

GOOD FOOD AT EVENTS

PREPARED FOR
NGATI KAHUNGUNU IWI INC
WAITANGI DAY

FOOD THAT LOOKS GOOD, SMELLS
GOOD, SOUNDS GOOD AND TASTES
GOOD

AUTHORS:

REBECCA PETERSON: HBDHB ACTING TEAM LEADER
POPULATION HEALTH ADVISORS

RACHEL BLAIR: COMMUNITY DIETICIAN

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1. Background

Waitangi Day delivers one of the largest events in the Hawke's Bay calendar, at least 9000 whānau attend and experience homegrown entertainment, food stalls, arts and crafts, social sports, whānau relay races, local Kapa Haka and performances. Hawke's Bay District Health Board Population Health Advisors team have been working with Ngāti Kahungunu Iwi Inc Communications / Events Managers to support increasing variety of good food at their events, primarily Waitangi Day.

We acknowledge that community events are special occasions where people gather to celebrate and sharing food is a central part of this. Food and beverages traditionally provided at events are often calorie dense, nutrient poor and high in fat, sugar and salt. These ultimately contribute to the rising obesity rate and unhealthy eating habits for our Hawke's Bay communities. Food served at events is often seen as 'a treat' but unfortunately, this does not translate into reality as almost half of all New Zealand children (5-14y) are eating the following at least weekly¹

- 48% have sweets
- 83% have crisps/chips
- 45% have soft drinks
- 45% have sausages²

This report outlines the conversations and data collected from the food vendors identified by the iwi. Throughout this report, the HBDHB aspirational goal is to support *Te Ara Toiora O Ngāti Kahungunu Wellbeing Strategy* through wellbeing initiatives and strategies to progress and enhance whānau and Hapū wellbeing³.

Alongside this, the HBDHB Population Health Advisors have developed resources for event organisers with information and links to increase variety of good food at events. We acknowledge and thank Ngāti Kahungunu Iwi Inc who have provided feedback on how best to relay health messages to whānau and recommendations on how to remove visible barriers such as the term 'healthy' from our resources. We also acknowledge this piece of work would not have been possible without the agreement and introductions to work with food vendors that support Ngāti Kahungunu Iwi at their annual Waitangi Day briefing and ongoing discussion that has led to this report.

¹ Canterbury District Health Board. (2017.) *Heathy Events and Fundraisers: A Guide for School and Community Event Organisers*. Retrieved from <http://www.cph.co.nz/wp-content/uploads/nut0098.pdf>

² Ministry of Health. (2003). *NZ Food NZ Children: Key results of the 2002 National Children's Nutrition Survey*. Wellington: Ministry of Health

³ Ngāti Kahungunu Iwi Inc. (2017) *Hoea rā Ngāti Kahungunu Iwi Incorporated, Annual Report 2016-2017*.

2. Context

One in three adults in Hawke's Bay is obese, that is 34% of the adult population⁴. This is an increase of 8% since 2006. Obesity is linked to a range of health problems such as diabetes, hypertension, high cholesterol, cardiovascular disease, respiratory problems and musculoskeletal diseases and some cancers.⁵ We know that rates of obesity are higher for our Māori and Pacific populations and this highlights an equity issue. Along with the physical health implications of obesity, a recent report has also highlighted a number of non-health impacts of obesity such as reduced employment, low self-esteem and problems with mental health, discrimination and increased crime⁶. There is also a cost to the health system, in 2006, it was estimated that health care costs attributable to overweight and obese persons was \$686 million or 4.5% of New Zealand's total health care expenditure.⁷

The Hawke's Bay Healthy Weight Strategy (2016) is the HBDHB guiding document for this work. The strategy takes a lifespan approach to increasing healthy weights and includes a range of activities across sectors and settings including increasing healthy eating environments e.g. events, workplaces, schools. The strategy and action plan reports to the Hawke's Bay DHB Board, Clinical Council and Māori Relationship Board.

3. Methods

Following 2017 Waitangi Day HBDHB Population Health Advisors engaged with Iwi food vendors to understand what food and drinks were being provided. The HBDHB engaged a Community Dietician and in partnership with Population Health Advisors met with Iwi food vendors to build a picture of the food served at Waitangi Day. A questionnaire adapted from Healthy Families Waitakere was used to survey 14 local food vendors. The survey (Appendix 2) asked a variety of questions about the contents of their menus. Food vendors were interviewed either in person or via a phone call or email. Information was then analysed by a registered Dietitian and recommendations made. The emphasis was on what food vendors could do to improve the variety of food being sold at events. The dietician has made some practical suggestions (e.g. to increase the amount of fruit being sold try making fruit kebabs) and the intention is to investigate the sort of help food vendors need to consider implementing these recommendations.

