



2017

Healthy meals
for kids

Presented by Asher Regan

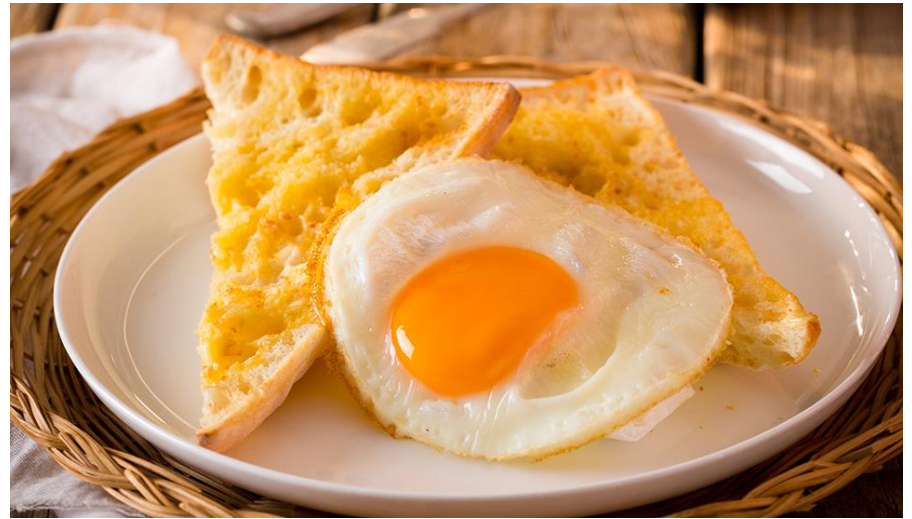
Background

- 1/3 NZ children overweight or obese
- Eating out frequently identified as important risk factor
- NZers eating out more frequently than ever before
- Cafes, restaurants, bars, pubs and taverns are contributing 66% of the market share





Why kids' menus?



Current status of children's menus

- Approximately half of all dishes offered served with deep fried chips
- One third of all dishes offered had a deep fried food as the main item
- Nearly every menu had at least one deep fried option listed, most commonly chicken nuggets, fish bites and hot dogs
- On the positive side approximately 85% of the menus had one or more items that could potentially meet our criteria, although we couldn't be sure without seeing the recipes
- Less than 10% of the menus appeared to be genuinely trying to provide a largely healthy children's menu



All Mains \$8.00

OFF THE HOOK
FISH n CHIPS



* May contain small bones.

HANGTEN
HOTDOGS



COWABUNGA
cheeseburger



Pipeline

CHICKEN WRAP



CRANKING
CHICKEN SALAD



Wipe-Out
Nuggets



OUTBACK
CRABSTICK



AMAZING DEAL!

Grom Combo
Only \$12.99

Includes any Grom Main, Dessert,
Regular Soft Drink & a FREE kids goodie bag.

DRINKS ARE UPGRADABLE TO LARGE OR
MOCKTAILS FOR \$1.00*

* See reverse for drinks



BEACHED
BANGER N' MASH



GNARLY
BEEF NACHOS



TUBED TOASTIES
BACON & CHEESE



MONDO
MAC & CHEESE



All Desserts \$5.00



Jelly & Ice Cream



Kid's Sundae



Chocolate Fish
& Ice Cream



Donut Sundae



Brownie



Banana Boat





* * CHILDREN'S COMBOS * *

Each choice includes an Ice-Cream Sundae for dessert

RUMP STEAK *G/F

\$12.50

With seasonal vegetables and mash or salad and fries

ROAST PORK *G/F

With seasonal vegetables and roast potato

MINI HOT DOGS

Served with fries

CHICKEN NUGGETS

Served with fries

FISH BITES

Served with fries.

