



HEALTHIER VENDOR GUIDE



This guide is designed to assist event organisers in selecting healthier food and drink choices at Healthway sponsored events.

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Food and drink categorisation

To be included on this guide, vendors must work with the WA School Canteen Association Inc. (WASCA) to determine the suitability of the products on their menu. This involves using a 'traffic light' system to categorise products as of 'green', 'amber' and 'red' (see page 3).

The products identified are 'healthier' options offered by each vendor however additional products may also be offered that do not meet our criteria.

It is important to note when selecting a vendor, that WASCA cannot guarantee that the menu, products or preparation methods will be the same as those in our assessments. It is our suggestion that when contacting these vendors, that you advise them of your sponsorship obligations with Healthway and request that they provide the 'healthier' alternatives listed in this resource.

Traffic light system

Green

These food and drinks are recommended for everyday consumption. These foods offer the most nutritional value and are lower in energy (kilojoules), saturated fat and salt. Examples include:

- vegetables and fruit e.g. salad, fruit salad
- breads and cereals e.g. sandwiches, wraps
- lean meats
- plain water and plain mineral water
- reduced fat dairy products e.g. flavoured milk

Amber

These food and drinks have some nutrition value however they may be higher in kilojoules and saturated fat. Examples include:

- full fat dairy products e.g. full fat yoghurt
- artificially sweetened soft drinks
- some commercially prepared hot foods
- approved muffins, cakes and biscuits
- some sweet and savoury snack foods
- some reduced fat ice-creams and fruit based icy-poles

Red

These food and drinks have little or no nutritional value and are high in energy (kilojoules) and saturated fat. Examples include:

- Deep fried food e.g. hot chips, spring rolls
- Confectionery and chocolate
- Sugary soft drinks
- Sports drinks and high caffeine drinks
- Croissants, doughnuts, fairy floss
- Full fat pastry items e.g. sausage rolls, pies

Healthier vendors

Bona Pizza

Contact person	Donna Benini
Phone	0438 361 069
Email	bonapizza@optusnet.com.au
Regions	Perth metropolitan area, Wheatbelt, Peel and South West
Facebook	www.facebook.com/bonapizzaoz
Products	Woodfired Pizza
	Rocket Salad

Cool Beans and Greens

Contact person	James Cleminson
Phone	0458 700 525
Email	letschat@coolbeansandgreens.com
Regions	Perth metropolitan area, Peel, South West, Gascoyne, Great Southern, Mid-West
Website	www.coolbeansandgreens.com
Facebook	www.facebook.com/CoolBeansandGreens
Products	Acia Bowls
	Cold pressed juices
	Coffee and tea

Dal Pizzaiolo

Contact person	Domenico Ventura
Phone	0415 583 650
Email	domenico@dalpizzaiolo.com.au
Website	www.dalpizzaiolo.com
Facebook	www.facebook.com/Dal-Pizzaiolo-1405250536433075
Regions	Perth metropolitan area, Peel and South West
Products	Pizza margherita
	Pizza hawaiian
	Pizza vegetarian
	Vegetarian calzone
	Wood fired roasted potatoes with rosemary
	Roast meat rolls

Food&Co.

Contact person	Ryan and Tennille O'Neill
Phone	0450 612 096
Email	foodnco@mail.com
Regions	South West, Peel and Perth metropolitan area
Website	www.foodnco.com.au
Facebook	www.facebook.com/foodncoaustralia
Products	Paella
	Meat and Vegetable tacos
	Mexican tortilla salad

Fruity Fanatics

Contact person	Deborah Marten
Phone	0419 916 154
Email	sales@fruityfanatics.com.au
Regions	Perth metropolitan area
Products	100% frozen fruit tubes
	100% fruit juices
	100% frozen fruit ice cream

Healthy and Tasty Gozleme

Contact person	Eda Adlig Firat
Phone	0423 663 416
Email	edaadlig@hotmail.com
Regions	Perth metropolitan area
Products	Feta and spinach gozleme
	Mince, cheese, spinach and herb gozleme
	Chicken mince, cheese, mushrooms and herb gozleme

JD's Fast Foods

Contact person	Julianne Brashaw
Phone	9296 0026 / 0412 099 586
Email	admin@jdsfastfoods.com.au
Website	www.jdsfastfoods.com.au
Regions	Perth metropolitan area, regional locations considered

Outlet	JD's Corn Stall
Products	Hot buttered corn - providing a maximum of 5g butter is used per corn cob
	Water
Outlet	JD's 'Healthy Food Van'
Products	Sandwiches
	Salads
	Fruit salad
	Wraps
	Sushi
	Stuffed Spuds
	Kebabs

