



grampians pyrenees
primary
care
partnership
pcp

60 High Street
ARARAT VIC 3377

Phone: 0353 526200
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A guide to healthy eating in the
Northern Grampians, Ararat
Rural City and Pyrenees Shires



**Healthy Eating
Working Group**



Acknowledgements



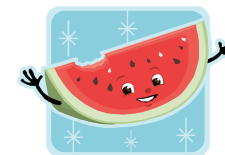
Northern Grampians Shire Council



Ararat Rural City



Maryborough District
Health Service



Healthy Eating Working Group

The Grampians Pyrenees Healthy Eating Working Group was established in October 2005. The group consists of dietitians, school representatives, environmental health officers, community nurses, health workers and community members from across the Pyrenees, Ararat Rural City and Northern Grampians Shires. The purpose of the group is to identify and address barriers to people eating healthy food.

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What is a PCP?

PCPs (Primary Care Partnerships) are funded by the Victorian State Government through the Department of Human Services to support the reform of the health care system.

The Grampians Pyrenees PCP covers the three local government areas of Northern Grampians Shire, Ararat Rural City and the Shire of Pyrenees.

This PCP now has over thirty member agencies which work together to deliver coordinated Primary Health and Health Promotion Services.

To prevent people getting sick in the first place, we support the delivery of projects and programs which address the priorities of:

- Increasing physical activity
- Encouraging healthy eating
- Nurturing social connections

For more information on Grampians Pyrenees PCP contact

Executive Officer

Kate Serrurier

Phone: (03)5352 6206 or 0407 548553

Email:

kates@grampianspyreneespcp.org.au

About This Brochure

Purpose

This brochure is designed to make it easier for people to make a healthy choice when eating out.

The brochure identifies businesses that offer meals which have a high nutritional content, are low in fat or are suitable for people with special dietary needs.

Criteria for inclusion in the brochure

All businesses listed in this brochure have worked with a dietitian to identify healthy choices on their menu.

How to make a healthy choice

The meals are identified as either gold or silver choices.

Gold choices

Low in fat, sugar and salt. High in fibre.

Silver choices

Improvements made to decrease fat, sugar and/or salt and increase fibre.

This logo is used within the food outlet to identify the gold and silver choices.



BUSINESS LISTINGS

Further information for food businesses and consumers

Where can I get more copies of this brochure?

Additional copies of this brochure can be obtained by contacting Chantal Price at Grampians Pyrenees Primary Care Partnership on Ph. (03) 5352 2255. It can also be found on the Grampians Pyrenees PCP website <http://www.grampianspyreneespcp.org.au/>

How can I get new menu items updated?

If you have new menu items you would like checked by a dietitian, please refer to the appropriate contact below:

Northern Grampians Shire

Michaela Murdoch, Stawell Regional Health
Ph. (03) 5358 8565

Ararat Rural City

Rachael Cooper, East Grampians Health Service
Ph. (03) 5352 9300

Pyrenees Shire

Danielle Paterson, Maryborough District Health Service
Ph. (03) 5465 1233

How can I get my business involved?

This brochure will be updated annually. If you would like your business to be included in the next edition, please contact Chantal Price on Ph. (03) 5352 2255 to receive a registration form.

Ararat Bakery

52 Barkly Street Ararat

Ph. (03) 5352 2248

Weekdays: 6.30am - 4.45pm

Saturday: 7.00am - 2.30pm

Sunday 8.00am - 2.30pm

A variety of dishes available including pies, cakes, roast meats, stir-fries, salads, sandwiches and rolls

- Vegetarian options available
- Group catering service available
- Birthday cakes made up

Ararat RSL

74-76 High Street Ararat

Ph. (03) 5352 2794

Lunch: Monday – Friday 11.30am – 2.00pm,

Weekends 12.00 pm – 2.00pm

Dinner: 6.00pm – 8.00pm every night (bookings advisable)

Freshly cooked meals in a restaurant-style environment

- Vegetarian options available
- Special dietary needs catered for by request (please advise staff when booking)
- Healthy choice kids menu
- \$10 lunch specials Monday – Friday (choice of 12 meals)
- Group catering available
- Accessible facilities

