



SPRING 2019

Healthier Vendor Guide



YOUR GUIDE TO SELECTING
HEALTHIER VENDORS

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HEALTHIER COMMUNITY EVENTS

Local events provide an 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 healthier food options to be available.

ABOUT THE HEALTHIER VENDOR GUIDE

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

The guide has been 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.

To be included in the HVG, food vendors work with WASCA to determine the suitability of the products on their menu. This involves using a ‘traffic light’ system to categorise food and drinks as green, amber, and red. All food vendors in this guide offer a minimum of 40% green and a maximum of 30% red choices.

‘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"> » breads and cereals, preferably wholegrain » fruit, vegetables and legumes » plain water » plain and flavoured reduced fat milk (300mL or less) » 99% fruit juice (250mL or less) » 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 or flavoured full fat milk » plain or flavoured reduced fat flavoured milk (greater than 300mL) » 99% fruit juice (greater than 250mL) and diet drinks » small fruit muffins » savoury foods (e.g. reduced fat and salt varieties of pastries) » lean ham » burgers, meat based meals e.g. pasta bake with 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 drinks, energy drinks, sports drinks » chocolate 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 the food vendors, the sorts of food and drink that are usually provided, your ideas for increasing the healthy choices and then recommendations are 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

The food vendors are listed in alphabetic order. Each food vendors has a profile which includes information on the type of food provided as well as contact details.

At the back of the Guide you will find a list of all the food vendors according to the region/s they are willing to operate within. This is also available in an excel spreadsheet on request. These food vendors can be in high demand and we suggest contacting them as early as possible to secure a booking.

It is also really important to advise them of your Healthway sponsorship obligations and request that they provide the 'healthier' alternatives. Some examples listed in this resource include salads, paella, sushi, rice paper rolls, water, fruit smoothies and freshly squeezed juice.

It is important to note when a food vendor is added to the HVG they met the eligibility criteria at the time of assessment i.e. offering a minimum of 40% green and a maximum of 30% red choices.

As food 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.

In addition, we are more than happy to work with new vendors, simply forward WASCA the contact details and we will offer the menu assessment service to them. Should they meet the eligibility criteria they will also have the opportunity to be added to the HVG in the future.

Eligibility for the HVG allows vendors to display the 'Certified Healthier Vendor' logo and magnet to promote their 'healthier options'. The logo and magnet is updated quarterly in line with the production of the HVG and matches the styling of the edition. Certified Healthier Vendors in Spring 2019 are permitted to display the following logo:



Bantastic Mi

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

Bunga Raya Satay

Contact person	Jaz and Alina
Phone	0411 277 993 or 0419 962 916
Email	satayrest@yahoo.com
Website	bungarayasatay.com
Regions	Perth metropolitan area South West Wheatbelt
Healthier menu items	Beef and chicken satay sticks Murtabak Curry and rice

Casablanca Real Moroccan Cuisine

Contact person	Hassan Adam Fadil
Phone	0412 702 702
Email	realmoroccancuisine@gmail.com
Website	authenticmoroccancuisine.com.au
Regions	Perth metropolitan area
Healthier menu items	Moroccan beef, chicken or vegetables Rice, couscous

Chocolate Chilli Pork Company

Contact person	Melbourne Simpson
Phone	0468 543 798
Email	chefmade@bigpond.net.au
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

Contact person	Basak Candemir
Phone	0422 288 602
Email	danyal_kadir@hotmail.com
Facebook	facebook.com/FreshTurkishGozleme
Regions	Perth metropolitan area
Healthier menu items	Various gozlemes

Ge-Ge Juices

Contact person	Coralie Nix
Phone	0428 673 037
Email	ge-ge.juices@hotmail.com
Regions	South West Great Southern Wheatbelt
Healthier menu items	Freshly squeezed fruit and vegetable juices

Green on the go

Contact person	Brittany Barnes
Phone	0423 424 205
Email	hello@greenonthego.com.au
Website	greenonthego.com.au
Facebook	facebook.com/greenonthegofoodtruck
Regions	Perth metropolitan area
Healthier menu items	Soups Sandwiches Salad bowls Frittatas Yoghurt pots Smoothies Coffee

