, discount vouchers for sport events
- Fun run

Social functions

- Car wash
- Head shave
- Raffles
- Colour theme day
- Charity dinner
- Quiz night
- Cinema evenings
- Karaoke
- Bingo
- Garage sale, auction, trash and treasure – use unwanted items from home
- Guess the weight/number of the items in a jar (e.g. buttons)

Sewing, handicrafts and giftware

- Headbands, beanies or scarves
- Phone covers, ornaments and accessories
- Homewares (tea towels, aprons)
- Gifts (perfume, soap, candles, artwork, craft or jewellery)
- Toys (wrist bands, glow sticks or stickers)
- Clothing (socks, swim wear or hats)
- Books (cookbooks, magazines, calendars, CDs, DVDs or entertainment books)
- Handmade greeting cards or wrapping paper
- Personalised calendars, greeting cards, cups, tea towels, aprons or bags using children's art work
- Personalised photo cards, coffee mugs or mouse mats
- Family portraits
- Family organiser or calendar

Gardening

- Bulbs, plants, vegetable seeds, flowers and dwarf fruit trees



Kits

- First aid kit for handbag, schoolbag or glove-box
- Toothpaste, toothbrush or floss kit
- Sunscreen, moisturiser or lip balm
- Cleaning products

Acknowledgements

This resource is adapted from

Fundraising Ideas, Fact Sheet 5, Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities (2009)

and

Healthy fundraising: ideas to promote health while still making a profit, NSW Cancer Council