Bakers Delight

Shop 7, Safeway Complex, Ingor Street Ararat
Ph. (03) 5352 5996

7.00am - 7.00pm 7 days a week

A range of breads baked from scratch every day on the premises

- A large range of freshly baked bread options
- Turkish bread, pane-di-casa, rye, pasta dura and twists- great for entertaining
- Savoury rolls, scones, fruit buns, sweet and savoury scrolls- ideal for a quick snack or kids lunches
- White, wholemeal, low GI, country grown, cape seed, fruit and apricot delight loaves sliced to order
- Ask about family packs and combos for great value
- Fast friendly service always

Blue Duck Hotel

257 Barkly Street Ararat
Ph. (03) 5352 1177

Lunch: Thursday and Friday 12.00pm - 2.00pm

Dinner: 6.00pm - 8.30pm every night

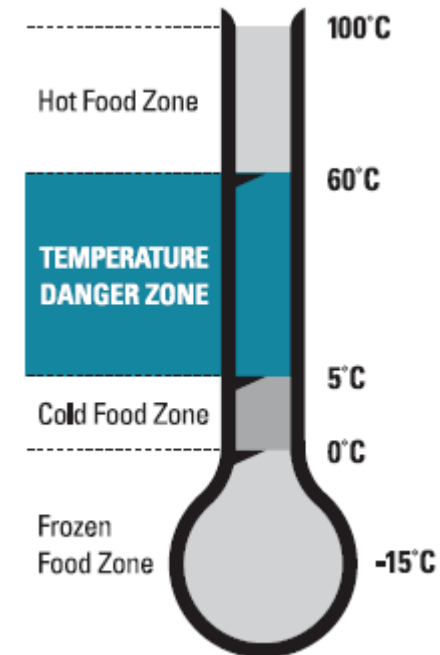
Specialising in stone grill cooking

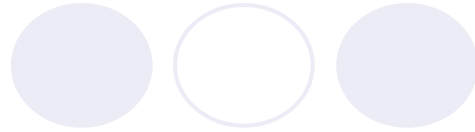
- \$8 lunch specials on Thursday and Friday
- Gluten free / lactose free options available
- Kids menu
- Sunday roasts
- Group catering and functions

Further information on food safety can be obtained from the following websites:

Victorian Government Food Safety website
<http://www.health.vic.gov.au/foodsafety/>

Meat & Livestock Australia Food Safety website
<http://www.safefood.net.au>





Food Safety Tips

All Victorian food businesses have to comply with food safety laws that are designed to ensure that the food you buy is safe. Here are some tips to ensure that the food you take home to prepare for yourself, family and friends is safe and does not turn nasty:

- Buy food from reputable suppliers with clean premises.
- Avoid spoiled foods, foods past their use-by dates or foods in damaged containers or packaging.
- Take chilled, frozen or hot foods straight home in insulated containers.
- Keep raw and ready-to-eat foods separate.
- Avoid high-risk foods left in the Temperature Danger Zone for more than 4 hours.
- Keep high-risk foods out of the Temperature Danger Zone. Keep chilled foods cold at 5oC or colder and hot food hot at 60oC or hotter.
- Thoroughly wash and dry hands when preparing food.
- Use separate and clean utensils for raw foods and ready-to-eat foods.
- Cook minced meats, poultry, fish and sausages thoroughly.
- When in doubt, throw it out.



Convenience foods usually contain high amounts of salt. The body needs some salt. Try and limit your salt intake to reduce your risk of heart disease and stroke.

Fish on Barkly

262 Barkly Street Ararat

Ph. (03) 5352 7358

Tuesday - Sunday: 10.30am - 8.30pm

Closed Mondays

- Fresh fish and salad bar
- Uses cholesterol free rice bran oil
- Lamb and chicken souvlaki a speciality
- Catering for functions
- Accessible entry

George's Fish Shop

120 Barkly Street Ararat
Ph. (03) 5352 4128

Tuesday - Thursday: 10.00am - 9.00pm

Friday - Saturday: 10.00am - 9.30pm

Sunday: 1.00am - 3.00am and 10.00am - 9.30pm

Closed Mondays. Open public holidays

- Salad bar
- Grilled options available
- Special packs, including kids packs, available

Kerry's Café

96 Barkly Street Ararat
Ph. (03) 5352 1205

Wednesday - Saturday: 7.30am - 6.00pm

Sunday: 8.00am - 5.00pm

All dishes use fresh ingredients, made on premises

- Espresso coffee
- Specials board
- Kids menu, high chair available
- Gluten free options available. Other special dietary needs catered for by request
- Vegetarian options available
- Eat in or takeaway
- Group functions catered for
- Accessible facilities

