



Member Update

CONFIDENTIAL
ATTENTION: THE LICENSEE

Date: 14 May 2019
No: 62/19



**Government of
South Australia**

2019 Healthy Meal Choices for Kids

As part of the 2019 AHA|SA Hotel Industry Awards for Excellence

To be eligible hotels must nominate for this category and will be judged based on their ability to meet at least 50% of the following criteria

1. A VARIETY OF MENU OPTIONS SPANNING THE FIVE KEY FOOD GROUPS (breads and cereals, vegetables, fruit, dairy, lean meats, egg, tofu, nuts and seeds, and legumes/beans).	
2. SALAD AND/OR VEGETABLES SERVED WITH MEALS AS A STANDARD.	
3. VEGETARIAN OPTIONS AVAILABLE.	
4. POLY/MONOUNSATURATED BASED OILS ARE USED FOR COOKING (eg. Canola, olive, sunflower oils).	
5. REDUCED OR LOW FAT DAIRY INGREDIENTS ARE USED (eg. Milk, yoghurt, cheese).	
6. WHOLEMEAL, MULTIGRAIN, OR HIGH FIBRE BREADS AND/OR ROLLS ARE AVAILABLE	
7. SALT SHAKERS ARE REMOVED FROM TABLES	
8. HEALTHIER COOKING METHODS OFFERED (eg. Grilling, steaming, baking)	
9. FRUIT-BASED DESSERTS ARE AVAILABLE	
10. FREE TAP WATER IS MADE AVAILABLE ON TABLES	
11. MEAL DEALS OFFER HEALTHIER DRINK CHOICES (eg. Water, plain milk, or 100% fruit juice)	

The successful venue will receive fabulous marketing and advertising opportunities that are invaluable to your hotel. Award winners will be presented with a framed certificate at the 2019 Hotel Industry Awards for Excellence, and access to a suite of 'Healthy Kids Menus' materials such as a guide for business, and branding materials which can be used for your hotel's promotional campaign.

WHAT YOU NEED TO ENTER

- 1. Completed the nomination form attached**
- 2. Include a brief submission summary covering the criteria points as outlined above**
- 3. Provide a copy of your hotel's kids menu along with photographs of the healthier meals and service**

NOMINATIONS CLOSE @ 4pm Friday 31 May 2019

Winners of the AHA|SA Awards for Excellence will be announced at the annual Gala Dinner being held at the Adelaide Entertainment Centre on **Tuesday 30 July 2019**.
For all enquiries contact Lucy @ the AHA|SA 08 8100 2441

2019 HOTEL INDUSTRY AWARDS FOR EXCELLENCE
'Healthy Meal Choices for Kids'

NOMINATION FORM

Hotel: _____

Postal Address: _____

Suburb/Town: _____ Postcode: _____

Contact Name: _____

Tel: _____ Fax: _____

Email Address: _____



PLEASE ATTACH A BRIEF SUBMISSION COVERING THE CRITERIA AS OUTLINED ALONG WITH A COPY OF YOUR HOTELS KIDS MENU ALONG WITH PHOTOGRAPHS OF THE HEALTHIER MEALS AND SERVICE

NOMINATIONS CLOSE @ 4pm Friday 31 May 2019

ONLINE www.ahasa.asn.au

EMAIL awards@ahasa.asn.au

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