



Healthier Vendor Guide

WINTER 2021



YOUR GUIDE TO SELECTING
HEALTHIER VENDORS

CONTENTS

HEALTHIER COMMUNITY EVENTS	1
ABOUT THE HEALTHIER VENDOR GUIDE	1
‘TRAFFIC LIGHT’ SYSTEM	1
HEALTHIER VENDOR GUIDE	2
FOOD AND BEVERAGE LIST	2
BEVERAGE LIST	11
HEALTHIER VENDOR GUIDE BY REGION	12
CONTACT WASCA	18



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

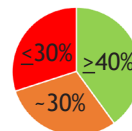
The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

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 Department of Health's - 'Healthy Options WA' Food and nutrition policy. It 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 » Breads, pastas and rice » plain milk (300mL or less) » soup and vegetable based meals e.g. pasta and rice. » Lean meat, fish and poultry 	<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"> » 99% fruit juice (<300mL) » Artificially flavoured drinks e.g diet drinks (600mL) » small fruit muffins(<60g) » Red meat with visible fat » Dairy free milks with no added calcium 	<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 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). » processed meats (e.g. lean ham & bacon) » sour cream

HEALTHIER VENDOR GUIDE

Food and beverage list

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 South West Great Southern
Healthier menu items	Vietnamese baguettes Soft tacos Rice paper rolls Fresh salads

Chocolate Chilli Pork Company*

Cuisine	Hot Meals
Contact Person	Melbourne Simpson
Phone	0468 543 798
Email	chefmade@bigpond.net.au
Facebook/Website	facebook.com/chocolatechilliporkcompany
Regions	Perth Metropolitan Wheatbelt South West Goldfields Great Southern Mid-West
Healthier menu items	Mushroom burgers

*new



Coffee Cabana

Cuisine	Toasted sandwiches & coffee
Contact Person	Liz Smith
Phone	0448 680 111
Email	coffeecabana100@gmail.com
Facebook/Website	
Regions	Perth Metropolitan Wheatbelt South West Great Southern
Healthier menu items	Toasted sandwiches

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

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 potatoes with various hot and cold 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	baked potatoes with various fillings

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

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

Rob's Stuffed Spud*

Cuisine	Baked Potatoes		
Contact Person	Patricia Lewin		
Phone	0488 110 192		
Email	robsbakedpotatoes@hotmail.com		
Facebook/Website			
Regions	Perth Metropolitan South West Great Southern	Wheatbelt Goldfields Mid-West	Gascoyne Pilbara
Healthier menu items	Baked potatoes with various hot and cold fillings		

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



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 potatoes 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	Stuffed potatoes with various toppings 99% fruit juice

Tomato & Basil

Cuisine	Pizza
Contact Person	Giorgio Chiera
Phone	0416 433 878
Email	info@tomatoandbasil.com.au
Facebook/Website	facebook.com/tomatonbasilpizzeria/ tomatoandbasil.com.au
Regions	Perth Metropolitan
Healthier menu items	Woodfired pizzas



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@iinet.net.au
Facebook/Website	facebook.com/waspitroast waspitroast.com.au
Regions	Perth Metropolitan
Healthier menu items	Roasted meats and vegetables & 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



HEALTHIER VENDOR

GUIDE

Beverage list

Fruit Junkeeze

Cuisine	Juices & Smoothies
Contact Person	Jaz and Alina
Phone	0419 962 916
Email	satayrest@yahoo.com
Facebook/Website	
Regions	Perth Metropolitan South West Great Southern
Healthier menu items	Juices & Smoothies

Juice Station

Cuisine	Juices
Contact Person	Pahnan Sungsinlert
Phone	0481 534 075
Email	info@juicestation.com.au
Facebook/Website	https://www.juicestation.com.au/
Regions	Perth Metropolitan
Healthier menu items	Juices



Raw Life Juice Bar

Cuisine	Cold pressed juices
Contact Person	Kylie Johnston
Phone	0409 984 001
Email	rawlifejuice@mail.com
Facebook/Website	https://www.rawlifejuice.com.au/
Regions	South West
Healthier menu items	Cold pressed juices & icy poles



HEALTHIER VENDOR GUIDE

PERTH METROPOLITAN

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese baguettes, rice paper rolls, salad	Dong Pham	0412 156 347 0413 776 566	bantasticmi@gmail.com
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Coffee Cabana	Toasted sandwiches & coffee	Liz Smith	0448 680 111	coffeecabana100@gmail.com
Fresh Turkish Gozleme	Gozleme	Basak Candemir	0422 288 602	danyal_kadir@hotmail.com
Fruit Junkeeze	Juices & Smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.com
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 potatoes	Mary Laity	0402 637 620	spudladywa@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Pizza Joe's Woodfired Pizza	Wood fired Pizza	Joe Gurgone	0433 858 776	pizzajoeswoodfiredpizza@outlook.com
Porta Pizza	Wood fired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com



