

## 10 Quick Tips and Tricks for Healthier Choices for Food Vendors at Events

<p><b>1</b> Have bottled water the cheapest drink available for sale.</p>	<p><b>2</b> Have at least one serve of vegetables (approx. 1 cup) available with each dish served.</p>
<p><b>3</b> Have fruits available as a condiment with desserts instead of confectionary.</p>	<p><b>4</b> Use low fat milk as the default milk. Only use full cream on request.</p>
<p><b>5</b> Use low fat dairy products (i.e. for cheese use - ricotta, haloumi, cottage cheese and fetta).</p>	<p><b>6</b> Remove salt shakers from the counter.</p>
<p><b>7</b> Use reduced salt versions of condiments (i.e. reduced salt soy sauce, tomato sauce, barbeque sauce, stock).</p>	<p><b>8</b> List healthy options before unhealthy options on your food and drink menus.</p>
<p><b>9</b> Use healthy fats and oils when cooking and preparing food (i.e. Canola, sunflower, grapeseed, olive, corn, soybean or peanut oils).</p>	<p><b>10</b> Promote and make available smaller food and drink portions</p>

Source: Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>