



SPRING 2020

Healthier Vendor Guide



YOUR GUIDE TO SELECTING
HEALTHIER VENDORS

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HEALTHIER COMMUNITY EVENTS

Local events offer a great opportunity for families and communities to get together for entertainment, increase skills, keep active, network with other people in the area as well as service providers.

You can make a positive difference to the health and wellbeing of your community by choosing the food vendors at events wisely and by encouraging the availability of healthier food options.

ABOUT THE HEALTHIER VENDOR GUIDE

The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

The HVG is produced by the team at the Western Australian School Canteen Association Inc. (WASCA). WASCA is a not-for-profit health promotion charity that assists food services to provide and promote healthy choices in schools, workplaces, hospitals and in the community. WASCA works in partnership with many Healthway sponsored organisations to provide them with advice to increase healthy food and drinks options at events.

To be included in the HVG, WASCA determines the suitability of the products on the vendor’s menu using the ‘Traffic light’ system. The ‘Traffic light’ system is based on the Australian Dietary Guidelines and categorises products as ‘green’, ‘amber’, and ‘red’. There are two HVG categories:

1. ‘Food and beverage vendor’

- Sells predominantly food with some beverages available
- Meets traffic light criteria of >40% ‘green’ and <30% ‘red’ menu items.



2. ‘Beverage only vendor’

- Only sells beverages (e.g. fresh fruit juice)
- Meets traffic light criteria of only ‘green’ and/or ‘amber’ beverage items.



‘TRAFFIC LIGHT’ SYSTEM

The ‘Traffic light’ system is based on the Australian Dietary Guidelines. Examples include:

GREEN Fill the menu	AMBER Select carefully	RED Only occasionally
<p>These are the healthiest choices because they are excellent sources of important nutrients and represent one or more of the five food groups needed for optimum health and wellbeing. They are low in saturated fat, added sugar and salt. Fill the menu with mostly green options.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » bottle plain/sparkling water » fruit, vegetables and legumes » plain and flavoured reduced fat milk (300mL or less) » 99% fruit juice (<250mL) » soup and vegetable based meals e.g. pasta and rice. 	<p>These have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can contribute to excess energy intake. These need to be chosen carefully and eaten in moderation.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » plain/flavoured full fat milk » plain/flavoured reduced fat milk (>300mL) » 99% fruit juice (>250mL) » Artificially flavoured drinks e.g diet drinks » small fruit muffins » reduced-fat and -salt savoury foods (e.g. some pastries) » lean ham or bacon. 	<p>These are energy dense and have little nutritional value. Most are high in saturated fat, added sugar and/or salt and can contribute to excess energy intake. These should only be eaten only sometimes and in small amounts.</p> <p>Examples include:</p> <ul style="list-style-type: none"> » all deep fried food » soft / energy / sports drinks » chocolates and lollies » iced cakes » premium ice-creams (e.g. chocolate coated).



WASCA'S PARTNERSHIP APPROACH

WASCA works in partnership with many Healthway sponsored organisations to guide them with advice to increase healthy food options at events. In many cases, working with WASCA is a conditional element of the sponsorship agreement with Healthway.

There is no one size fits all approach that works for all events. That's why we discuss:

- the type of event
- the location
- demographics of attendees
- how many people you expect to attend
- at what stage you are at with recfood vendors
- the types of food and drink that are usually provided
- your ideas for increasing the healthy choices.

Recommendations specific to your event are then made with these factors in mind.

The HVG has been designed to make it easier for event organisers to find suitable food vendors who offer a large range of healthier food options. It can be used in conjunction with our other resources including the *Catering Guidelines for Community Events*.

HOW TO USE THE HVG

Vendors are alphabetically listed under their respective category: **Food and beverage vendor** or **Beverage only vendor**. Each vendors has a profile that includes information on the type of food available, as well as their direct contact details.