CHOOSE A SAUCE FOR YOUR ICE CREAM

caramel, strawberry, raspberry, chocolate or passionfruit



KIDS MENU (From 3 to 14 years of Age)

\$25.00

Includes a "Soft Drink" - Coca-Cola, Lemonade, L&P or Ginger Ale or Juice

Grilled Chicken Tenderloins
with potato gratiné and baby vegetables

Fish & chips
crumbed fish fillet, shoestring fries and baby vegetables

Sirloin steak
with potato gratiné or shoestring fries and baby vegetables

Ham & Cheese Macaroni
served with fries and salad

Spaghetti Bolognese
served with salad and grated cheddar

Rocket Ice Cream
vanilla, chocolate or dairy-free berry

SAFETY CAUTION:
All children must remain seated as revolving floor may create
hazards - Thank you!

Menu items are subject to availability.



KIDS' MENU

KIDS' MEALS ALL 9.90

ALL MEALS COME WITH A SUNDAE FOR DESSERT!

HAM & CHEESE PIZZA WITH CHIPS

FISH GOUJONS & CHIPS

BEEF BURGER & CHIPS

CHICKEN NUGGETS & CHIPS

MINI HOT DOGS & CHIPS

CREAMY PENNE PASTA WITH HAM

KIDS' SUNDAE

CHOOSE A FLAVOUR!

Chocolate
Passionfruit
Strawberry
Caramel

KIDS' DRINKS

JUICES 2.50

Apple
Orange
Cranberry
Pineapple

FIZZY! 2.00

Cola
Diet Cola
Lemonade
Raspberry Cola / Lemonade

KID'S COCKTAILS 4.50

Pink Panther
Spider
Golden Sunrise



SIX BARREL SODA 5.50

HANDMADE IN WELLINGTON WITH
ALL NATURAL INGREDIENTS

Flavours:
Lemonade
Limeade
Raspberry lemon
Ginger ale

SIX
BARREL
SODA
CO



What is Kids' Choice?

- Children's menu endorsement
- Promoting healthier and more interesting meals for children
- Engagement with food services regarding healthier catering



Meals with the Kids' Choice icon have been developed to meet strict recipe guidelines set by the **Heart Foundation**.



Menu has been developed to meet the **Heart Foundation's** Kids' Choice menu guidelines.



Kids' Choice recipe guidelines

	Does the menu item comply?		
	Yes	No	N/A (not applicable)
Salt/sodium			
<ul style="list-style-type: none"> Low amounts of salt used. If salt is added to the dish, there is considerably less than would feature in an adult version of this recipe Salty ingredients such as olives, cheese, processed meats, soy sauce, fish sauce and oyster sauce are limited 			
Deep frying			
<ul style="list-style-type: none"> No items in the dish have been deep fried 			
Vegetables			
<ul style="list-style-type: none"> At least half of the dish is made up of non-starchy vegetables 			
Lean meat, poultry, fish and alternatives			
<ul style="list-style-type: none"> Where meats are offered they are lean and minimally processed 			
Low or reduced fat dairy products			
<ul style="list-style-type: none"> Recipe uses reduced-fat versions of dairy products or smaller quantities of full-fat dairy products Small amounts of cheeses (less than 30g/ serve) used Small amounts butter or cream (not both) used Less than 1 tsp butter/serve Less than 2tsp cream/ serve 			
Pastry			
<ul style="list-style-type: none"> If pastry is used in a dish, it is filo 			
Desserts			
<ul style="list-style-type: none"> Desserts offered are fruit-based or contain fruit Added sugars* are limited to less than 10g/serve The dessert also follows the guidelines stated above, where applicable 			

*Added sugars include: sugar (sucrose) golden syrup, treacle, honey, molasses, maple syrup, agave syrup, malt extract, corn syrup, rice bran syrup, invert syrup, fruit juice concentrates.





PORTLANDER KIDS COMBO

Main, dessert and drink for \$20

MAINS \$15

Cheeseburger with Angus patty, brioche bun, ketchup and American cheese, served with a chunky garden salad.