⁴ Ministry of Health. 2012. *The Health of New Zealand Adults. 2011/12: Key findings of the New Zealand Health Survey*. Wellington. Ministry of Health.

⁵ McElnay C. 2014. *Health Equity in Hawke's Bay*. Hawke's Bay District Health Board.

⁶ NZ Institute of Economic Research. 2015. *The wider economic and social costs of obesity*. Social Policy Evaluation and Research Unit. Wellington.

⁷ A Lal and others "Health care and lost productivity costs of overweight and obesity in New Zealand" *Australia New Zealand Journal of Public Health* (2012) 36(6) 550.



Figure 1.1 Steps taken to complete the 'Food at Events' project

4. Results:

The following categories were selected - Fruit, Vegetables, Milk and milk products/alternatives, Processed meat, Kaimoana, Grains, Salt, Confectionary and Sugar sweetened beverages.

See Appendix 3 for graphs of results.

4.1. Fruit:

- 36% of iwi food vendors include fruit in their menu
- Sources include: fruit added to ice creams, frozen fruit in smoothies, fruit salad cups, toffee apples

4.2. Vegetables:

- 50% of iwi food vendors include starchy or non-starchy vegetables in their menu
- Sources include: potato, kumara, kamo kamo, lettuce, tomato, carrot, coleslaw, cabbage, watercress, beetroot, capsicum, onion
- Dishes containing vegetables include: hangi, chow mein, stir-fry's, fried rice, egg fu yong, kebabs, wraps, burgers, sandwiches, salads (raw fish, traditional salads)
- 21% Other – This includes the food vendor/s who occasionally offer salads and/or sandwiches, make their own guacamole and/or tomato salsa (when vegetables in season) or provide olives and gherkins on platters

4.3. Milk and milk products/alternatives:

- 36% of iwi food vendors include milk, yoghurt or cheese in their menu
- Milk and yoghurt was used in milkshakes, smoothies, frappes, coffee, milo
- Cheese was used in sandwiches, burgers, platters, American hotdogs and nachos
- 40% offered/used reduced fat options e.g. lite blue milk, milk alternatives (unsure if calcium fortified)
- 20% did not choose reduced fat options e.g. used Colby cheese instead of Edam
- Did not have data for 40% of vendors using milk or milk products/alternatives

4.4. Grains:

- 86% of iwi food vendors include grain foods in their menu
- Sources include: bread, wraps, rolls, pork buns, Rewena bread, rice, donuts, corn chips & popcorn
- Majority of food vendors (72%) chose not to provide wholegrain varieties of grain foods

4.5. Meat and meat alternatives:

- 43% of iwi food vendors include processed meat in their menu
- Sources include: hot dogs, frankfurters, bacon, salami/chorizo
- A small percentage (28%) of iwi food vendors include kaimoana in their menu
- Sources include fish (wraps, sandwich), raw fish salads, prawns (fresh spring rolls, cocktails, kebabs), mussel/paua/whitebait fritters, seafood chowder, kina & surimi salad

4.6. Fats and oils, spreads, sauces and dressing condiments:

- Majority of iwi food vendors use canola oil for cooking
- A variety of food vendors use fats, oils, spreads, sauces and dressings high in fat and sugar. Food items include: whipped cream and chocolate, caramel and strawberry topping served with donuts, query cream used in curries, full fat coconut cream (raw fish salad, query curries) and sour cream (wedges, nachos), full fat mayonnaise (salad), tomato sauce (hot chips, hot dogs)

4.7. Deep frying:

- 50% of iwi food vendors include deep fried items in their menu
- Sources include: hot chips, chicken wings, chicken nibbles, spring rolls, donuts, hot dogs & sweet and sour pork
- Majority of iwi food vendors use canola oil for deep frying followed by animal oil

4.8. Salt/sodium:

- 72% of iwi food vendors add salt to food or have it available for use
- Salt used by iwi food vendors include: yellow American salt, iodised, Himalayan, rock, chicken, garlic, Peri-Peri, Moroccan, Cajun, packet seasoning, salt sachets

4.9. Confectionary:

- Most iwi food vendors do not sell confectionary
- Sources include: lollies, liquorice filled candy straps, and candyfloss
- Other includes: toffee apples and flavoured popcorn as these do have some nutritional value

4.10. Beverages:

- More than half of iwi food vendors (65%) sell sugar sweetened beverages. This does not include smoothies made out of real fruit
- Sources include soft drinks/fizzy drinks, frappes, milkshakes and iced chocolate/coffees
- Results do not include hot drinks

5. Recommendations:

Providing a supportive environment for food vendors is top of the recommendations list. This may come in the form of training or resource provision. Most important these recommendations are to be part of an engagement and discussion with Ngāti Kahungunu Iwi Inc and food vendors. Here is a sample of options that could be included as part of a phased approach.