At the back of the Guide vendors are listed according to the region/s they are willing to operate within. This is also available in an MS Excel spreadsheet upon request. As these vendors can be in high demand, we suggest contacting them as early as possible to secure a booking.

Note: *You should advise vendors of your Healthway sponsorship obligations and request that they provide their 'healthier' alternatives. Examples listed in this resource include salads, paella, sushi, rice paper rolls, sandwiches, fruit smoothies and freshly squeezed juice.*

Biannual menu assessments are conducted to ensure vendor menus remain compliant with the HVG criteria. As vendors often make changes to the menu/recipes, we encourage the vendors to work with us to receive a free menu assessment specifically for your event.

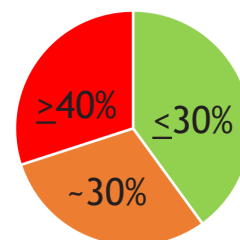
We encourage you to keep an eye out for potential new vendors. Simply forward WASCA the vendor's contact details and we will offer the menu assessment service to them free of charge. Should they meet the eligibility criteria they will have the opportunity to be added to the HVG.

Eligibility for the HVG allows vendors to display the 'Certified Healthier Vendor' logo, poster and magnet to promote themselves as healthier vendors. The HVG, together with the logo, magnet and poster are updated quarterly. Certified Healthier Vendors in are permitted to display the following logo:



CERTIFIED HEALTHIER VENDORS SPRING 2020

FOOD AND BEVERAGE VENDORS



Bantastic Mi

Cuisine	Asian
Contact Person	Dong Pham
Phone	0412 156 347 or 0413 776 566
Email	bantasticmi@gmail.com
Facebook / Website	facebook.com/BantasticMi
Regions	Perth Metropolitan area South West Great Southern
Healthier menu items	Vietnamese baguettes Soft tacos Rice paper rolls Fresh salads

Casablanca Real Moroccan Cuisine

Cuisine	Moroccan
Contact Person	Hassan Adam Fadil
Phone	0412 702 702
Email	realmoroccancuisine@gmail.com
Facebook / Website	authenticmoroccancuisine.com.au
Regions	Perth Metropolitan area
Healthier menu items	Moroccan beef, chicken or vegetables with rice or cous-cous



Chocolate Chilli Pork Company

Cuisine	Pork dishes
Contact Person	Melbourne and Wendy Simpson
Phone	0468 543 798
Email	chefmade@bigpond.net.au
Facebook / Website	chocolatechilliporkcompany.com
Regions	Perth Metropolitan area South West Great Southern
Healthier menu items	Field mushroom burger Chilli con carne Chocolate chilli burger

Fresh Turkish Gozleme

Cuisine	Turkish
Contact Person	Basak Candemir
Phone	0422 288 602
Email	danyal_kadir@hotmail.com
Facebook / Website	facebook.com/FreshTurkishGozleme
Regions	Perth Metropolitan
Healthier menu items	Various gozlemes

Josie's Baked Potatoes

Cuisine	Baked potatoes
Contact Person	Josie Pascoe
Phone	0407 214 697
Email	jkpascoe@iprimus.com.au
Facebook / Website	
Regions	Perth Metropolitan South West Great Southern Wheatbelt Mid West
Healthier menu items	Baked potatoes with various fillings



Ma La Dumplings

Cuisine	Chinese
Contact Person	Teesh Law
Phone	0458 887 878
Email	info@margaretriverdumplings.com
Facebook / Website	facebook.com/maladumplings.com
Regions	South West Perth Metropolitan
Healthier menu items	Dumplings Noodles Salads

Mattia's Italian Vibes

Cuisine	French/Italian
Contact Person	Tracey Huang
Phone	0474 152 827
Email	mattiaitalianvibes@gmail.com
Facebook / Website	facebook.com/MattiaItalianVibes
Regions	South West
Healthier menu items	Buckwheat wraps filled with fresh fillings

