

# Healthier Sports Clubs

## Better barbecuing: rethink the sausage sizzle



The BBQ is an essential part of fundraising at sporting clubs. Unfortunately, it is common for club BBQs to include food that is high in saturated fat, high in salt and low in fibre and vegetables. While we are trying to promote good health through sport, the food we serve should also complement this philosophy, especially when we are serving it up to our kids.

With a little bit of imagination and preparation you can make your BBQ more interesting and healthier. In the end you are looking after the health of your community and it can help you to raise more money too!

### Lean Meats

Try different lean meats on the BBQ:

- Lean beef steaks
- Kangaroo steaks
- Chicken without the skin
- Turkey
- Lean sausages
- Short cut bacon.

Marinating the meat first helps them to stay moist and tender. Making your own marinade will save money and is easy. Try a little polyunsaturated oil with crushed garlic and Italian herbs.

### Healthier options

These ideas are easy and practical.

- Serve sausages and steaks in wholemeal bread, muffins and rolls.
- Try adding some vegetables onto the grill such as potato slices, corn-on-the-cob, mushrooms, onions, zucchini and capsicum.
- Serve steak sandwiches with onions, a slice of fresh tomato and an egg.
- Leave the salt shaker off the counter.
- Offer low salt sauces and condiments with the meats.
- Have some vegetarian options available, such as lentil burger, and cook away from the meat juices.

## Alternatives

For those clubs with enthusiastic volunteers, go one step further.

- Offer salads that contain plenty of vegetables. Enjoy coleslaw and potato salad but go easy on the mayonnaise.
- Make vegetable kebabs. They are simple and look great.
- Cook your eggs in the capsicum rounds for a colourful and novel presentation.

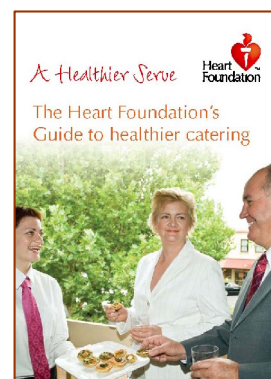
## Did you know?

You probably don't realise how much salt is hidden in the foods we serve at BBQs. Food products commonly eaten at barbecues such as sausages, hamburger patties, tomato sauce and some white breads, are all high in salt. Just one sausage can contain as much as 6 g of salt, which is almost double the recommended daily allowance for children. Look for low salt options or products with the Heart Foundation Tick. Ask your butcher to prepare your sausages with herbs instead of salt.

## For more information

If your club is looking for more ideas about healthy catering, *A Healthier Serve: The Heart Foundation's guide to healthier catering* is a great free resource.

You can order our resources or find out more about healthy eating and healthy cooking by calling the Heart Foundation on 1300 36 27 87 or visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au).



You can also contact the Heart Foundation for general information on heart health and physical activity.

Proudly supported by