5.1. Fruit & Vegetables

- Support local suppliers e.g. fruit and vegetables
- Increase non- starchy vegetables, two cupped hands are a good guide for the amount of non-starchy vegetables you should include with each meal (Appendix 5)**Error! Bookmark not defined.**
- A variety of colourful vegetables is recommended. Vegetables can be incorporated in the meal or can accompany it. Fresh where possible.

5.2. Use low fat Milk and milk products/alternatives:

- Replace Colby, Cheddar and Tasty cheese with low fat or reduced fat cheeses e.g. Edam, Cottage cheese, Ricotta cheese, low fat cream cheese or small amount of parmesan
- Use a low fat or natural yoghurt instead of cream with desserts or savoury dishes

5.4. Grains:

- Smaller portions e.g. a closed fist is a good guide for the amount of grain foods you should include with each meal (Appendix 5)**Error! Bookmark not defined.**
- Wholegrain breads/wraps/pitas are filling & usually cost the same as white bread options higher in fibre and vitamins and minerals
- Rice and pasta. Adjust portion size. One cup of cooked rice or pasta, a closed fist size or ¼ of the plate is considered an appropriate serving (Appendix 5)**Error! Bookmark not defined.**^{8 17}
- Corn chips and Popcorn
 - Use plain corn chips – less salt
 - Specify weight of chips or number of tacos per servings e.g. a small handful – less fat
 - Provide plain popcorn

5.5. Meat and meat alternatives:

- Choose lean meats with little visible fat
- Remove fat from meat before cooking and skin from chicken after cooking
- Reduce the quantity
 - 100g cooked or one palm size (same thickness) is considered one serving (Appendix 5)**Error! Bookmark not defined.**
 - Extend with legumes (beans, lentils, chickpeas), rice, pasta or vegetables
- Create egg based dishes filled with vegetables e.g. omelettes with a variety of vegetable fillings
- Sausages refer to '[choice as sizzle](#)' – wholegrain bread and coleslaw
- Heat and drain the fat from canned corn beef
- Avoid selling processed meats as they are often high in fat and salt and have been linked to an increased risk of colorectal cancer

⁸ Ministry of Health. (2015). *Eating and Activity Guidelines for New Zealand Adults*. Wellington: Ministry of Health.

5.6. Fats and oils, spreads, sauces and dressing condiments

- Use the nutrition information panel to choose reduced fat varieties of foods
 - <10g per 100g of total fat
 - <2g per 100g of saturated fat
- Products with high levels of saturated fat, such as coconut oil, butter and lard should be used only very rarely
- Choose margarine and vegetable oils (such as olive and canola oils or spreads) rather than butter
 - Reduce the amount needed – use a thin spread of margarine (unable to make an indent with thumb) or cooking spray
 - Try hummus, avocado, nut and seed butters as a spread on wraps, pitas, hamburgers instead for a less-processed, more whole food approach
 - Alternatively use no spread or a non-stick frying pan
- Use lite varieties of coconut milk or coconut cream or dilute coconut cream with water when making authentic curries or raw fish salads
- Use reduced fat sour cream (e.g. on nachos and baked potatoes)
- Opt for more tomato bases rather than creamy curries or pasta
- Aim to use or provide reduced fat/sugar/salt varieties of salad dressings, mayonnaise, tomato sauce
 - Use in small amounts or provide on the side
- If you have condiments available opt for reduced fat/sugar/salt varieties of: sauces (chilli, soy, fish sauce), pastes (tomato), relishes, stocks, yeast and vegetable extracts (Marmite/Vegemite) or if using standard items don't add salt

5.7. Deep frying:

- Limit vendors that use deep frying
 - Avoid oils that are rich in polyunsaturated fats (e.g. corn or sunflower oil) because these are unstable at high temperatures
 - Where possible, use healthier cooking methods (e.g. braise, bake, steam, grill, pan fry or poach)
 - Choose olive, canola, or rice bran oil for shallow frying or barbequing
- Note: Industry approved deep-frying oils include: Alfa One Rice Bran Oil, Chefs Gold Cottonseed Oil, Bakels Ultrafry, Cookright Hi Lo Canola Oil, Cookright Cottonseed Oil, Cookright Rice Bran Oil, Peerless Formula, 40 Cottonseed Blend, Simply Cottonseed Oil, Simply Pure Rice Bran Oil, Sunnz Riceola Rice Bran Oil, Amco Sunola Oil⁹
- Complete the Chip Group online training www.thechipgroup.co.nz

⁹ The Chip Group. (2017). *Chip Group Approved Oil List*. Retrieved from <http://www.thechipgroup.co.nz/approved-oils-1/the-list/>