Grilled Waitoa free range chicken breast, mash, greens and jus. ❤️ KIDS CHOICE

Steak, veg and potatoes with jus – 125g pure south sirloin. ❤️ KIDS CHOICE

Pumpkin soup with crispy pumpkin seeds and cheese on toast.

Battered or pan fried terakihi fillets with oven baked hand cut chips, small salad and tomato sauce.

Spinach and ricotta ravioli, little broccolini, almonds and parmesan. ❤️ KIDS CHOICE

DESSERTS \$5

Chocolate brownie and ice cream with heaps of chocolate sauce and toasted marshmallows.

A big bowl of fresh seasonal fruit salad with passionfruit coulis. ❤️ KIDS CHOICE

Zelati gelato in a cone with house made cherry fruit roll up and pistachios. Please choose from today's available flavours.



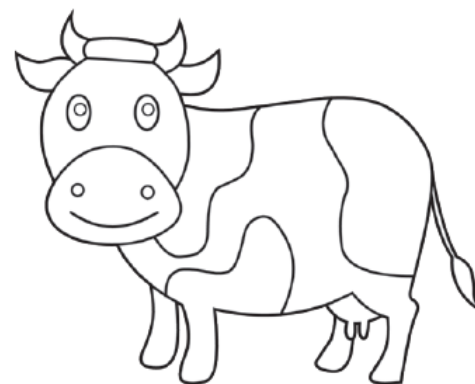
Meals with the Kids' Choice Icon have been developed to meet strict recipe guidelines set by the Heart Foundation.

Can you find all the words...?

V I Y M S J A H E T T N E K C I H C S F
Y P J H I G E U X R P N C S Q H P I E Y
U A M U R A T G V O W S A O M B P H L R
M K Y A L R R E D N A L T R O P C F B E
M R X T O L E D E I P F O M U K I U A N
Y T H H I B P T T B U R G E R A I L T N
N Y P P N O A O V H J N H Z A X T N E I
S S E G U L W H I T E B A I T U E S G D
P E P F O E C U A S U I Z K H D T Y E E
U M I C K F N V N D C D E S A U D U V R
D B O R B I N S O G D A T M O W J P M A
P H S K F N A M P M D E B O T W N Y U N
C N N C C K U P Q N A N P C M D J E F F
U A K N F C V V U K V T F Q T J T G O F
P Z W Z R U L S K X W H D I T E Y W R D

YUMMY
STEAK
CHEF
DINNER
PORTLANDER
COOKING
SUNDAE
SAUCE
SIRLOIN
BURGER
RESTAURANT
AUTUMN
VEGETABLES
HEALTHY
COOKING
CHICKEN
WAKANUI
CHOCOLATE
FRIES
WHITEBAIT
KNIFE

Use your favourite colours
to fill in Heidi the cow!



KIDS MENU



BANANA FRITTERS ^{VT}
SERVED WITH FRESH FRUIT + HONEY
\$7.50



FISH CAKES ^{GF}
SERVED WITH GREEN SALAD + LEMON YOGHURT
\$9.00

BEAN QUESADILLAS ^{VT}
SERVED WITH GREEN SALAD + CHEESE + GUACAMOLE
\$8.00

RICE PUFF CAKES ^{GF}
SERVED WITH DICED CUCUMBER, TOMATOES AND CARROTS
+ YOUR CHOICE OF TOPPING:
CHEESE AND TOMATO ^{VT} | CHEESE AND VEGEMITE ^{VT}
PEANUT BUTTER, BANANA, HONEY ^V
\$6.50



