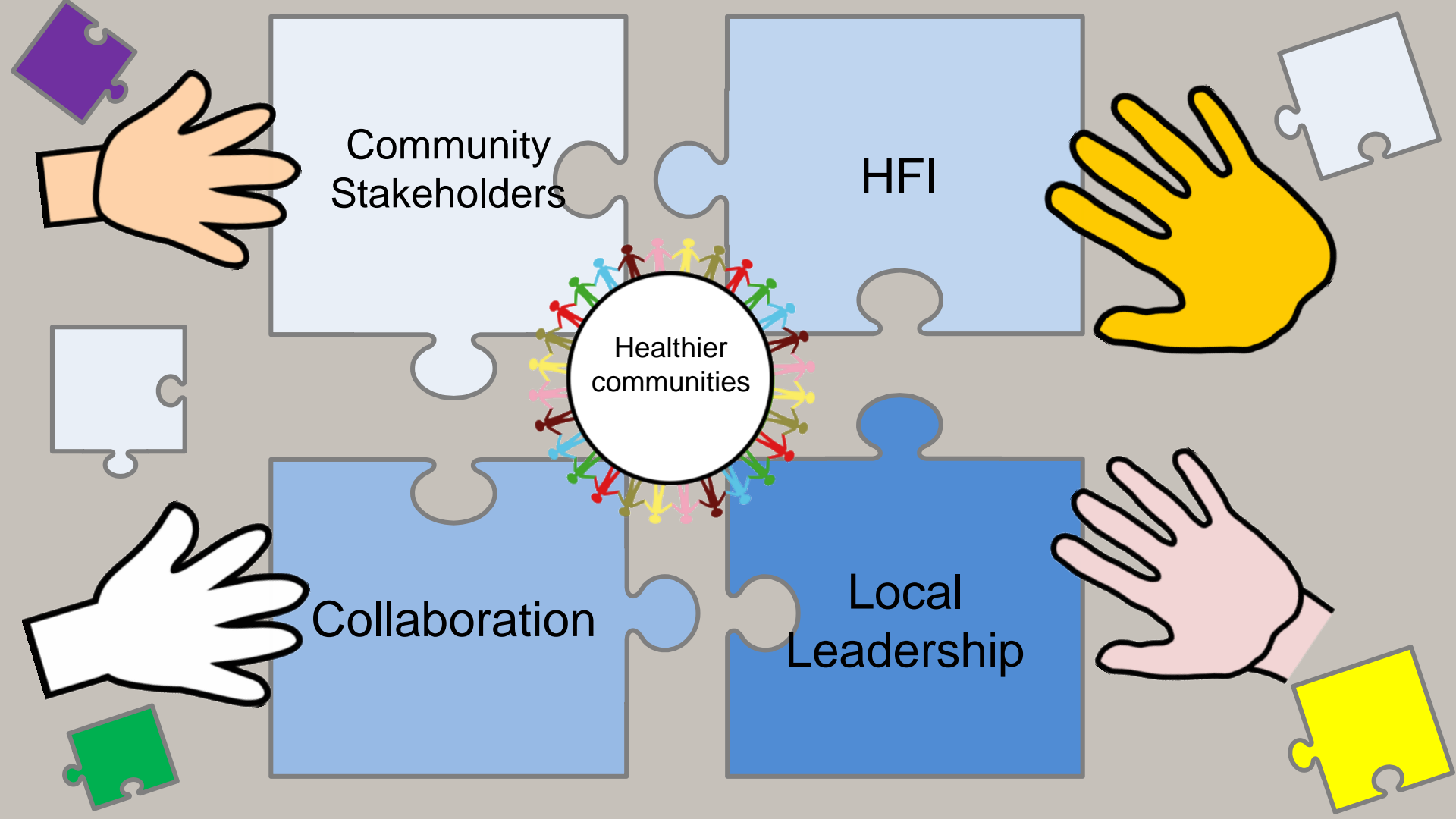
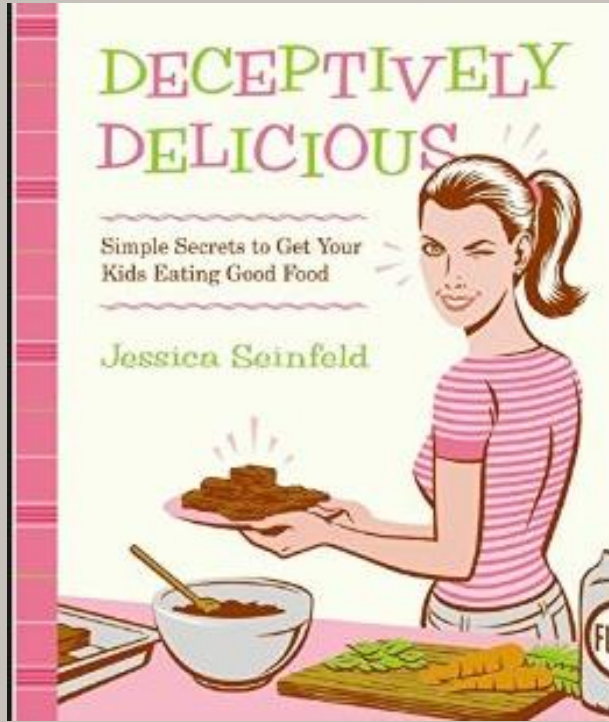


"You can do  
what I cannot  
do. I can do  
what you  
cannot do.  
Together we can  
do great  
things."