5.8. Salt (sodium):

- Use the nutrition information panel when choosing packaged foods
 - Low salt foods <120mg sodium per 100g of food
 - Medium salt foods 120-600mg of sodium per 100g of food
 - High salt foods >600mg of sodium per 100g of food¹⁰
- Provide/sell low salt foods e.g. fruit and vegetables, lean meats, poultry, fish, seafood, plain wholegrain products, unprocessed breakfast cereals and low-fat milk and dairy products
- Prepare meals without adding salt. Leave the salt shaker off the counter, and use herbs and spices to flavour food instead
- Speciality salts are not the healthier option. All salt whether it is table salt, sea salt or rock salt contain sodium, which if consumed in high levels can affect blood pressure. Specialty salts can also be expensive¹¹
- If using salt, use iodised salt
- All sectors of food industry are encouraged to be engaged in a salt reduction programme to decrease the sodium content of foods within their product range¹²

5.9. Confectionary:

- Limit portion size
- Avoid promotional marketing with confectionary e.g. buy two for the price of one
- Consider the location of confectionary – back wall instead of front counter
- Do not use as giveaway/prizes. Instead try the following:
 - Stickers/stamps
 - Bubble blowing kit
 - Balloons
 - Sports gear
 - Bouncy ball/ stress ball
 - Drink bottles¹

5.10. Beverages:

- Aim to only sell or promote plain unflavoured water, reduced fat milk or calcium-enriched milk alternatives (e.g. reduced-fat soy milk, almond milk)
- Consider portion size of sugar sweetened beverage (SSB)
- Consider location of SSB in your stall compared to water
- Aim to sell water cheaper than SSB

¹⁰ NZ Nutrition Foundation. (2017). *Sodium*. Retrieved from <https://www.nutritionfoundation.org.nz/nutrition-facts/minerals/sodium>

¹¹ The Heart Foundation. (2017) *Salt and Blood Pressure*. Retrieved from <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/salt-and-blood-pressure/>

¹² The Heart Foundation. (Unknown). *Sodium Position Statement*. Retrieved from <https://www.heartfoundation.org.nz/shop/submissions/sodium-position-statement.pdf>

- Alternatively sell the following in moderation:
 - Fruit juices ≤ 250ml pack
 - Reduced fat flavoured milk, calcium enriched soy beverages and drinking yoghurts ≤350ml
 - Artificially sweetened carbonated beverages ≤400ml
 - Sports beverages, sports waters and flavoured waters with <50kJ per 100mls & ≤450ml
 - Fruit drinks with <90kJ per 100mls & ≤350ml¹³

5.11. Special Diets:

Special diets to consider may include the following:

- Nut free
- Gluten and wheat free
- Wheat free
- Dairy free
- Halal
- Vegetarian
- Vegan
- Pregnancy

6. Practical ideas for food vendors:

6.1. Fruit:

- Fruit kebabs
 - In the summer try frozen fruit kebabs
- Fruit salad cups
- Fruit platters
- Watermelon and pineapple wedges
- Pineapple and mango salsa
- Watermelon salad

¹³ Auckland Regional Public Health Service, Waitemata DHB, The National Heart Foundation of New Zealand. (2017). *Beverage Guidelines*. Retrieved from <http://www.arphs.govt.nz/Portals/0/Health%20Information/Nutrition%20and%20Healthy%20Eating/82420%20Beverage%20guidelines%20Brochure.pdf>

6.2. Vegetables:

- Add extra vegetables to your hangi/umu or boil up. Aim for half of the dish to include non-starchy vegetables e.g. puha, watercress, silver-beet, cabbage, carrots, onion, capsicum or even mushrooms
- Add lots of salad ingredients such as lettuce, tomato, carrot, cucumber, beetroot, onion or coleslaw to wraps, pitas, gourmet sandwiches or burgers
- Add grated vegetables (carrots, courgette, beetroot) to mince dishes such as lasagne, nachos, chilli, meat or legume patties.
- Add vegetables to egg meals e.g. egg foo yung, crust-less quiche, omelette, scrambled eggs
- Add baby spinach to everything. Good source of iron & can be easily hidden in most dishes e.g. curries, casseroles, stir-fry's, roast vegetable salads, mince mixtures, smoothies
- Make your own tomato based, pasta, lasagne or bolognese sauce
- Make vegetable soups in winter
- Make vegetable rice. Blitz cauliflower, broccoli, courgette in a food processor. You can then roast in the oven or serve raw. It is great with a saucy curry or meat skewers
- Greens (kale, spinach, celery) are an easy addition to smoothies. You could also try blending celery, beetroot, carrots and ginger
- Corn on the cob – great on the BBQ or you can cook them in the microwave, or boil/steam them on the stove top