Murphy's Spuds

Cuisine	Baked potatoes
Contact Person	Gloria Bergersen
Phone	0408 860 402
Email	Murphysspuds2@gmail.com
Facebook / Website	facebook.com/murphysspuds-102684694559532
Regions	South West Great Southern Wheatbelt
Healthier menu items	Stuffed spuds



Paella on the Move

Cuisine	Spanish
Contact Person	Mirco Bortolozzo
Phone	0412 018 341
Email	paellaonthemove@gmail.com
Facebook / Website	facebook.com/paitumaca
Regions	Perth Metropolitan South West Great Southern
Healthier menu items	Chicken or Kale and mushroom paella

Piadinabarperth - Italian Street Kitchen

Cuisine	Italian
Contact Person	Ivan Munerato
Phone	0413 627 914
Email	piadinabarperth@gmail.com
Facebook / Website	facebook.com/piadinabarperth
Regions	Perth Metropolitan South West Great Southern
Healthier menu items	Piadinabarperth - Italian flat bread filled with meat, salad, cheese or grilled vegetables

Pizza Joe's Woodfired Pizza

Cuisine	Pizza
Contact Person	Joe Gurgone
Phone	0433 858 776
Email	pizzajoeswoodfiredpizza@outlook.com
Facebook / Website	facebook.com/pizzajoeswoodfiredpizzaandcatering
Regions	Perth Metropolitan
Healthier menu items	Woodfired pizza



Porta Pizza

Cuisine	Pizza
Contact Person	Oliver Lemke
Phone	0419 868 489
Email	info@portapizza.com.au
Facebook / Website	portapizza.com.au
Regions	Perth Metropolitan South West
Healthier menu items	Woodfired pizza

Satay Satay

Cuisine	Asian
Contact Person	Alvin Kang
Phone	0414 981 368
Email	sataysatayaus@gmail.com
Facebook / Website	facebook.com/sataysatay
Regions	Perth Metropolitan South West Great Southern
Healthier menu items	Satay sticks Steamed buns

Sweet Dreams Foods

Cuisine	Bagels
Contact Person	David Whorrall
Phone	0419 653 296
Email	dream@sweetdreamfoods.com.au
Facebook / Website	facebook.com/SweetDreamFoods sweetdreamfoods.com.au
Regions	Perth Metropolitan South West Great Southern Wheatbelt
Healthier menu items	Toasted bagels Breakfast bagels Bagel burgers Vegan nachos



Mary's Spud Wagon

Cuisine	Baked potatoes
Contact Person	Mary Laity
Phone	08 9581 4430 or 0402 637 620
Email	spudladywa@gmail.com
Facebook / Website	
Regions	Perth Metropolitan South West
Healthier menu items	Baked stuffed potatoes with various hot and cold fillings

The Stuffed Spud

Cuisine	Baked potatoes
Contact Person	Brett Herron
Phone	0414 947 052
Email	herron@highway1.com.au
Facebook / Website	stuffedspud.com
Regions	Perth Metropolitan South West Great Southern Wheatbelt
Healthier menu items	Stuffed spuds with various toppings

The Well Dressed Potato

Cuisine	Baked potatoes
Contact Person	Michael Fear
Phone	0447 768 288
Email	michael@thewelldressedpotato.com.au
Facebook / Website	facebook.com/thewelldressedpotato thewelldressedpotato.com.au
Regions	South West
Healthier menu items	Baked potatoes with various toppings 99% fruit juice



Turkish Hotplate

Cuisine	Turkish gozlemes
Contact Person	Birgul Candemir
Phone	0411 304 411
Email	birgul_candemir@hotmail.com
Facebook / Website	facebook.com/Turkishhotplate
Regions	Perth Metropolitan South West
Healthier menu items	Gozlemes

Two Queens Pizza Queens

Cuisine	Pizza, Spanish
Contact Person	Jules Colson and Izabel Machese
Phone	0416 008 514 or 0430 920 440
Email	Jules@twoqueens.com.au Izabel@twoqueens.com.au
Facebook / Website	facebook.com/PizzaQueensWoodfiredStreetPizza twoqueens.com.au
Regions	Perth Metropolitan South West Great Southern Wheatbelt
Healthier menu items	Woodfired pizzas Paella

