

## Healthier Choices Catering Checklist

Question	Yes	No	N/A
1. Has a copy of the menu with details about ingredients, cooking methods and accompaniments to dishes been obtained? (Does not need to be too specific, for example poached salmon, marinated chicken breast, rice paper rolls with sweet chilli dipping sauce)			
2. Does the menu offer:			
• Variety of foods			
• Vegetables			
• Fruit			
• Bread & cereals (including wholemeal and wholegrain varieties)			
• Lean meat, skinless poultry & fish			
• Reduced fat dairy products			
• Polyunsaturated or monounsaturated fats/oils <ul style="list-style-type: none"> <li>o e.g. olive, canola, sunflower, peanut used in food preparation; and Poly- or mono-unsaturated margarines e.g. olive, canola, sunflower instead of butter)</li> </ul>			
• Minimal sugar			
• Minimal salt			
• Appropriate beverages <ul style="list-style-type: none"> <li>o (for example water, 100% fruit juices, light alcoholic beverages if alcohol is being served)</li> </ul>			
• Dressings, sauces and spreads served separately on the side			
3. Are a variety of healthy cooking methods used? (for example grilling, stir-frying, steaming, oven baking, boiling, poaching, barbequing and microwaving)			
4.			
5. Serves per person – To promote healthy eating and minimise waste (and costs) are only small or moderate serves per person provided?			
6. Special dietary needs – Have people with special dietary needs (e.g. halal, vegetarian, seafood, gluten, nut or dairy free) been catered for?			