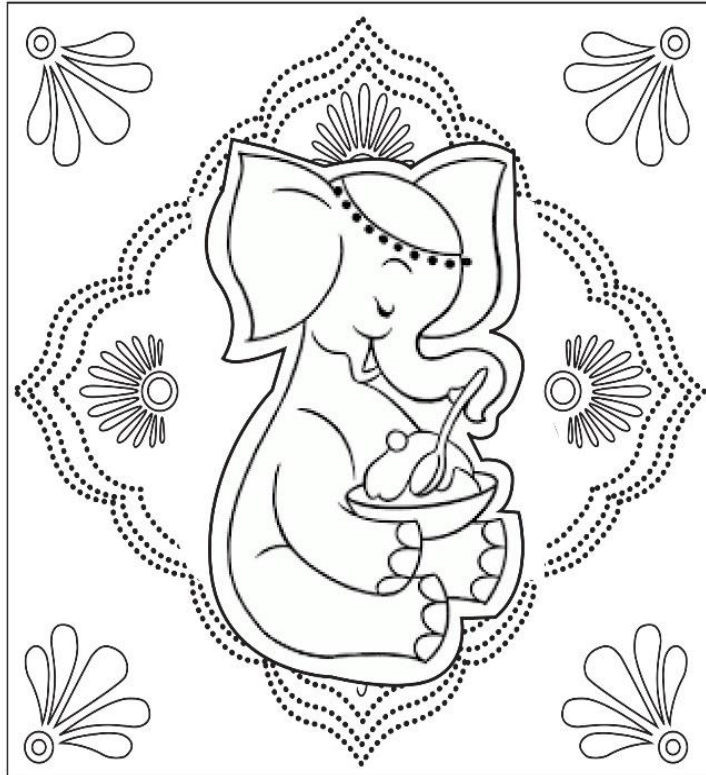
THIS MENU HAS BEEN DEVELOPED TO MEET THE HEART FOUNDATION'S KIDS CHOICE MENU GUIDELINES.

^V - VEGAN ^{VT} - VEGETARIAN ^{GF} - GLUTEN FREE



MONSOON POON

TRADING HOUSE RESTAURANT



COLOURING IN

KUNG FU BANQUET!

For children 12 and under only



DRINK

Sparkling Mela Apple Juice



KIDS PLATTER

THE DRAGON

Grilled Chicken Satay
with peanut sauce

THE MONKEY

Potato & Pea Curry (V)

THE COBRA

Butter Chicken

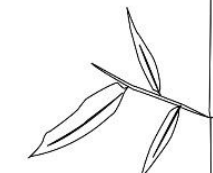


served with steamed jasmine rice, mini naan, carrot and cucumber

DESSERT

Vanilla Ice Cream

with berry topping



This menu has been developed to meet the Heart Foundation's Kids' Choice menu guidelines



Kai – Tamariki

(Under 12 years only)

Otimira | Porridge 5-
with Poached Pear and Fig

Heki me Tōhi (Eggs and Toast Fingers) 7-
Soft boiled eggs served with toasted sourdough fingers drizzled
with olive oil and fresh fruit (gf available) ❤️ KIDS CHOICE

Hanawiti Heihei (Poached Chicken Wrap) 8-
Poached chicken served in a soft yeast and dairy free wrap,
fresh lettuce tomato and cucumber with house made tomato
sauce, served with sliced apple ❤️ KIDS CHOICE

Manga Mata (Vegetarian Filo) 8-
Oven baked filo filled with spinach and mushroom served with
house made tomato sauce and grapes ❤️ KIDS CHOICE

Kumara me Ika (Fish Cakes) 8-
Smoked fish and hāngi hash cakes served with
lemon yoghurt and carrots & hummus-gf ❤️ KIDS CHOICE

Purini me ngā Inu Mātao (Desserts and Drinks)