Healthy Eating Resources

Dietitians Association of Australia
<http://www.daa.asn.au/>

Nutrition Australia
<http://www.nutritionaustralia.org/>

Australian Guide to Healthy Eating
<http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-publth-strateg-food-guide-index.htm>

Australian Healthy Food Guide
<http://www.healthyfoodguide.com.au/index.php>

Taste.com.au (recipes)
<http://www.taste.com.au/>

Go For Your Life
<http://www.goforyourlife.vic.gov.au/hav/articles.nsf?open>
Infoline: 1300 73 98 99

Better Health Channel
<http://www.betterhealth.vic.gov.au/>

Teen Health (Children, Youth and Women's Health Service)
<http://www.cyh.com/SubDefault.aspx?p=159>

Anaphylaxis Australia (information about food allergies)
<http://www.allergyfacts.org.au/foodalerts.asp>
Ph: 1300 728 000

Australian Breastfeeding Association
<http://www.breastfeeding.asn.au/bfinfo/index.html>

Breastfeeding Helpline
(03) 9885 0653

Healthy Canteens Infoline
Ph. 1300 854 554

Local Producers continued

Green Eggs

Pine-Ridge Great Western

Ph. (03) 5356 2221 or 0428 526 916

RMB 1142 Ararat

Email: info@greeneggs.net.au

Website: www.greeneggs.net.au

Supplies free range eggs directly from the farm to you to ensure unbeatable freshness, continuity of supply, less damage to eggs and direct contact with the producers, Shelley and Alan Green.

2006 Winner National Landcare Awards for Primary Production

Scrumlicious

14 Simpson Road Concongella

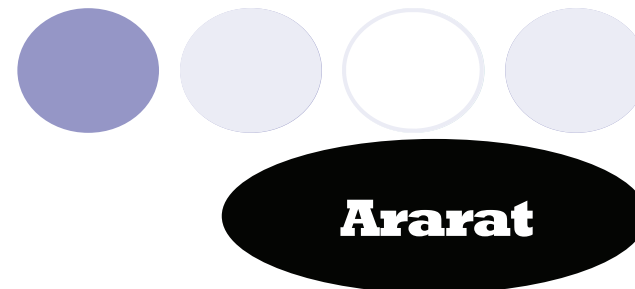
Ph. (03) 5358 5357 or 0409 59 7878

Email: nancy@scrumlicious.com.au

Website: www.Scrumlicious.com.au

Supplies gluten-free, diabetic and allergy sensitive hand-made food- pies, quiches, cakes, biscuits, preserves and bread mix.

Delivered if possible within 24 hours or snap frozen to hold freshness.



The Vines Café and Bar

74 Barkly Street Ararat

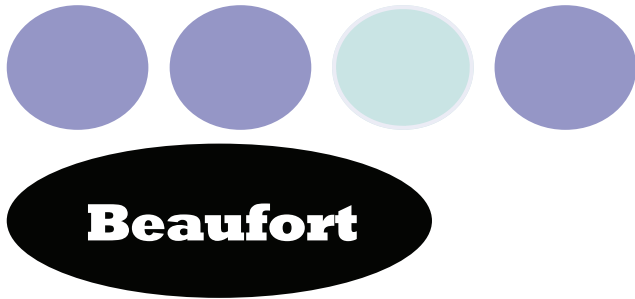
Ph. (03) 5352 1026

9.00am - 5.00pm daily

Local produce, fresh ingredients, made on premises

- Espresso coffee
- Special menu for Mothers Day lunch and Valentines Day dinner
- Gluten free options available. Other special dietary needs catered for by request.
- Vegetarian options available
- Eat in or takeaway
- Group functions catered for
- Accessible facilities

Variety is the key to a healthy diet. Include fruit, vegetables, nuts, legumes, wholegrain cereals, low fat dairy products and lean meat



Day Café

49 Neill Street Beaufort
Ph. (03) 5349 2458

Monday – Wednesday: 7.30 am – 6.00pm
Thursday: 7.30am – 8.00pm
Friday: 7.30am - 8.30pm
Saturday: 7.30am – 8.00pm
Sunday: 8.00am – 8.00pm

*Wide variety of café style meals and light snacks.
Half way stop between Melbourne and Nhill.*

- Vittoria espresso coffee
- Home-made slices, biscuits, muffins and quiches
- Pizza and pasta Thursday – Sunday night
- All meals available for takeaway
- On premise licence
- Gluten free options available
- Catering for small and large parties plus corporate functions
- Accessible entry to outdoor seating area and toilets

Enjoy what you are eating! Sit and eat slowly and eat with friends and family wherever possible

Other Local Producers

Grampians Produce Group

Grampians Produce is a small group of local food producers and manufactures that build relationships, network, develop skills and encourage value adding within the Grampians region.

