

Greater Bendigo Healthy Catering Guide



About this guide

The Greater Bendigo Healthy Catering Guide was developed in 2021 as a collaboration between City of Greater Bendigo (CoGB) and Bendigo Community Health Services (BCHS).

BCHS is now leading this work and has brought this updated version to our community. This resource will remain up to date with catering information through a yearly review of the ordering options provided by local caterers. Through applying a size-inclusive health promotion lens, this guide seeks to:

- support settings such as workplaces to align with their healthy eating policies;
- assist workplaces to order healthy catering options for their staff;
- contribute to the Catering for Good Directory to specifically represent and profile local catering companies statewide from Bendigo, Heathcote, Elmore and other small towns throughout the region; and
- create local alignment with the Victorian Government's Healthy Choices initiative.

Why apply a size-inclusive health lens?

Recent data shows that approximately 60 per cent of adults in Greater Bendigo live in larger bodies. While this is a factor in the conversation about preventable chronic disease, we acknowledge that dietary factors alone are not responsible for a person's body size. In line with this, this guide aims to ensure the people of Greater Bendigo have equitable access to nutritious food, free from shame, stigma and judgement. A size-inclusive approach doesn't moralise food choices, promote diet culture, or food shame.

This guide aligns with a variety of existing guidelines and frameworks, including:

- Victorian Government's Healthy Choices Guidelines
- Community Health - Health Promotion Program Guidelines (2025-2029)
- Healthy Greater Bendigo 2021-2025 Framework
- Greater Bendigo Food System Strategy 2020-2030
- Towards Size Inclusive Health Promotion (2023).

How to use this guide

Use this guide to inform your catering choices and ensure you are providing healthy, nutritious options at meetings, events and functions. You can find a list of local caterers on pages **6-10**, along with their menus and contact information. Further information on this guide can be found on the next two pages.





About the Healthy Choices guidelines

To support healthy eating in workplaces, the Victorian Government updated their policy directive for all public health services in Victoria. All catering (food and drinks) provided by a service to staff and visitors (includes catering ordered through in-house or commercial providers) must align with the Healthy choices: Workplace healthy eating policy and catering guide. No food or drinks classified ‘red’ can be provided, and the majority of food and drinks provided must be classified ‘green’. This means caterers must now comply with these guidelines when providing catering to a public health service.

The menu items in this guide have been assessed through the Healthy Eating Advisory Services online ‘Foodchecker’ tool. In line with guidelines, only food and drinks meeting the green and amber classifications have been included. We recognise that nutritional needs are diverse for individuals, including culturally-diverse groups, and that these classifications of food groups are a very western interpretation of nutritional needs.

The Healthy Choices guidelines classify food and drinks into three categories according to their nutritional value:

GREEN category food and drinks include items that are nutritious and offer a variety of necessary vitamins and minerals for everyday function. They are good sources of important nutrients and lower in added fats, sugars and salt. Examples include: water, wholegrain/wheat breads and cereals, fruit and vegetables, reduced-fat dairy products, lean meat and poultry, fish, eggs, nuts and seeds.

AMBER category foods and drinks should be selected carefully and consumed in moderation. Although these items provide some valuable nutrients, they can contribute to moderate amounts of fats, added sugar or salt. Examples include: regular fat milk, yoghurt and cheese, dried fruit and some fruit juices.

RED category foods and drinks are often low in nutrients and are high in sugar, added fats or salt and should be enjoyed on rare occasions. Examples include: deep fried foods, lollies, chocolates, cakes, processed meats e.g. salami, pastries and soft drinks.

You can read more about these guidelines on **page 5** by following the links.