Josie's Baked Potatoes

Contact person	Josie Pascoe
Phone	0407 214 697
Email	jkpascoe@iprimus.com.au
Regions	Perth metropolitan area South West Great Southern Wheatbelt Mid West
Healthier menu items	Baked spuds, various fillings Water

Juice Station

Contact person	Pahnna Sungsinlert
Phone	0481 534 075
Email	info@juicestation.com.au
Website	juicestation.com.au
Regions	Perth metropolitan area
Healthier menu items	freshly squeezed fruit and vegetables juices

Ma La Dumplings

Contact person	Teesh Law
Phone	0458 887 878
Email	info@margaretriverdumplings.com
Facebook	facebook.com/maladumplings.com
Regions	South West Perth metropolitan area
Healthier menu items	Dumplings Noodles Salads Coffee

Merrifield Range

Contact person	Adriana Wickins
Phone	0438 737 776
Email	adriana@merrifieldrange.com
Facebook	facebook.com/merrifieldrange
Regions	State-wide
Healthier menu items	Lamb satay and lamb burgers

Murphy's Spuds

Contact person	Lydia Softley
Phone	0408 943 729
Email	maininside1@bigpond.com
Regions	South West Great Southern Wheatbelt Mid West
Healthier menu items	Stuffed spuds

Paella on the Move

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

Pizza Joes Woodfired Pizza

Contact person	Joe Gurgone
Phone	0433 858 776
Email	pizzajoeswoodfiredpizza@outlook.com
Facebook	facebook.com/pizzajoeswoodfiredpizzaandcatering
Regions	Perth metropolitan area
Healthier menu items	Woodfired pizza

Porta Pizza

Contact person	Oliver Lemke
Phone	0419 868 489
Email	info@portapizza.com.au
Website	portapizza.com.au
Facebook	facebook.com/portapizza.com.au
Regions	Perth metropolitan area South West
Healthier menu items	Woodfired pizza

Raw Life Juice Bar

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

Russian Sisters

Contact person	Michael Hodgens
Phone	0428 355 685
Email	russiansisters15@gmail.com
Regions	South West
Healthier menu items	Lean meatballs served in a wholemeal bun Russian Borscht soup

Satay Satay

Contact person	Alvin Kang
Phone	0414 981 368
Email	sataysatayaus@gmail.com
Facebook	facebook.com/sataysatay
Regions	Perth metropolitan area South West Great Southern
Healthier menu items	Satay sticks Steamed buns

S'Juice

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

SUPERblends. Co

Contact person	Caroline Whareaitu
Phone	0475 241 804
Email	mail@superblends.co
Website	www.superblends.co
Regions	Perth metropolitan area
Healthier menu items	Fruit smoothies Acai Bowls Water

Sweet Dreams Foods

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

The Spud Wagon

Contact person	Mary Laity
Phone	9581 4430 or 0402 637 620
Email	spudladywa@gmail.com
Regions	Perth metropolitan area South West
Healthier menu items	Baked stuffed potatoes with various hot and cold fillings

The Stuffed Spud

Contact person	Brett Herron
Phone	0414 947 052
Email	herron@highway1.com.au
Website	stuffedspud.com
Regions	Perth metropolitan area South West Great Southern Wheatbelt
Healthier menu items	Stuffed spuds, various toppings Water

The Well Dressed Potato

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

The Wooden Box Cart

Contact person	Kunj Shal and Komal Patel
Phone	0403 369 198 or 0401 651 769
Email	enquiry@thewoodenboxcart.com.au
Facebook	facebook.com/The-Wooden-Box-Cart-849723355149203
Regions	Perth metropolitan area
Healthier menu items	Stuffed potato skins Acai bowls Cold pressed juices

Turkish Hotplate - New!

Contact person	Birgul Candemir
Phone	0411 304 411
Email	birgul_candemir@hotmail.com
Facebook	facebook.com/Turkishhotplate
Regions	Perth metropolitan area South West
Healthier menu items	Gozleme

Two Queens Pizza Queens

Contact person	Jules Colson and Izabel Machese
Phone	0416 008 514 or 0430 920 440
Email	Jules@twoqueens.com.au Izabel@twoqueens.com.au
Website	twoqueens.com.au
Facebook	facebook.com/PizzaQueensWoodfired-StreetPizza
Regions	Perth metropolitan area South West Great Southern Wheatbelt
Healthier menu items	Wood fired pizzas Paella Fresh fruit