Ngā inu mātao – Banana berry smoothie 4-

Aihikirimi – Frozen banana & cocoa 4-

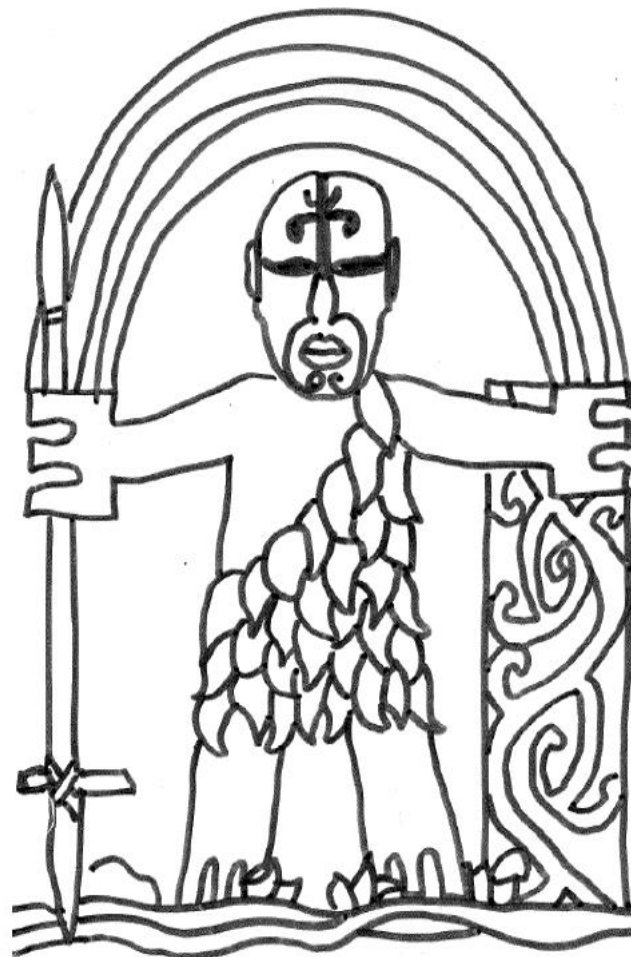
Ngā huarākau mātao – Berry fizz slushy 5-

Inu Wai – chilled water available from the water station *free*

This menu has been developed to meet the Heart Foundations Kids Choice Menu Guidelines



Karaka Cafe



Rongomātāne

Māori Guardian of cultivated foods



Promotion

BREAKING NEWS "get out and stay out" the people of Edgecumbe are told ... read more

Like father, like son: youngster makes kids' menu at Waikanae restaurant

ADAM POULOPOULOS

Last updated 12:14, March 17 2017



ADAM POULOPOULOS/FAIRFAX NZ

Michele and Maui Passerello with Waimea restaurant's new kids' menu.

A Kapiti 9-year-old saw his father creating a menu for his restaurant, so he thought he would do the same.

Maui Passerello created the kids' menus at Waimea Restaurant, owned by his father, Michele, in Waikanae, north of Wellington.

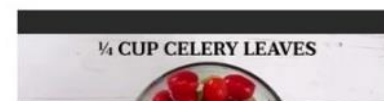
Maui's menu adheres to the Heart Foundation Kids' Choice programme, which supports food services to provide healthier children's menus.

recipe search

most popular

viewed shared commented

- Live: Edgecumbe township evacuated as ex-tropical cyclone Debbie sweeps NZ
- How was Leo Lipp-Neighbours found after seven years missing?
- Respite on the way for rain-soaked Wellington but disruption continues after flooding, landslips
- 2000 flee Edgecumbe as entire Bay of Plenty township is evacuated from floods
- Teacher talked out of suicide by year 11 student censured for their inappropriate relationship
- Canterbury to bear the brunt on Thursday with heavy rain, gales and snow
- Morning trivia quiz: April 6
- Gas line ruptures after landslide causes power pole to tumble in Wellington
- US President Donald Trump removes adviser Steve Bannon from National Security Council
- Wellington man gets supervision for filming sex with Finnish tourist and mate





Healthy cuisine
with a conscience.



Open 9am - 4:30pm daily | Level Two, ZEALANDIA Visitor Centre.



Work in progress

- We currently have 43 food services operating with endorsed menus
- Several more are currently working on menus
- And many more that have indicated they intend to go down this route but have not yet started the journey



Challenges

- Children not primary focus for food services
- Busy, under- resourced workforce
- Communication issues



Acknowledgements