Healthy catering tips

- Order multigrain, wholemeal, rye or other high fibre breads/wraps.
- Provide a variety of fresh options for people to choose from.
- Choose water over juices.
- Offer reduced-fat milk and soy or almond milk as an alternative milk option.
- Offer herbal tea and decaf coffee as alternative drink options.
- Include as many **green** foods and drinks in your catering order as possible (at least 50 per cent)
- Remember to order for special diets and think about cultural appropriateness, that is gluten free, lactose intolerant, vegetarian, vegan, halal and Indigenous foods.
- Avoid over-catering (minimise food waste).
- Ask about minimal packaging and using recyclable food packaging.
- Look to update your healthy eating policy for your workplace.

How much catering should I order?

We tend to over-cater in fear of running out of food. Leftover catering that ends up in landfill is a major contributor to greenhouse gas emissions, in turn affecting our changing climate.

With a little planning, you can reduce the amount of catering that is wasted. To help you plan your next catering order, try:

- Tracking event RSVPs (where possible) so you know how much to order.
- When ordering sandwiches, the standard amount is one sandwich per person and less if there is salad or finger food also available.
- Think about the purpose of the meeting and the type/amount of food that is necessary.



Disclaimer

This guide has been developed with a size-inclusive and strength-based Health Promotion lens. We want to ensure that users of this guide understand that it is intended to create an environment where people of all sizes and abilities can move, eat, rest and connect in ways that feel good and is sustainable for them (and is not aimed at achieving weight loss). We acknowledge that the relationship between food and our bodies is a complex topic and can often lead to negative feelings. The aim of this guide is to support workplaces, organisations and the general community who want to create spaces where more nourishing food and drink is available to allow people to make the best choice for themselves and their circumstances.

Additionally, it is important to note that caterer's menus may change and we will update this guide annually to reflect this. Please refer to the website of each caterer for more information on their menus.

Helpful links and resources

- **Healthy Eating Advisory Service – Healthy Choices Guidelines:** https://heas.health.vic.gov.au/healthy-choices/_guidelines_health.vic.gov.au
- **Healthy Choices Guidelines and Policy Directives:** https://www2.health.vic.gov.au/public-health/_preventive-health/nutrition/healthy-choices-for-retailoutlets-vending-machines-catering
- **Catering for Good Directory:** [The Catering for Good Directory | Healthy Eating Advisory Service](#)
- **Community Health - Health Promotion Program Guidelines (2021-2025):** [Community Health - Health Promotion 2021-25](#)
- **Healthy Greater Bendigo 2021-2025 Framework:** [Healthy Greater Bendigo 2021-2025](#)
- **Greater Bendigo Food System Strategy 2020-2030:** [Greater Bendigo's Food System Strategy 2020-2030](#)
- **Towards Size Inclusive Health Promotion (2023):** [Final Online Version Size Inclusive Resource](#)

Mother Bean Mobile Coffee

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.



0422 435 630



motherbeanbendigo.com.au



motherbean@hotmail.com

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Takes reusable cups!

Drinks & Available Milk Options

Espresso

Black tea

Herbal tea

Australian light milk

Australian full cream milk

Paul's Zymil full cream lactose milk

Australia's Own barista almond milk

Australia's Own unsweetened organic almond milk

Bonsoy soy milk

Pure Harvest organic unsweetened soy milk

Vitasoy oat milky milk

Adamo Catering (Ulumbarra Cafe)

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Vegetarian
- Other (e.g. Halal)

Hot Foods

Pumpkin soup

Cauliflower soup

Chicken & veg soup

Beef & barley soup

Potato & leek soup

Crustless quiche

Roast beef & vegetables

Roast chicken & veg

Roast vegetables

Traditional Sri Lankan veg curry
with steamed rice

Hot Foods (continued)

Traditional Sri Lankan chicken
curry with steamed rice

Roast pork & vegetables

Pasta bolognaise

Chicken, pumpkin & mushroom
risotto

Cold Foods

Assorted rolls

Assorted sandwiches

Quinoa, avocado & tomato salad



03 5444 2111



adamocatering.com.au



info@adamocatering.com.au

Cold Foods (continued)

