

SUMMER BARBECUES

Are your children sick of fatty sausages when there is a family barbecue? What can we do to improve the nutrition but still keep the meal within a budget? During the Summer holidays we are often faced with this dilemma!

- Boil sausages before they go on the barbecue to remove some of the fat and make them easier to cook.
- Buy a little lean mince and add grated vegetables to make burger patties eg: carrot, potato, pumpkin, zucchini.
- Make kebabs with thin slices of lean beef or chicken and place fruit or vegetables in between the pieces eg: pineapple, apricot, peppers.
- Do not cover the grill with a lot of oil – try the canned spray oil available from supermarkets. Alternatively, you could spread a little oil on the grill and then wipe to a thin film with a handy towel.

Offer plenty of fruit and vegetables

- Boil potatoes, kumara and pumpkin, thread onto kebab sticks and grill on the barbecue.
- Thread fruit onto kebabs and cook briefly on the barbecue e.g.: banana, apple, apricot, and then serve with yoghurt.
- Make simple child-friendly salads – ask the children about their favourite ingredients. Remember that it doesn't matter if vegetables are not eaten at the dinner table – it can be fun to nibble while the children are helping with the preparation.

Food Safety

Remember that Summer barbecues can be the cause of food poisoning as temperatures are hotter and often meat and other foods are left on benches when they should be in the fridge. Make plenty of room in your fridge in advance and leave meat and salads, especially those with dressings, in the fridge until the last minute.

Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Children

For more information visit: www.cph.co.nz

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Te Poari Hauora o Waitaha