WA Spit Roast

Cuisine	Roast meat
Contact Person	Sean Powers
Phone	08 9331 4100 or 0419 531 644
Email	sean.p@inet.net.au
Facebook / Website	facebook.com/waspitroast waspitroast.com.au
Regions	Perth Metropolitan
Healthier menu items	Roasted meats and vegetables Beef or pork with gravy rolls Salads



Yahava Koffee Works Mobile Express Van

Cuisine	Coffee
Contact Person	Fran Sheffield
Phone	0418 914 446
Email	fran@yahava.com.au
Facebook / Website	yahava.com.au/content/109-mobile
Regions	South West
Healthier menu items	Coffee made with reduced-fat milk Herbal tea

Zab Salad Authentic Indian Food

Cuisine	Indian
Contact Person	Umair Ahmed
Phone	0403 418 924
Email	ahmedumair18@gmail.com
Facebook / Website	facebook.com/indian4142
Regions	Perth Metropolitan
Healthier menu items	Curry and rice



BEVERAGE ONLY VENDORS



Ge-Ge Juice

Cuisine	Fresh juice
Contact Person	Coralie Nix
Phone	0428 673 037
Email	ge-ge.juices@hotmail.com
Facebook / Website	facebook.com/Ge-Ge-Juices-1415390215439603
Regions	South West Great Southern Wheatbelt
Healthier menu items	Freshly squeezed fruit and vegetable juices

Green on the Go

Cuisine	Fresh juice
Contact Person	Brittany Barnes
Phone	0423 424 205
Email	hello@greenonthego.com.au
Facebook / Website	facebook.com/greenonthegofoodtruck greenonthego.com.au
Regions	Perth Metropolitan
Healthier menu items	Soups Sandwiches Salad bowls Frittatas Yoghurt pots Smoothies

Juice Station

Cuisine	Fresh juice
Contact Person	Pahnan Sungsinlert
Phone	0481 534 075
Email	info@juicestation.com.au
Facebook / Website	juicestation.com.au
Regions	Perth Metropolitan
Healthier menu items	Freshly squeezed fruit and vegetables juices



Raw Life Juice Bar

Cuisine	Fresh juice
Contact Person	Kylie Johnston and Chris Barnao
Phone	0409 984 001 or 0467 604 505
Email	info@rawlifejuice.com.au
Facebook / Website	rawlifejuice.com.au
Regions	South West
Healthier menu items	Fruit and vegetable juice

S' Juice

Cuisine	Fresh Juice
Contact Person	Mario and Claire Abram
Phone	0417 986 869
Email	marzio@westnet.com.au
Facebook / Website	facebook.com/sjuicesperance
Regions	Goldfields-Esperance
Healthier menu items	Freshly made fruit and vegetables juice Smoothies Seasonal soups

SUPERblends. Co

Cuisine	Smoothies and bowls
Contact Person	Caroline Whareaitu
Phone	0475 241 804
Email	mail@superblends.co
Facebook / Website	www.superblends.co
Regions	Perth Metropolitan
Healthier menu items	Fruit smoothies Smoothie bowls