6.3. Grains:

- Filled rolls – Set up a 'subway' line, use wholegrain rolls and lots of salad ingredients
- Wholegrain toasted sandwiches – use low fat fillings such as baked beans, spaghetti, tomato, onion, pineapple, Edam cheese
- Sushi stall – avoid deep fried options
- Sandwich bar – use wholegrain bread, lean meat and lots of salad ingredients
- Homemade pizza – cut into slices, or use wholegrain wraps or pita breads as the base, add veggie toppings and Edam cheese
- Corn fritters made with half or all wholemeal flour and served with roasted chilli jam

6.4. Meat and meat alternatives:

- Hangi/umu – Use lean cuts of meat and cut the fat and skin off
- Boil up – Use lean cuts of meat and cut the fat and skin off. Skim visible fat from water throughout cooking process and before serving
- Add legumes (chickpeas, lentils, beans) to meat dishes. Canned varieties are cheap, and a good source of plant based proteins. For example, red kidney beans to nachos, lentils to homemade soup and chickpeas to casseroles/curries. They can also be used to create yummy vegetarian dishes like chickpea and cauliflower curry, vegetarian stuffed capsicums, vegetarian nachos, lentil bolognaise, lentil burger patties
- Lamb kofta, chicken and/or falafel kebabs served with natural unsweetened yoghurt and mint sauce. You could also add vegetables (onion, mushrooms, capsicum) to the skewers
- Meatballs made with lean mince. Use grated vegetables in mixture to increase vegetable intake
- Gourmet sandwiches – instead of ham, salami, pastrami, try leftover cooked chicken, tinned fish, hummus, Mexican refried beans, peanut butter or boiled egg - and don't forget to add your vegetables

6.5. Packaging to support Kahungunu Kaitiaki Initiative:

We support Ngāti Kahungunu Iwi Inc Kahungunu Kaitiaki Initiative, and in doing so have provided options for packaging and waste management.

- **BioPak** – products made from raw materials that are bio-based, recycled, non-toxic, recyclable or biodegradable
 - Single wall hot cups, double wall hot cups, cold cups, cup carriers, takeaway containers, plates, bowls and trays, cutlery, napkins, bags, reusable
 - <https://www.youtube.com/watch?v=rLy3ZuyXEb4>
 - <https://www.youtube.com/watch?v=U7I3pv7OpCl>
 - Coffee cups, coffee cup extras, clear cups, clear cup extras, clear containers, paper bowls, bamboo tableware, Kraft tableware, Kraft noodle box, Eco cutlery, Eco napkins¹⁴
- **Ecoware** – packaging made from plants (corn starch and bamboo fibre)
- Coffee cups, coffee cup extras, clear cups, clear cup extras, clear containers, paper bowls, bamboo tableware, Kraft tableware, Kraft noodle box, Eco cutlery, Eco napkins¹⁵
- **Innocent packaging** – packaging from plants and plant waste
 - Hot cups and lids, cold cups and lids, bowls and plates, clamshells and containers, noodle boxes, bags and cup carriers, cutlery and napkins, custom products¹⁶

¹⁴ BioPak. (2016). *Featured Products*. Retrieved from

http://www.biopakshopnz.com/?gclid=EAlalQobChMIrofc4bLx1wIVkw4rCh2GKwoWEAAAYASAAEgI5LPD_BwE

¹⁵ Ecoware. (2017). *Ecoware*. Retrieved from <http://www.ecoware.co.nz/>

¹⁶ Innocent Packaging. (2017). *All Products*. Retrieved from <https://innocentpackaging.co.nz/pages/products>

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The Heart Foundation. (Unknown). *Sodium Position Statement*. Retrieved from <https://www.heartfoundation.org.nz/shop/submissions/sodium-position-statement.pdf>

The Heart Foundation. (2017) *Salt and Blood Pressure*. Retrieved from <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/salt-and-blood-pressure/>

Appendices

Appendix 1. Food Vendor List

Roopu	Contact	Phone	Mobile	Email
The Oriental Touch Asian Foods	Kassie Kathavong	-	027 7551058	kassiekanthavong@hotmail.co.nz
Cook Island Christian Church	Reverend Abela Williams	06 8799664	022 3821646	abelawilliams@hotmail.com
Gala Caterers	Frank Burgess	-	027 4427026	
He Mauri Trust	Marise Marshall	-	020 40627830	marisemarshall@hotmail.com
Kapai Kettle Corn	Carl Neville	07 3238456	027 2693135	carlneville@xtra.co.nz
Kezrewana	Keri Hawkins	06 6502008	027 4784153	kezrewana@gmail.com
Mister Murdoch	Emaraina Small	06 8366389	021 1156744	emaraina@gmail.com
Rush Munro's	Jess MacLeod	-	021 381272	Hastingsretail1@rushmunro.co.nz
R & R Foods	Rowena Tuimaseve	06 8796394	027 8840003	Rowena1959@gmail.com
TCs fun 4 kids limited	Tracey Parker	06 8391700	027 4443860	Tcfun4kids@xtra.co.nz
Thai Food Takeaways Ltd	Charles Blows	06 8422346	021 02607539	blowsc@aol.com
The Mobile Cup	Alan Gibson	06 8765444	027 8189765	ajslodge@xtra.co.nz
Twisted Chips	Michelle Jones	06 8795926	020 40315267	twistedchipshb@hotmail.com
Hawke's Bay Seafood's	Marcus	-	0274423433	marcus@hbseafoods.co.nz