WA Spit Roast

Contact person	Sean Powers
Phone	9331 4100 or 0419 531 644
Email	sean.p@iinet.net.au
Website	waspitroast.com.au
Facebook	facebook.com/waspitroast
Regions	Perth metropolitan area
Healthier menu items	Roasted meats and vegetables Beef or pork with gravy rolls Salads Water

Yahava Koffee Works Mobile Express Van

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

Zab Salad Authentic Indian Food

Contact person	Umair Ahmed
Phone	0403 418 924
Email	ahmedumair18@gmail.com
Website	facebook.com/indian4142
Regions	Perth metropolitan area
Healthier menu items	Curry and rice

HEALTHIER VENDOR GUIDE BY REGIONS

PERTH METROPOLITAN AREA					
Vendor	Products	Contact person	Contact number	Email	Page
Bantastic Mi	Vietnamese Baguettes, rice paper rolls, salads	Dong Pham	0412 156 347 0413 776 566	Bantasticmi@gmail.com	5
Bunga Raya Satay	Satay sticks, murtabak, curry	Jaz and Alina	0411 277 993 0419 962 916	satayrest@yahoo.com	5
Casablanca Real Moroccan Cuisine and Catering	Moroccan food	Hassan Adam Fadil	0412 702 702	realmoroccancuisine@gmail.com	5
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au	5
Fresh Turkish Gozleme	Gozlemes	Basak Candemir	0422 288 602	danyal_kadir@hotmail.com	6
Green on the go	Soups, salads, sandwiches, frittatas, yoghurt, smoothies	Brittany Barnes	0423 424 205	hello@greenonthego.com.au	6
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au	6
Juice Station	Freshly squeezed juice	Pahnan Sungsinlert	0481 534 075	info@juicestation.com.au	7
Ma La Dumplings	Dumplings, noodles and salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com	7
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com	8
Pizza Joes Woodfired Pizza	Woodfired pizzas	Joe Gurgone	0433 858 776	pizzajoeswoodfiredpizza@outlook.com	8
Porta Pizza	Woodfired pizzas	Oliver Lemke	0419 868 489	info@portapizza.com.au	8
Satay Satay	Satay Sticks and steamed buns	Alvin Kang	0414 981 368	sataysatay@gmail.com	9
SUPERblends. Co	Smoothies, acai bowls	Caroline Whareaitu	0475 241 804	mail@superblends.co	9
Sweet Dreams Foods	Bagels	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au	10

PERTH METROPOLITAN AREA (CONTINUED)

Vendor	Products	Contact person	Contact number	Email	Page
The Spud Wagon	Stuffed spuds	Mary Laity	0402 637 620	spudladywa@gmail.com	10
The Stuffed Spud	Baked potatoes	Brett Herron	0414 947 052	herron@highway1.com.au	10
The Wooden Box Cart	Tortillas, stuffed potato skins, acia bowls	Kunj Shal and Komal Patel	0403 369 198 0401 651 769	enquiry@thewoodenboxcart.com.au	11
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com	11
Two Queens - Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson and Izabel Machese	0416 008 514 0430 920 440	jules@twoqueens.com.au izabel@twoqueens.com.au	11
WA Spit Roast	Roast meats, rolls, salads	Sean Powers	9331 4100 0419 531 644	sean.p@iinet.net.au	12
Zab Salad Authentic Indian Food	Curries	Umair Ahmed	0403 418 924	ahmedumair18@gmail.com	12

SOUTH WEST

Vendor	Products	Contact person	Contact number	Email	Page
Bantastic Mi	Vietnamese Baguettes Rice paper rolls, salads	Dong Pham	0412 156 347 0413 776 566	bantasticmi@gmail.com	5
Bunga Raya Satay	Satay sticks, murtabak, curry	Jaz and Alina	0411 277 993 0419 962 916	satayrest@yahoo.com	5
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au	5
Ge-Ge Juices	Freshly squeezed fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com	6
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au	6
Ma La Dumplings	Dumplings, noodles and salads	Teesh Law	0458 887 878	info@margaretriverdumplings.com	7
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7
Murphy's Spuds	Stuffed spuds	Lydia Softley	0408 943 729	mainside1@bigpond.com	7
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com	8

