

Compiled by Sligo & Leitrim County Childcare Committees

# Healthy Eating

## booklet 2007

suggestions for summer camp organisers



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## ***Safe Eating***

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## Suggestions for Summer Camp Organisers To incorporate Healthy Eating into Camp Activities

The following suggestions could be incorporated into activities throughout summer camps, obviously depending on Resources available-both Financial and Manpower, This will aid to educate the children regarding healthy foods and ensure that the children receive healthy foods while at camp. These suggestions include simple ways to facilitate healthy food choices through daily activities, and also specific ways to educate the children in a fun and enjoyable way about healthy eating.

## Hints for Healthy Lunches & Snacks

- If lunches are brought from home, implement a ban on unhealthy foods such as crisps, chocolate, sweets, sugary drinks etc. in lunchboxes.
- If lunches are organised by the camp-Provide Healthy sandwiches:
- Vary the type of breads used-wholemeal rolls/ Baps/ Wraps/ Bagels / Pitta Pockets.
- Include a variety of healthy fillings e.g. tuna & sweetcorn, Meat & Salad, Banana, Egg Salad, Hummus & Salad, Cheese salad etc.
- Cut sandwiches into shapes using sandwich cutters-excess bread can be used to make homemade beefburgers see Recipe section.
- Make Own Salads
- Pasta Salad-use colourful Pasta to make it more appealing to children.
- Potato Salad-using Light Mayonnaise & Onion

- Cous Cous- to make it, you just add Boiling water to Cous Cous in a bowl and fluff with a fork
- Get the kids involved-let them help make some of the sandwiches & Salads for Lunch by letting them choose between a variety of fillings and bread/ rolls/ pitta/ Tortilla wraps and let them make it up themselves. This will make it more fun and enjoyable.
- Provide a variety of Fruits-Let children pick which ones they like.
- Yoghurts- Including Yoghurt Drinks (they might be less messy especially with younger children) as Snacks.
- For hot days-stick a lollipop stick into lids of pots of Yoghurts and freeze for a cool and nutritious treat.
- Brown and Fruit Scones are ideal snack foods.
- Sliced Vegetables with a range of healthy dips e.g. hummus, homemade salsa can be used as nutritious snacks.
- Traffic light Kebabs-allow the children to make these themselves by using cherry tomatoes, cucumber/ green pepper and carrots thread onto cocktail sticks. Serve with healthy dips e.g. creamed cheese, hummus, salsa.
- Cubed Cheese with Pineapple on cocktail sticks.
- Give Popcorn instead of Crisps.
- Individual Snack bags with different dried cereals e.g. Muesli, Cheerios etc. is also a good idea for a midday snack instead of Crisps.
- Oatcakes/ Ricecakes with Peanut Butter instead of Biscuits.
- Plenty of fluids-provide Milk, Water, Unsweetened Fruit Juices and No added Sugar dilutable drinks, rather than sugary fizzy drinks.

## Day Trips: BBQS, Picnics eTc:

- All of the above Lunch ideas and Snacks can be brought for days outing.
- Yoghurts/ Cheese/ Milk/ Meat etc. should be stored in Cooler Boxes.
- For BBQs- try making own Beefburgers, Marinated Chicken, Chicken Drumsticks- See Recipe section. Prepare them the night before, or day of the BBQ. Get children involved in the preparation also.
- Vegetable skewers can be a good way to incorporate vegetables into the BBQ-try peppers, tomatoes, courgettes etc. Meat can also be added.
- Grill bananas in their skins on the BBQ for a healthy Treat.
- Picnics can be a good way to get children to try different salad vegetables. Try offering a plate and let them fill it up with which salads they want.
- Do not bring the children to fast food outlets more than once in the week. Choose one that offers healthy foods also e.g. Mc Donald's Happy Meals now offer a range of healthier options.





## Fun Activities:

- Arrange a multicultural Lunch- where each child is assigned a country and they have to bring a healthy food item linked with that country e.g. Italy- Pasta. Ensure that the countries are well known and foods are readily available.
- Organise Games involving foods e.g. Blind Fishing: Using Breadsticks, Blindfolded, dip the ' fishing rod' into various healthy dips e.g. hummus, peanut butter, creamed cheese etc., taste it and guess what it is. Incorporate healthy food questions into quizzes e.g. name 5 fruit and 5 vegetables.
- Hold Baking/ Cooking Classes where possible in which the children can prepare simple scones, healthy muffins etc, and if cooking equipment is not available, let them bring them home to bake. Smoothies can be prepared using a Blender. (See Recipe Section)
- If Discos are held, provide healthy snacks such as popcorn, unsalted nuts and raisins, fruit, mini healthy muffins, unsweetened fruit juice, milk, flavoured milk, smoothies, no added sugar dilutable drinks etc.

# Sample Shopping Lists:

## **Breads & Cereals:**

- Pasta-wholewheat & coloured varieties
- Cous Cous
- Potatoes
- Wholemeal Pitta Bread
- Rolls/ Baps-Brown/ Seeded
- Bread-Brown & White
- Bagels- wholemeal/Seeded
- Breadsticks
- Pretzels
- Tortilla Wraps
- Small Scones-Fruit/ Brown
- Fruit Brack/ Malt loaf
- Cereals-Bran flakes, Wheataflakes, Cherrios, No added Sugar Muesli, Muddles.





## Sample Shopping Lists:

### **Fruit & Vegetables:**

- All types of fruit available in season.
- Small tins/ containers of individual fruit portions
- All types of Vegetables- Carrots, Peppers, Onions, Cabbage.
- Salad Vegetables- Lettuce, Baby Tomatoes, Cucumber.
- Unsalted Nuts & Dried Fruit e.g. raisins.
- Unsweetened Fruit Juices
- No Added Sugar cordials.

# Sample Shopping Lists:

## **Milk & Milk Products:**

- Milk- full fat & low fat
- Yoghurts
- Yoplait Drinkable Yoghurts
- Small pots of Rice pudding.
- Cheddar Cheese
- Creamed Cheese-e.g. Philadelphia Cheese-Light, Extra Light, Garlic & Herb, Mediterranean Vegetable varieties available- Alternate between varieties.

## **Meat & Meat Alternatives:**

- Roast Beef/ Chicken/ Turkey/ Ham slices.
- Minced Beef
- Chicken fillets
- Good Quality Sausages-Check Pork content
- Tinned Fish- Sardines, Mackerel, Salmon, Herring.
- Baked Beans
- Miniature Chocolate Bars.



## Sample Shopping Lists:

### **Fats/Oils/ Sweets/ Snack foods:**

- Olive Oil
- Spreads- Golden Olive/ Flora/ Dairy gold Light
- Peanut Butter
- Light Mayonnaise
- Hummus
- Plain Biscuits
- Oatcakes
- Rice cakes
- Popcorn-unsalted/ unbuttered.
- Miniature Chocolate Bars.

# Recipes

## Red Pepper Hummus

### Ingredients:

- 400g can chickpeas
- 2 deseeded red peppers
- 2 garlic cloves
- 4 tablespoons of Olive Oil
- Juice of 1 lemon
- 1 tablespoon just boiled water

### Directions:

Place all ingredients in a blender/ food processor until smooth

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## Curried Yoghurt Marinade

### Ingredients:

- 1/4 cup plain yogurt
- 1 tablespoon honey
- 1 tablespoon curry powder
- 1 tablespoon olive oil or cooking oil
- 1/2 teaspoon salt

### Directions:

In a small bowl, combine all ingredients. Makes enough for 1 to 1-1/2 pounds of meat. Marinate meats for 2 to 4 hours.

*Suggested Uses: Can be used to marinade pork, chicken, lamb, or beef for grilling. Long cooking meats should be cooked on indirect heat. Makes about 1/3 cup marinade.*

# Homemade salsa

## Ingredients:

- 4 medium plum tomatoes seeded and quartered
- 1/4 cup coarsely chopped onion
- 1/2 medium green pepper finely chopped.
- 1/4 cup lime/lemon juice, plus more to taste
- 1/3 cup olive oil

## Directions:

- 1 In food processor mix all ingredients until puréed.
- 2 Transfer to bowl, season with pepper, and add more lime juice if desired.
- 3 Dip can be made in advance and refrigerated, covered, up to 2 days.





# Chicken Drumsticks

## IngredientS:

- 4 chicken drumsticks
- 2 tablesppons tomato ketchup
- 2 tblspoon Soya sauce
- 2 teaspn honey
- 1 tblspn Olive oil

## Directions:

- 1 Use a small sharp kitchen knife make 2 or 3 gashes on top of each drumstick.
- 2 Open a new food plastic bag, put it into a jug and fold down over the sides.
- 3 Spoon the ketchup, soya sauce,oil, into the bag and shake well.
- 5 Put the chicken into the bag and again shake well
- 6 Leave the bag in the fridge for 2 hours.
- 7 Cook on the BBQ/ under a grill for 10-15mins.

# Homemade Beefburgers

This makes 4 burgers. Multiply amounts as required.

## IngredientTs:

- 350g (14oz) lean minced beef
- 1 medium sized onion (peeled and chopped)
- Pepper to season
- 50g (2oz) breadcrumbs
- 1 egg, beaten

## Directions:

- 1 Combine all the ingredients. If mixture is too dry, add a little water. If mixture is too wet, add more breadcrumbs.
- 2 Shape into 4 large or 8 smaller burgers.
- 3 Grill or barbeque burgers for 8-10 minutes on each side.
- 4 Serve in pitta pockets/ Baps/ Brown Rolls with salad and salsa/ Light Mayonnaise.





# Apple Muffins

Makes 12

## Ingredients:

- 200g no added sugar Muesli
- 160g wholemeal self raising flour
- 100g sugar
- 140g grated apple
- 90g sultanas
- 1 egg lightly beaten
- 80ml oil
- 250ml milk

## Directions:

- 1 Place the muesli, sifted flour, apple, sultanas in a large bowl. In a separate bowl combine the egg, oil and milk.
- 2 Add the liquid ingredients to the dry ingredient and mix gently until just combined. Spoon the mixture into lightly greased muffin tins
- 3 If ovens not available, allow the children to bring home the mixture, otherwise bake in the oven in a preheated oven -180°C for 30 mins until muffins are golden.

# Scones

## Ingredients:

- 75g (3oz) Flora Light
- 400g (8oz) self-raising flour
- 250ml (1/4 pint) semi-skimmed milk
- Milk to glaze

## Directions:

- 1 Pre-heat oven to 230C/450F/Gas Mark 8
- 2 Rub the margarine into flour with clean hands until it resembles fine breadcrumbs.
- 3 Make a well in the centre and stir in enough milk to give a soft dough.
- 4 Turn out onto a floured board, knead very lightly, then roll out to about 2cm thick, or pat it out with your hands.
- 5 Cut out the scones with a medium sized cutter.
- 6 Place on a baking sheet, brush with milk and bake near the top of the oven for about 10 minutes, until brown and well risen.

## Try different types of scones

### Fruit Scones

Add 1 tablespoon of castor sugar and 100g currants, sultanas, chopped dates and raisins before adding the milk.

### Wholemeal Scones

Replace flour with 300g self-raising wholemeal flour and 100g plain flour. Add 1 teaspoon of baking powder to the dry ingredients.

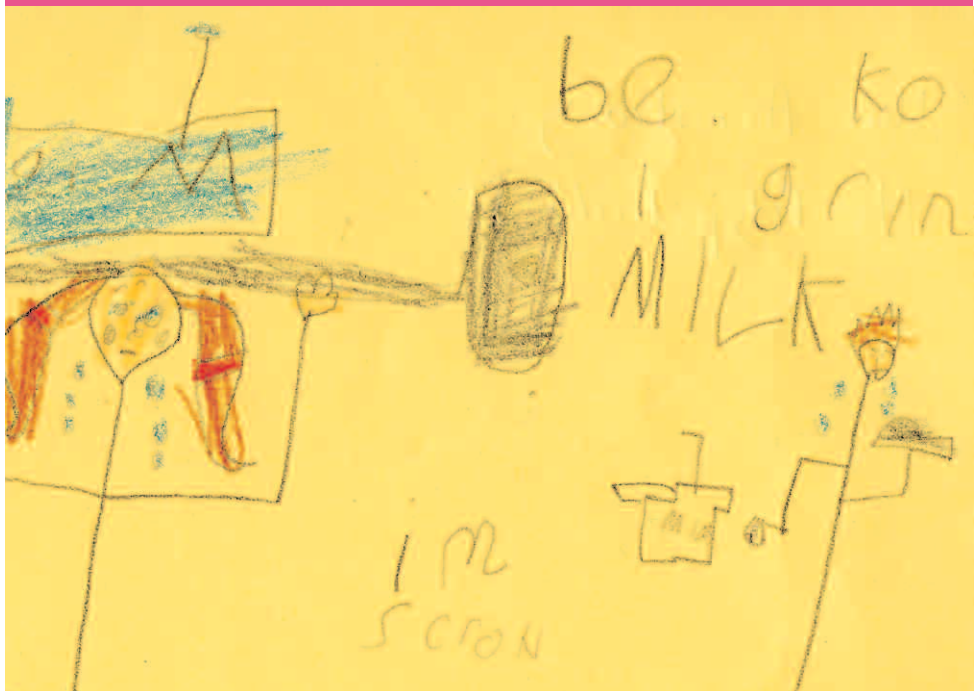
# Smoothie:

## IngredientS:

- Skimmed milk
- Variety of fruit as desired-banana, apple, orange, strawberries etc.
- Pot of natural yoghurt

## Directions:

- 1 Cut fruit into small pieces and place in the blender
- 2 Add a little milk and process until smooth
- 3 Add remaining milk and yoghurt and process until smooth
- 4 Pour and serve.



# Eating outdoors? Be safe, not sick!

There are some essentials to remember when eating food outdoors in order to ensure the health and safety of the children attending camp.

## Before you start

- Foods cooked beforehand need to be completed in sufficient time to allow them to chill thoroughly in the fridge.
- Use an insulated container/cooler with enough ice and ice packs to keep the food below 5 degrees Celsius.
- Take the food out of the fridge and pack them immediately into the cooler at the last possible moment before leaving for the picnic.
- Pack food in the cooler in the reverse order of how you will be using it. E.g. if you are using meats last, pack them first.
- Never store raw and cooked foods in the same container/cooler.
- Bring moist toiles to clean your hands if there's no water available at your destination.

## During

- Keep the food container/cooler in the shade.
- Keep all food in the container until it is ready to be served and open the cooler closed until food is needed.
- Any perishable food left outside for longer than 2 hours should be disregarded.

## After

### **IF IN DOUBT THROW IT OUT!**

- Throw out any leftover food unless they have been kept cool for the duration of the picnic or barbeque.

### **Tips for safety**

**Plan the correct amount of food needed for all children attending the camp, to minimise leftovers to worry about.**



# Barbeque - Safety tips

## Before you start

- Be sure that frozen food has been properly thawed in the fridge before you use it.
- Keep raw meats and poultry in the fridge or a cool bag until it is needed.
- Light the barbeque well in advance. Make sure it's very hot and that the flames have died down before starting to cook.

## Handling Food

- As with any food preparation, make sure to wash your hands before and after handling food.
- Keep raw meats separated from cooked meats and ready-to-eat foods.
- Use separate utensils for raw and cooked meats.
- Never place cooked meats on the same dish as raw meats.
- Keep food covered wherever possible.

## Cooking the Barbeque

- Turn food regularly and move it around to ensure it is evenly cooked.
- You can eat steaks or whole meat joints 'rare' because harmful bacteria can be on the outside but not in the middle.
- **BUT** chicken, pork or any meat that has been minced or skewered, such as burgers, sausages or kebabs can contain harmful bacteria throughout, so they must be cooked all the way through.

## **Cooking the Barbeque cont'd**

- Just because meat turns crisp or brown on the outside, don't assume it's properly cooked on the inside. Check that it is piping hot all the way through with no pink meat left and that juices run clear.
- Don't put raw meat next to cooked or partially cooked meat on the barbeque.
- Marinade used to coat raw meat must not be used to coat vegetables or cooked meat.
- Remember if you are barbequing for lots of people, you could cook food indoors and immediately finish it off on the barbeque for added flavour.
- And finally eat cooked food immediately.

## **Have a Perfect Picnic!**

### **Before you start**

- Give any cooked meat enough time to cool thoroughly before you set out.
- Remember to wash fruit and salad vegetables thoroughly before you pack them.
- Store foods in sealed containers or packages to prevent cross contamination.
- Use a cool bag with ice or ice packs to keep the food chilled.
- Leave foods in the fridge until the very last moment before you leave, then pack immediately into the cool bag.

- Pack food in the order they are going to be used, the foods eaten first should be packed last and the foods eaten last packed first.
- Bring moist toiles to clean your hands if there's no water available at your destination.

## After

- Put the cool bag in the coolest part of your car or bus- away from direct sunlight- in the shade.
- Only open the cool bag when you are ready to eat the food.
- Keep the food covered whenever possible.
- Don't leave the foods out when you are finished with them, put them back in the cool bag.

## Picnic Leftovers

- **IF IN DOUBT THROW IT OUT!**
- Throw out any leftover food unless they have been kept cool for the duration of the picnic.



## For Further information contact

### **Sheila Ryan**

Sligo County Childcare Committee

50 The Mall Sligo

Tel: 071-9148860

Email: [sccc@eircom.net](mailto:sccc@eircom.net)

Web: [www.sligochildcare.ie](http://www.sligochildcare.ie)

or

### **Clodagh Cryan**

Leitrim County Childcare Committee

Laird House,

Drumshanbo

Co. Leitrim

Tel: 071 96 40870

Email: [leitrimcountychildcare@eircom.net](mailto:leitrimcountychildcare@eircom.net).

## Further Reading

### **Three Week Menu Plan**

*by Health Service Executive*

### *Useful Websites*

[www.safefoodonline.com](http://www.safefoodonline.com)

helpline number 1850 404 567

health promotion dept ballyshannon 98 52000

Thanks to all the kids who provided the wonderful illustrations for this booklet: Mercy Primary School, Cosy Cats Afterschool and The Children of the Staff of both Sligo and Leitrim County Childcare Committees.