Vegetable frittata (hot or cold)

Greek salad

Roast vegetables with goat cheese
and spinach salad

Snacks

Yoghurt with nuts, seeds and
berries

Fresh fruit platter

Fresh fruit skewers

Fresh whole fruit

Vegetable crudites with house
made dips

Snacks (continued)

Low fat mini muffins

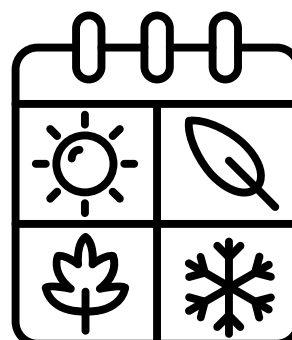
Pumpkin scones

Drinks

Plain water

Cool Ridge lightly sparkling water
lime (500ml)

**Please note this menu may change
depending on seasonal availability.**



Fox & Giraffe

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Vegetarian
- Other (e.g. Halal)

Cocktail Menu

Meatballs with red capsicum sauce

Petite sausage rolls with relish

Tomato bruschetta served on mini toast

Balsamic glazed beetroot tarts garnished with whipped feta

Mini cuban sandwiches w/roast pork, pickles, swiss cheese & mustard

Peanut satay chicken skewers

Mini roasted veg stacks

Bite-size veg tarts

Panko crumbed jumbo prawn w/aioli

Herb & parmesan crumbed lamb cutlet w/relish

Salmon blinis w/cream cheese & dill

Grazing Table

Antipasto Board:

- Selection of continental meats
- Selection of cheeses
- Marinated olives, mixed nuts/fruit
- Fresh fruit/gourmet dips
- Fresh baguettes, grissini & lavosh

Dips & Crudites:

- Carrot, celery, cucumber & cherry tomatoes
- Selection of four dips (hummus, beetroot, avocado, & french onion)

Fresh Fruit Platter:

- Watermelon
- Grapes
- Rockmelon
- Honeydew
- x2 Seasonal Fruits



0459 040 594



foxandgiraffe.com.au



info@foxandgiraffe.com.au

Share Boxes

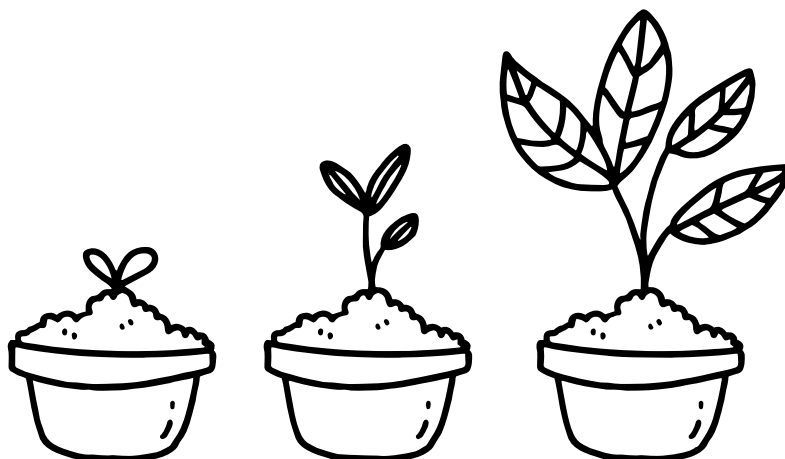
Petite Wrap Box:

- Ham, cheese & relish
- Garden salad, avocado & mayo
- Beef, baby spinach, red onion, cheese & sun-dried tomato
- Waldorf chicken (chicken, celery, mayo & walnuts)

Party Box:

- Chunky beef pie
- House made sausage roll
- Vegetarian quiche

Please note this menu may change depending on seasonal availability.





This guide has been developed by Bendigo Community Health Services with support of City of Greater Bendigo. If you would like your menu added to this guide please contact: healthpromotion@bchs.com.au

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