HEALTHIER VENDOR GUIDE BY REGION

PERTH METROPOLITAN

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese Baguettes, rice paper rolls, salads	Dong Pham	0412 156 347 0413 776 566	Bantasticmi@gmail.com
Casablanca Real Moroccan Cuisine	Moroccan Food	Hassan Adam Fadil	0412 702 702	realmoroccancuisine@gmail.com
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.com
Fresh Turkish Gozleme	Gozleme	Basak Candemir	0422 288 602	danyal_kadir@hotmail.com
Green on the Go	Soups, salads, sandwiches, frittatas, yoghurt, smoothies	Brittany Barnes	0423 424 205	hello@greenonthego.com.au
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Juice Station	Juices	Pahnan Sungsinlert	0481 534 075	info@juicestation.com.au
Ma La Dumplings	Dumplings, noodles and salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com
Mary's Spud Wagon	Stuffed spuds	Mary Laity	0402 637 620	spudladywa@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Piadina Bar - Italian Street Kitchen	Piadina	Ivan Munerato	0413 627 914	piadinabarperth@gmail.com
Pizza Joe's Woodfired Pizza	Woodfired pizza	Joe Gurgone	0433 858 776	pizzajoeswoodfiredpizza@outlook.com
Porta Pizza	Woodfired pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Satay Satay	Satay sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
SUPERblends. Co	Fruit smoothies, 100% fruit juices	Caroline Whareaitu	0475 241 804	mail@superblends.co



PERTH METROPOLITAN

Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au
The Stuffed Spud	Stuffed spuds	Brett Herron	0414 947 052	herron@highway1.com.au
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com
Two Queens Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson Izabel Machese	0416 008 514 0430 920 440	jules@twoqueens.com.au izabel@twoqueens.com.au
WA Spit Roast	Roast meat, rolls, salads	Sean Powers	0419 531 644	sean.p@iinet.net.au
Zab Salad Authentic Indian Food	Indian curries	Umair Ahmed	0403 418 924	ahmedumair18@gmail.com

WHEATBELT

Vendor	Products	Name	Phone	Email
Ge-Ge Juices	Fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Murphy's Spuds	Stuffed spuds	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au
The Stuffed Spud	Stuffed spuds	Brett Herron	0414 947 052	herron@highway1.com.au



SOUTH WEST

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese Baguettes, rice paper rolls, salads	Dong Pham	0412 156 347 0413 776 566	Bantasticmi@gmail.com
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.com
Ge-Ge Juices	Fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Ma La Dumplings	Dumplings, noodles and salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com
Mary's Spud Wagon	Stuffed spuds	Mary Laity	0402 637 620	spudladywa@gmail.com
Mattia's Italian Vibes	Buckwheat wraps	Tracey Huang	0474 152 827	mattiaitalianvibes@gmail.com
Murphy's Spuds	Stuffed spuds	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Piadina Bar - Italian Street Kitchen	Piadina	Ivan Munerato	0413 627 914	piadinabarperth@gmail.com
Porta Pizza	Woodfired pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Raw Life Juice Bar	Fruit and vegetable juices	Kylie Johnston Chris Barnao	0409 984 001 0467 355 685	info@rawlifejuice.com.au
Satay Satay	Satay sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au
The Stuffed Spud	Stuffed spuds	Brett Herron	0414 947 052	herron@highway1.com.au
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com
Two Queens Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson Izabel Machese	0416 008 514 0430 920 440	jules@twoqueens.com.au izabel@twoqueens.com.au
Yahava Koffee Van	Coffee & herbal teas	Fran Sheffield	0418 914 446	fran@yahava.com.au



GREAT SOUTHERN

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese Baguettes, rice paper rolls, salads	Dong Pham	0412 156 347 0413 776 566	Bantasticmi@gmail.com
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.com
Ge-Ge Juices	Fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Murphy's Spuds	Stuffed spuds	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Piadina Bar - Italian Street Kitchen	Piadina	Ivan Munerato	0413 627 914	piadinabarperth@gmail.com
Satay Satay	Satay sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au
The Stuffed Spud	Stuffed spuds	Brett Herron	0414 947 052	herron@highway1.com.au
Two Queens Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson Izabel Machesse	0416 008 514 0430 920 440	jules@twoqueens.com.au izabel@twoqueens.com.au



GOLDFIELDS - ESPERANCE

Vendor	Products	Name	Phone	Email
S' Juice	Juices, smoothies and soups	Adriana Wickins	0438 737 776	marzio@westnet.com.au

MIDWEST

Vendor	Products	Name	Phone	Email
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au





Healthier Vendor Guide

CONTACT WASCA

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