The Grampians Produce Group is passionate about regional food and aims to forge links with wineries, cafes, producers and manufacturers, hotels and tourism sectors.

Web Site www.grampiansproduce.com.au

Bellellen Grampians Organics

RMB 2048 Stawell Ph. (03) 5358 1421 or 0417 581 421

Email: produce@bgorganics.com.au

Produces certified organic herbs and vegetables.

Orders are accepted via email, fax or message bank.

Orders are picked fresh and delivered free, on ice, to the city of Stawell on Tuesdays and Fridays.

Grampians Lavender Patch

3616 Ararat – Halls Gap Road Pomonal Ph. (03) 5356 6285

Email: product@glp.net.au

Website: www.glp.net.au

Offering a range of gifts and treats including jams, jellies, mustard, chutney, biscuits and ice-cream. Other lavender products include plants, heat packs and skin care products.

Catering by arrangement for small and large groups including coaches in an out-door setting with very pleasant views over the lavender to the Grampians National Park.

Beaufort

Beaufort Market

Enquiries: Beaufort Information Centre Ph. (03) 5349 3110

9.00am - 1.00pm

1st Saturday of Month

Memorial Park, Beaufort

Stawell

Stawell Farmers Market

Enquiries: Judith Burke Ph. (03) 5356 6306 or 0404 165 150

9.00am - 1.00pm

Last Sunday of month (January – November)

3rd Sunday of month in October

Twilight market December 19th from 5.00pm – 9.00pm

Stawell Showgrounds, Patrick Street, Stawell

Featuring gourmet foods, seasonal organic produce, farm fresh produce, livestock, quality crafts, garden needs, farm produce (hay etc) and much more.

Buskers, displays, morning tea and lunch available.

SES Market

Enquiries: Ph. (03) 5358 3174

9.00am – 1pm

1st Sunday of Month

An indoor/outdoor market with trash & treasure, hardware, oddments.

Drill Hall, Sloane Street, Stawell



**Lake
Bolac**

Lake Bolac Hotel

Glenelg Highway Lake Bolac

Ph. (03) 5350 2303

Open every day

Lunch: 12.00pm - 1.30pm

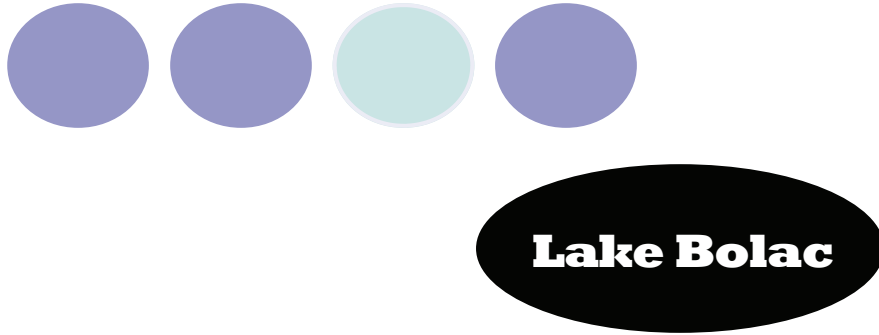
Dinner: 6.00pm – 8.30pm

Open on Sunday but no meals available (can be arranged by appointment)

- Regularly changing specials menu
- \$10 lunch specials
- Espresso coffee
- Salad and hot vegetable bar
- Special dietary needs catered for by request
- Vegetarian options
- Catering for group functions
- Accessible facilities



When eating out, ask to substitute high fat sides such as chips for a baked potato, vegetables or salad



Lake Bolac Milkbar

2117 Glenelg Highway Lake Bolac
Ph. (03) 5350 2294

Monday - Thursday : 8.00am – 7.00pm
Friday – Sunday: 8.00am - 7.30pm

Mixed business outlet serving a wide variety of hot and cold snacks and meals

- Salad rolls, wraps and sandwiches
- Eat-in and takeaway available
- Special dietary needs catered for by request
- