



Healthy BBQ Checklist

- Use wholemeal or grainy bread
- Choose lean and lower salt sausages, burgers or rissoles
- Choose skinless chicken
- Have plenty of vegies and fruit available
 - Throw some veg on the barbie - mushrooms, corn cobs, zucchini and capsicum brushed with a little olive oil works a treat
 - Offer side salads
 - Prepare a seasonal fruit platter for dessert
- Have water available (combine sparkling water with fruit or herbs for something a bit fancy)
- If you're offering alcoholic drinks, include lower alcohol options like light beer
- Plan to be active – get out the backyard cricket set, frisbee or footy for some classic outdoor Aussie fun