PERTH METROPOLITAN

Vendor	Products	Name	Phone	Email
The Stuffed Spud	Stuffed potatoes	Brett Herron	0419 947 052	herron@highway1.com.au
Tomato & Basil	Pizza	Giorgio Chiera	0416 433 878	info@tomatoandbasil.com.au
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com
Two Queens Pizza Queens	pizza, paella, BBQ, fresh fruit	Jules Colson Izabel Machese	0416 008 514 0430 920 440	Jules@twoqueens.com.au Izabel@twoqueens.com.au
WA Spit Roast	Roast meats, salads, rolls	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



SOUTH WEST

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese baguettes, rice paper rolls, salad	Dong Pham	0412 156 347 0413 776 566	bantasticmi@gmail.com
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Coffee Cabana	Toasted sandwiches & coffee	Liz Smith	0448 680 111	coffeecabana100@gmail.com
Fruit Junkeeze	Juices & smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.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 potatoes	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 potatoes	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Porta Pizza	Woodfired Pizza	Oliver Lemke	0419 868 489	info@portapizza.com.au
Raw Life Juice Bar	Cold pressed juice & icy poles	Kylie Johnston	0409 984 001	rawlifejuice@mail.com
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
The Stuffed Spud	Stuffed potatoes	Brett Herron	0419 947 052	herron@highway1.com.au
The Well Dressed Potatoes	Stuffed potatoes	Michael Fear	0447 768 288	michael@thewelldressedpotato.com.au
Turkish Hotplate	Gozleme	Birgul Candemir	0411 304 411	birgul_candemir@hotmail.com



Vendor	Products	Name	Phone	Email
Two Queens Pizza Queens	Pizza, paella, BBQ, fresh fruit	Jules Colson Izabel Machese	0416 008 514 0430 920 440	Jules@twoqueens.com.au Izabel@twoqueens.com.au
Yahava Koffee	Coffee	Fran Sheffield	0418 914 446	fran@yahava.com.au

GREAT SOUTHERN

Vendor	Products	Name	Phone	Email
Bantastic Mi	Vietnamese baguettes, rice paper rolls, salad	Dong Pham	0412 156 347 0413 776 566	bantasticmi@gmail.com
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Coffee Cabana	Toasted sandwiches & coffee	Liz Smith	0448 680 111	coffeecabana100@gmail.com
Fruit Junkeeze	Juices & Smoothies	Jaz and Alina	0419 962 916	satayrest@yahoo.com
Josie's Baked Potatoes	Baked Potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Murphy's Spuds	Stuffed potatoes	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Paella on the Move	Paella	Mirco Bortolozzo	0412 018 341	paellaonthemove@gmail.com
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com
Satay Satay	Satay Sticks, steamed buns	Alvin Kang	0414 981 368	sataysatayaus@gmail.com
The Stuffed Spud	Stuffed potatoes	Brett Herron	0419 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, fresh fruit	Jules Colson Izabel Machese	0416 008 514 0430 920 440	Jules@twoqueens.com.au Izabel@twoqueens.com.au



WHEATBELT

Vendor	Products	Name	Phone	Email
Coffee Cabana	Toasted sandwiches & coffee	Liz Smith	0448 680 111	coffeecabana100@gmail.com
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Josie's Baked Potatoes	Baked Potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Murphy's Spuds	Stuffed potatoes	Gloria Bergersen	0408 860 402	murphysspuds2@gmail.com
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com
The Stuffed Spud	Stuffed potatoes	Brett Herron	0419 947 052	herron@highway1.com.au

GOLDFIELDS

Vendor	Products	Name	Phone	Email
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com



MIDWEST

Vendor	Products	Name	Phone	Email
Chocolate Chilli Pork Company	Burgers & rolls	Melbourne Simpson	0468 543 798	chefmade@bigpond.net.au
Josie's Baked Potatoes	Baked potatoes, various fillings	Josie Pascoe	0407 214 697	jkpascoe@iprimus.com.au
Robs' Baked Potatoes	Stuffed potatoes	Patricia Lewin	0488 110 192	robsbakedpotatoes@hotmail.com





Healthier Vendor Guide

WINTER 2021

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