Appendix 2: Food Vendor Survey Form

FOOD VENDORS FORM

Food Vendor/ Stallholder	
Events Supported	
Date of next event	
Business Name	
Contact Person	
Phone Email/ Website	
Menu	Attach

Please list the food that you sell

Food or beverage item for sale	Description / Brand (if applicable)	Unit Size	Cost per unit	Code

Do you provide or sell water? Yes No

If yes, what is the bottle size and cost?

--

Please select YES or NO or Not Applicable (NA) for the following questions

Question	Example	Answer
Do you use reduced fat options?	Use reduced fat milk, cheese, yoghurt, cream, mayonnaise, salad dressings, coconut milk/cream Avoid dishes prepared with butter and cream	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you include fruits and vegetables?	Vegetables and salads offered with all meals. Incorporate vegetables into other menu items (e.g sandwiches, soups, quiches, baked potatoes) Seasonal fruits, fruit salad, fresh fruit smoothies. Avoid adding sugar.	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you use multigrain / wholemeal / wheat meal, breads, wraps and pitas.	Where breads are used ensure wholegrain, multigrain or wholemeal bread/rolls, pita, wraps are used.	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you use lean meat, poultry, fish and alternatives?	Trim fat and skin and use lean meat where possible. Drain fat from meat after cooking. Have more than half of the meat dishes made without processed or deli meat (e.g. sausages, frankfurters, salami, ham) Have a least one fish dish (e.g. canned , fresh fish or one legume dish e.g. chickpea hummus, bean salad)	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you avoid adding salt to cooking?	Use less salt in recipes Do not use both salt and salty ingredients (e.g. olives, salami, Asian sauces in a recipe) Where possible use low salt, no added salt, salt reduced food items	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you avoid deep-frying?	Limit (frequency and/or quantity) of deep fried food Instead of deep frying use healthier cooking methods such as grilling, stir frying, steaming, oven baking, boiling, poaching, dry frying, barbequing and microwaving	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
	If deep frying, complete the Chip Group training For more information check www.thechipgroup.co.nz	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Are your serving sizes small or moderate?	For more information www.heartfoundation.org.nz/wellbeing/healthy-eating/portion-sizes/	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Do you cater for special dietary needs (e.g. vegetarian, seafood, gluten, wheat or dairy free)?	Vegetarian items (e.g. legumes, eggs) included to provide for people who do not eat meat, chicken or fish) Any other _____	Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>

Question	Example	Answer
Do you cater at private functions?		Yes <input type="checkbox"/> No <input type="checkbox"/> NA <input type="checkbox"/>
Promotion and Marketing (Photo taken)	Produce Place Price Promotion	
Best sellers	List your best sellers	

Please indicate if you have any of the following

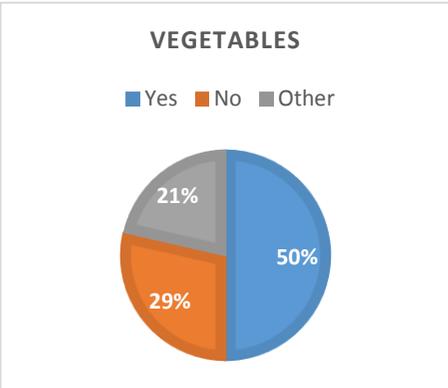
- | | |
|--|---|
| <input type="checkbox"/> Generator | <input type="checkbox"/> Compostable cups, plates |
| <input type="checkbox"/> Disposable bins | <input type="checkbox"/> Own water source |

Appendix 3: Graphs

(A)



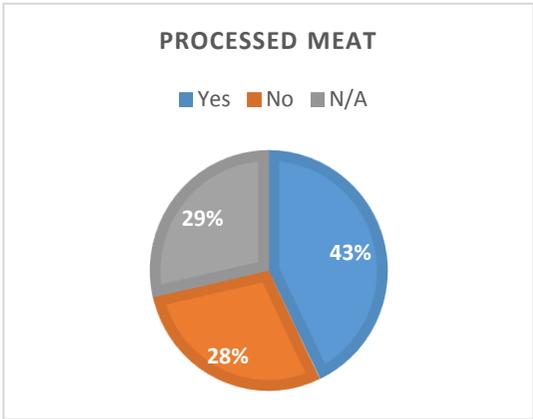
(B)