- *Mother Teresa*





# HEALTH BY STEALTH

- **Where are they and who has control?**
- **What is needed to make the Change?**
- **Identify plus engage with organisations to collaborate with and co-design the how?**

### Swap the sauce and reduce the salt and sugar



Use salt and sugar reduced sauces and dressings, and use herbs and spices to flavour meats instead of salt or sugary marinades

### Add some veg and increase fibre



Use fruit and vegetables to add fibre, freshness and flavour to a meal. Serve salad items on bread options (e.g. burgers and steak sandwiches) and add grated vegetables to lean meat patties – it can bulk up the serve and reduce the overall cost

### Consider the drink options



Sell or display water, and keep cold. Remember, soft drink, sport drinks, juice and flavoured milks contain high amounts of sugar and have little or no nutritional value

## SunSmart

### Skin Cancer Prevention

New Zealand and Australia have the world's highest rate of skin cancer because we have 40% higher levels of solar UV radiation than similar latitudes in the northern hemisphere. Too much exposure to UV radiation causes sunburn, skin damage and skin cancer. Skin cancer is 90% preventable.

Stay SunSmart. Use the SunSmart protection system.



#### Slip on a shirt

1. Slip on a shirt with long sleeves and a collar
2. Fabrics with a tighter weave and darker colours will give you better protection from the sun



#### Seek the shade

1. Seek the shade of an umbrella or a leafy tree
2. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower



#### Slap on sunscreen

1. Slap on plenty of broad spectrum sunscreen of at least SPF 30
2. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating



#### Slap on a hat

1. With a wide brim or a cap with flaps
2. More people are sunburnt on the face and neck than any other part of the body



#### Wrap on a pair of sunglasses

1. Choose close fitting, wrap around style sunglasses
2. Not all sunglasses protect against UV radiation, so always check the label for the sun-protection factor



### Switch the bread

### Ditch the spread

### Swap the sauce

### & Add some veg

## Why have a Choice As Sizzle?

The humble sausage sizzle is a classic Kiwi fundraiser, but how good for us are they?

Nothing beats a sausage covered in sauce and slapped in some fresh bread, but what about the nutritional value? By making some small, delicious changes to your typical sausage sizzle or your next barbecue, we can make this meal a whole lot healthier, and a whole lot tastier, at no extra cost.

Make the change to Choice As Sizzle and help our community get a whole lot healthier.

### Switch the bread

#### and increase fibre

Switch to a better bread with wholegrains like multigrain slices, rolls and wraps. It's more nutritious and filling than white bread



### Ditch the spread

#### and cut down on the fat

Choose healthier plant cooking oils, such as canola, and limit its use. Use the grill rather than the plate and there is no need for butter and margarine spreads!

### TRY

- Split precooked sausages, a great option for kids (your butcher can split them)
- Minute steaks, lean meat kebabs, skinless chicken, vegetable burgers
- Remove any visible fat from meats before cooking and, if using sausages, chops and meat patties, ask your butcher for reduced fat and reduced salt options (less than 10g fat per 100g)
- Limit meat servings to the palm size of an adult's hand

Healthy choice at no extra cost

**Switch the bread**

**Ditch the spread**

**Swap the sauce**

**& Add some veg**



A wooden wall with a blue and white striped cloth draped over a ledge, with the text "BIG CHANGE STARTS SMALL" overlaid.

**BIG CHANGE  
STARTS SMALL**





**Switch the bread**

**Ditch the spread**

**Swap the sauce**

**& Add some veg**

*Healthy choice at no extra cost*



## Healthy options for ICC Surf to City

Imagine you have just run, walked or biked the 13km from Oreti Beach to Invercargill's Queens Park.

You are exhausted, but happy - flushed with exertion and that feeling of accomplishment that comes from having successfully tested your physical ability.

And how do you toast that success?

With a hotdog, or some other deep-fried goodness, and a can of fizz?

Great question!



## Invercargill City Council approves healthy food guidelines for events



It was smoke and alcohol free, no deep fried food or fizzy drink was available for sale and families were encouraged to bring their own picnics and enjoy a typically lovely Invercargill autumn day.



## CHANGING TO CHOICE AS SIZZLE



**75%**

Open to the message and  
change to Choice As  
Sizzle



**25%**

Not open to the  
message and  
changing to Choice As  
Sizzle

"...if we can change the  
minds of those in  
Invercargill the rest of the  
country will be easy!"

"Scouts group"

## Community BBQ Request for Use



- BBQ food (only food able to be cooked on the BBQ is able to be sold)
- Mitre 10 MEGA Invercargill support the Healthy Families 'Choice As Sizzle' initiative.
- *Switch the Bread:* Choose wholegrains, multigrain and wraps.
- *Ditch the Spread:* Avoid spreads such as margarine and butter, choose healthy plant based oils and use small amounts. Use the grill for cooking on the BBQ where possible.
- *Swap the Sauce:* Use salt and sugar reduced sauce options, avoid marinades.
- *Add some Veg:* Top with onion, mushrooms, spinach or try adding a parsnip patty.











friendly





# Together we can do great things

