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Off the menu

Sausage sizzles - a healthy fundraiser

Parent body fact sheet

Sausage sizzles are a common fundraiser in schools, they can be quick and easy to run and often provide a good profit margin.

While fundraising activities in public schools undertaken by the P&C are not included in the scope of the Healthy Food and Drink policy it is pleasing that many schools have adopted a whole school approach to healthy eating, including healthier fundraising.

As a basic cooking method, barbequing is a healthy choice. Where it falls down is the inclusion of high fat sausages and greasy burgers; not to mention the high salt sauces. So there are a couple of key things to remember next time you organise a 'sizzle'.

Cut the fat

- Choose lean meats and trim any visible fat
- Opt for lean, skinless poultry
- Select reduced fat and salt sausages and burgers patties, check the Star Choice™ Buyers Guide for options
- Kebabs with lean meat and vegetables add colour and variety.

Vegie options

- Offer vegetarian alternatives such as zucchini burgers or lentil patties
- Vegetarian soy-based sausages are readily available in supermarkets
- Barbequed corn cobs are a great option for children
- Tinned pineapple rings, in natural juice grilled on the barbeque are an easy and cheap sweet option.

Sides

- Salads are a good way to bulk up what's on offer while encouraging vegie consumption
- Offer meat free options if you have meat on the barbeque
- Avoid store bought salads that are generally higher in fat due to the dressings.

Extras

- Have a selection of breads available such as wholegrain or wholemeal
- Avoid the use of margarine and butter
- Use only small amounts of polyunsaturated oils.



Department of **Health**
Department of **Education**



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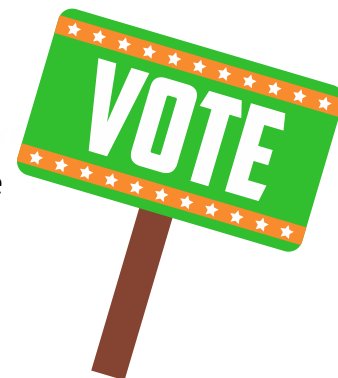
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Election day sausage sizzle

Election day sausage sizzles at schools are a great Australian tradition. This is often one of the biggest fundraising initiatives for schools. Consider the logistics so the day runs as smoothly as possible. Remember, it's an opportunity to promote the school and the sense of community that exists within it.

The options for your fundraising initiatives on election day are endless.



*Make choosing a
healthy option at the
polling booth easier
than choosing who to
vote for!*

- Start the day with lean bacon and egg rolls and then move onto the sausage in a bun by mid morning complete with onions, sauces and mustards
- Offer meal deals with bottled water only
- Have healthy sweet options available such as fruit muffins, tubs of fruit salad, frozen 99% fruit juice icy poles
- Arrange a coffee truck with a percentage of the profits going back to the school.

There are a number of websites dedicated to helping you arrange and promote your election day sausage sizzle such as www.electionsausagesizzle.com.au

Preparing safe food is important, remember all the standard food safety rules apply

Preparing and cooking food safely

- Finish preparing raw meat before transporting to the barbeque
- Pack raw meat into insulated boxes with ice bricks for transportation
- Handle food with tongs or other utensils. Use separate utensils to handle raw and cooked meats
- Keep cooked meat and salad items separate from raw meat at all times to prevent contamination
- Cover food at all times
- Use clean and dry utensils for serving the food, never place cooked meat back on the trays that held the raw meat
- Cook chicken, sausages and hamburgers until juices run clear
- Throw left-over food away unless refrigeration equipment is available to rapidly cool the food.

*Register with
the local
council*

Handwashing

- Hands must be washed after handling raw meats, providing disposable gloves is a great option
- Hands should not be used unless absolutely necessary, and then hand washing facilities must be available. Check with your local council about the requirements for hand washing
- If you do not have access to hot water for washing up, make sure that you take enough utensils so that you can use separate utensils for the raw and the cooked food.