SOUTH WEST (CONTINUED)

Vendor	Products	Contact person	Contact number	Email	Page
Porta Pizza	Woodfired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au	8
Raw Life Juice Bar	Fruit and vegetable juices	Kylie Johnston and Chris Barnao	0409 984 001 0467 604 505	info@rawlifejuice.com.au	8
Russian Sisters	Traditional style Russian food	Michael Hodgens	0428 355 685	russiansisters15@gmail.com	9
Satay Satay	Satay sticks and steamed buns	Alvin Kang	0414 981 368	sataysatay@gmail.com	9
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au	10
The Spud Wagon	Baked Potatoes	Mary Laity	0402 637 620	spudladywa@gmail.com	10
The Stuffed Spud	Baked Potatoes	Brett Herron	0414 947 052	herron@highway1.com.au	10
The Well Dressed Potato	Baked potatoes	Michael Fear	0447 768 288	michael@thewelldressedpotato.com.au	10
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com	11
Two Queens - Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson and Izabel Machese	0416 008 514 0430 920 440	Jules@twoqueens.com.au lzabel@twoqueens.com.au	11
Yahava Koffee	Coffee (with reduced fat milk), herbal teas	Fran Sheffield	0418 914 446	fran@yahava.com.au	12

WHEATBELT

Vendor	Products	Contact person	Contact number	Email	Page
Bunga Raya Satay	Satay sticks, murtabak, curry	Jaz and Alina	0411 277 993 0419 962 916	satayrest@yahoo.com	5
Ge-Ge Juices	Freshly squeezed fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com	6
Josie's Baked Potatoes	Baked potatoes, various fillings	Jose Pascoe	0407 214 697	jkpascoe@iprimus.com.au	6
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7
Murphy's Spuds	Stuffed spuds	Lydia Softley	0408 943 729	mainside1@bigpond.com	7
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au	10
The Stuffed Spud	Baked potatoes	Brett Herron	0414 947 052	herro@highway1.com.au	10

GREAT SOUTHERN

Vendor	Products	Contact person	Contact number	Email	Page
Bantastic Mi	Vietnamese Baguettes, rice paper roll, salads	Dong Pham	0412 156 347 0413 776 566	bantasticmi@gmail.com	5
Chocolate Chilli Pork Company	Burgers, nachos, water	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au	5
Ge-Ge Juices	Freshly squeezed fruit and vegetable juices	Coralie Nix	0428 673 037	ge-ge.juices@hotmail.com	6
Josie's Baked Spuds	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au	6
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7
Murphy's Spuds	Stuffed Spuds	Lydia Softley	0408 943 729	mainside1@bigpond.com	7
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com	8
Satay Satay	Satay sticks and steamed buns	Alvin Kang	0414 981 368	sataysatay@gmail.com	9
Sweet Dreams Foods	Toasted bagels with various fillings	David Whorrall	0419 653 296	dream@sweetdreamfoods.com.au	10
The Stuffed Spud	Baked potatoes	Brett Herron	0414 947 052	herron@highway1.com.au	10
Two Queens - Pizza Queens	Pizza, paella, BBQ, coconuts, fresh fruit	Jules Colson and Izabel Machese	0416 008 514 or 0430 920 440	jules@twoqueens.com.au lzabel@twoqueens.com.au	11

GOLDFIELDS - ESPERANCE

Vendor	Products	Contact person	Contact number	Email	Page
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7
S'Juice	Juices, smoothies and soups	Mario and Claire Abram	0417 986 869	marzio@westnet.com.au	9

MID WEST

Vendor	Products	Contact person	Contact number	Email	Page
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au	6
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7

GASCOYNE

Vendor	Products	Contact person	Contact number	Email	Page
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7

NORTH WEST - PILBARA AND KIMBERLEY

Vendor	Products	Contact person	Contact number	Email	Page
Merrifield Range	Lamb satay, lamb burgers	Adriana Wickins	0438 737 776	adriana@merrifieldrange.com	7



Healthier Vendor Guide

CONTACT WASCA

✉ PO BOX 3484, EAST PERTH WA 6892 waschoolcanteens.org.au

☎ 9264 4999

[facebook.com/wascainc](https://www.facebook.com/wascainc)

✉ wasca@education.wa.edu.au

twitter.com/wascainc

