

## SUBSTANTIAL FOOD INFORMATION SHEET

Having substantial food available at your club when you serve or consume alcohol can help to reduce intoxication and assist in keeping your members, visitors and the community safer.

Here at Good Sports we define substantial food as something that requires preparation. Items such as crisps, nuts and pretzels are not considered substantial food. It is important to note when providing food that it is not expected to be free of charge.

The following are some examples of substantial food ideas that may work in the club environment:

FOOD IDEA	EQUIPMENT REQUIRED	NOTES
<b>Heat and serve a frozen meal</b>	Freezer / microwave	Keep selection of frozen meals in the freezer to heat up.
<b>Two minute noodles prepared as per packet instructions</b>	Hot water	Make sure these are cooked and not served dry. It may not be considered substantial if not cooked.
<b>Instant soup</b>	Hot water	If available, serve with bread.
<b>Canned soup</b>	Microwave / stove	If available, serve with bread.
<b>Instant pasta/rice</b>	Microwave / stove	You may need to add milk/water to some.
<b>Toasted sandwiches/wraps</b>	Sandwich press, fridge or freezer	Wrap pre-made cheese and ham sandwiches and freeze. Individual sandwiches can be taken out of the freezer for toasting on demand.
<b>Sandwiches/rolls/wraps</b>	Fridge, bench space	Store cheese, lean meats/ falafels and salad in the fridge for fillings. You may be able to use leftover bread from an earlier BBQ that day, or defrost bread from the freezer.
<b>Pies/sausage rolls/pasties</b>	Pie warmer / microwave / oven / freezer	Try to choose a lower salt and lower saturated fat variety such as Mrs Macs Good Eating Range or Four N Twenty Lite.
<b>Nachos</b>	Microwave, oven, fridge or freezer	Corn chips and salsa are easy to store and cheese can be kept in the fridge or freezer. These can be cooked in the microwave or oven.
<b>Homemade pasta/rice/noodle</b>	Full kitchen	Prepare on the day, or defrost pre-frozen dishes and reheat.
<b>BBQ</b>	BBQ, fridge/Esky	Cook a BBQ while serving alcohol.
<b>Hot dogs</b>	Hot dog cooker	Serve with a hot dog roll
<b>Mini Pizza</b>	Grill/oven, fridge	Use English breakfast muffins or pita bread as bases, and add toppings such as lean meat, cheese and vegetables.

Where possible, the Good Sports program encourages clubs to provide healthy substantial food options. This helps to provide a healthier environment for your members.