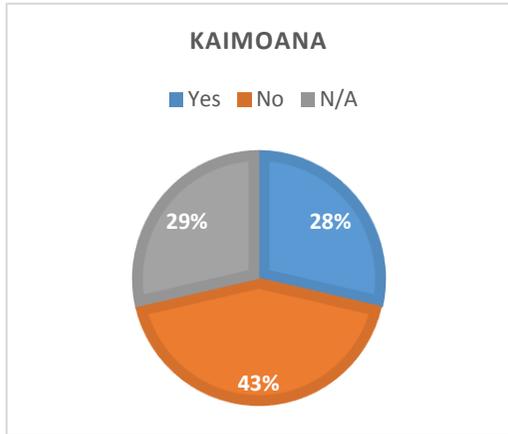
(C)



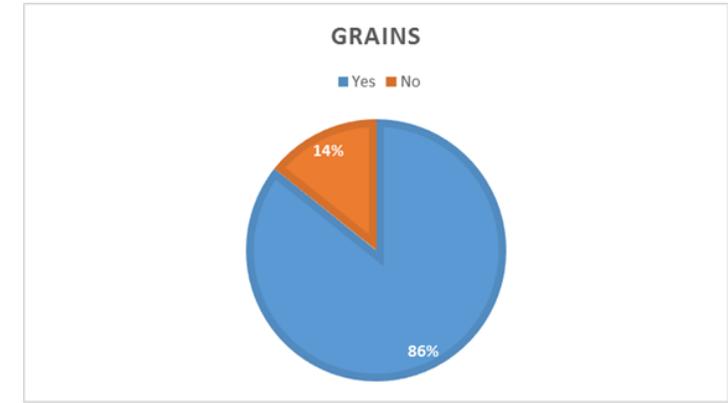
(D)



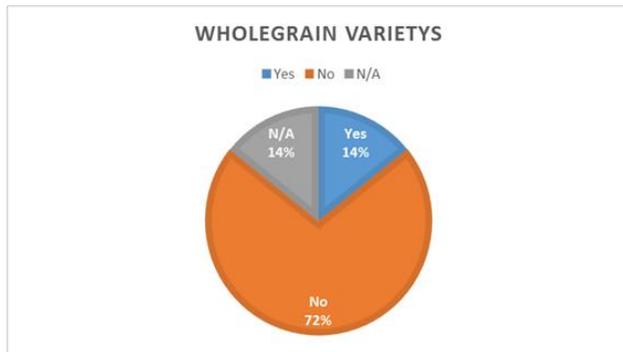
(E)



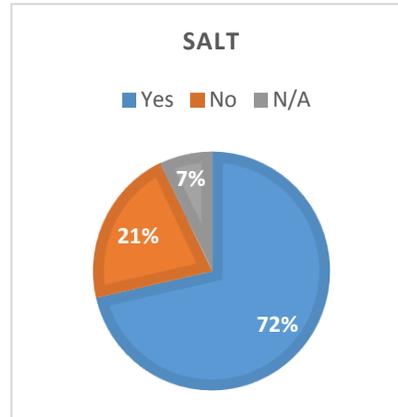
(F)



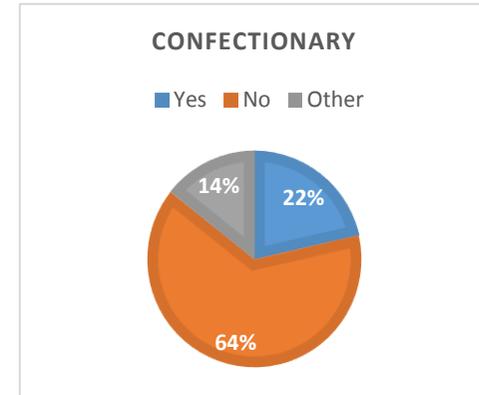
(G)



(H)



(I)



(J)

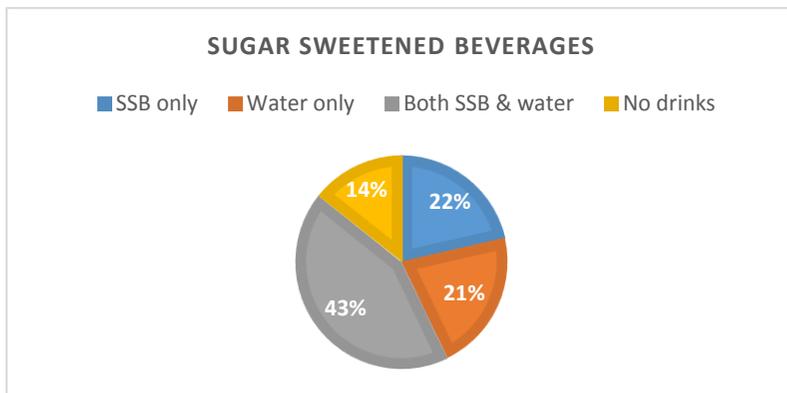


Figure 1.2: Pie graphs displaying the percentage of iwi food vendors whose menus contain the following: (A) Fruit; (B) Vegetables; (C) Milk and milk products/alternatives; (D) Processed meat; (E) Kaimoana; (F) Grains; (G) Salt; (H) Confectionary; (I) Wholegrain varieties; (J) Sugar sweetened beverages