Juici

Contact person	Sarah Sibson
Phone	0458 799 300
Email	hello@juicipopup.com
Website	www.juicifruit.com
Facebook	www.facebook.com/juicipopup
Regions	Perth metropolitan area
Products	Freshly Squeezed fruit and vegetable juice
	Smoothies

Olé Paella

Contact person	Brad Lamb
Phone	0452 500 451
Email	brad@olepaella.com
Regions	State-wide
Website	www.olepaellacatering.com.au
Facebook	www.facebook.com/olepaellacatering
Products	Paella
	Fresh coconuts
	Water

Pai Tumaca

Contact person	Mirco Bortolozzo
Phone	0412 018 341
Email	mrk0782@gmail.com
Website	www.paitumaca.com
Facebook	www.facebook.com/paitumaca
Regions	State-wide
Products	Chicken Paella
	Mushroom and Vegetable Paella

Porta Pizza

Contact person	Oliver Lemke
Phone	0419 868 489
Email	info@portapizza.com.au
Website	www.portapizza.com.au
Facebook	www.facebook.com/portapizza.com.au
Regions	Perth metropolitan area, Peel
Products	Woodfired pizza
	Water

Raw Life Juice Bar

Contact person	Kylie Johnston and Chris Barnao
Phone	0409 984 001 or 0467 604 505
Email	info@rawlifejuice.com.au
Website	www.rawlifejuice.com.au
Facebook	www.facebook.com/www.RawLife.com.au
Regions	South West
Products	Made to order fruit and vegetable juices
	Coconut water
	Water

Soul Cocina

Contact person	Natalie Honey and Adrian Figgins
Phone	0400 831 131
Email	soulcocinacatering@gmail.com
Facebook	www.facebook.com/soulcocinacatering
Regions	Perth metropolitan area, Peel, South West, Great Southern, Gascoyne and Midwest
Products	Tacos, burritos, enchiladas
	Lean pork and veal meatballs
	Poached eggs with smokey beans
	Seasonal fresh soups

Spice Odysee

Contact person	Satish Kumar
Phone	0448 392 509
Email	spiceodysee@gmail.com
Website	www.spiceodysee.com.au
Regions	South West
Products	Vegetarian Curry with basmati rice
	Meat and vegetables with basmati rice
	Oven baked samosas
	Water

Sunny Jims Wood Fired Pizza

Contact person	Sean Bryce
Phone	0413 054 483
Email	admin@sunnyjimsmobilepizza.com.au
Website	www.sunnyjimspizza.com.au
Facebook	www.facebook.com/Sunnyjimsmobilewoodfiredpizza
Regions	Anywhere up to 200km from Perth
Products	Various wood fired pizzas
	Hot beef and gravy rolls
	Lasagne
	Fresh salads

The Stuffed Spud

Contact person	Brett Herron
Phone	0414 947 052
Email	herron@highway1.com.au
Regions	Perth metropolitan area
Website	www.stuffedspud.com
Products	Stuffed spuds, many varieties
	Water and reduced-fat flavoured milk varieties

Two Queens - Pizza Queens

Contact person	Jules Colson and Izabel Machese
Phone	0416 008 514 / 0430 920 440
Email	jules@pizzaqueens.com.au izabel@pizzaqueens.com.au
Website	www.pizzaqueens.com.au
Facebook	www.facebook.com/PizzaQueensWoodfiredStreetPizza
Regions	State-wide (excluding North West)
Products	Pizzas
	Paella
	Healthy sausage sizzle
	Brazilian BBQ
	Drinking coconuts
	Fresh fruit

Vibelicious - high vibe food van

Contact person	Andrea Nerva
Phone	0432 024 722
Email	vibelicious@outlook.com
Regions	South West and Great Southern
Facebook	www.facebook.com/VibeliciousFoodVan
Products	Spanish beans and egg
	Gourmet toasties
	Moroccan lentil soup
	Homemade muesli and yoghurt
	Biodynamic lamb rolls
	Frozen green smoothies (funny faces)
	Coconut water

WA Spit Roast

Contact person	Sean Powers
Phone	9331 4100 or 0419 531 644
Email	sean.p@inet.net.au
Regions	Anywhere up to 75km from Perth
Website	www.waspitroast.com.au/
Facebook	www.facebook.com/waspitroast
Products	Roast Meats
	Beef or pork with gravy rolls
	Salads
	Water

The Wooden Box Cart

Contact person	Kunj Shal and Komal Patel
Phone	0403 369 198 or 0401 651 769
Email	enquiry@thewoodenbox.com.au
Facebook	www.facebook.com/The-Wooden-Box-Cart-849723355149203
Regions	Perth metropolitan area, Peel
Products	Tortillas
	Stuffed potato skins
	Acai bowls
	Cold pressed juices