¹⁷ Nestlé. (2017). *What's on your plate?* Retrieved from https://www.nestle.com.au/asset-library/documents/portionplate_adults_low.pdf

Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

Components of a meal



Vegetables (non-starchy)

Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower, you should include at your meal. Include more, if you can.

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.



Grain foods and starchy vegetables or legumes

A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potato, taro, corn, rice, green banana or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.

Tip – if you want more than one grain food or starchy vegetable in your meal reduce the size of each one so the total portion is the size of your fist.



Fish

The whole of your hand is a good portion guide for a piece of fish.

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal.



Poultry or meat

The palm of your hand is a guide for a portion of red meat, chicken or pork.

Tip – the thickness of the meat should be about the same thickness as the palm of your hand.

Snacks



Vegetables (non-starchy), fruit or nuts

A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.

Tip – this is a good size for your snacks.

Tips for better chips

USE THE GOOD OIL
Use a frying oil that meets the Industry Standards:
• Saturated fat – maximum 28%
• Trans fat – maximum 1%
• Linolenic acid – maximum 3%
Suppliers will tell you which oils meet the Industry Standards. These may include: high-oleic sunflower oil, high-oleic low-linolenic canola, rice bran oil, cottonseed oil and some blends of various oils.
Visit www.thechipgroup.co.nz for brands that meet the Industry Standards.

THICK CHIPS ARE BEST CHIPS
Use thick straight-cut chips, at least 13 mm wide.

NOT TOO MUCH SALT
Use salt sparingly if seasoning OR provide salt sachets.

HOW MUCH IS A PORTION?
A standard scoop of uncooked chips is approximately 330g. (approx 3 serves per kg)
In some food service and hospitality situations such as where food is shared, a standard scoop may not be appropriate.

IMPROVE YOUR SKILLS ONLINE... IT'S FUN & EASY!
Adopt best practice frying training for your staff.
Go to The Chip Group online training www.thechipgroup.co.nz

KEEP OIL IN GOOD CONDITION
Maintain your oil in good quality.
Keep fryer topped up with oil. Filter oil each day.
Cool oil and cover fryers when not in use.
Test and discard oil when it shows signs of degradation.

KEEP YOUR OIL AT THE RIGHT TEMPERATURE
Cook your chips at a temperature of 175°C-180°C for between 3-4 minutes.
Use a digital thermometer to check the accuracy of the oil temperature every week.

DRAIN OFF THE EXCESS OIL
After frying, bang or shake the basket vigorously two times. Hang the basket for at least 20 seconds.

¹⁸ The Chip Group. (2017). *Resources*. Retrieved from <http://www.thechipgroup.co.nz/the-chip-group-2/resources/>

Appendix 7: Label Reading

Ingredients List: Starts with the ingredients in the largest amounts first. Ingredients that people could be allergic to (gluten, soy, nuts) may be highlighted

Nutrition Information Panel: Lists all the main nutrients in the food. Usually listed are energy (KJ and kcal), protein, fat, carbohydrate, sugars, fibre and sodium (salt). Amounts of each nutrient is listed per 100g/100ml and for each serve. **The per 100g/100ml column can be used to compare brands**

Use the **per 100g/100ml column** to compare between brands

Nutritional Information (Cereal)		
Servings per package: 10		
Serving size: 40g		
	Quantity per serving	Quantity per 100g
Energy – KJ	588	1470
- Cal	141	352
Protein (g)	2.9	7.3
Fat, total (g)	0.7	1.7
- Saturated (g)	0.2	0.4
Carbohydrate, total (g)	28.8	72
- Sugars (g)	10	25
Dietary fibre (g)	2.9	7.3
Sodium (mg)	123	308

Choose foods lower in fat. Look for foods with less than 10g per 100g of total fat and less than 2g per 100g of saturated fat to help decrease risk of heart disease.

Choose products with greater than 6g per 100g of dietary fibre.

Sodium (salt) can raise blood pressure when eaten in large amounts.

Look for products with less than 400mg per 100g. A low salt product will have less than 120mg per 100g.

Sugar Look for products with less than 10g per 100g of sugar and less than 5g per 100g for drinks. If a cereal or muesli bar has dried fruit, then aim for less than 25g per 100g.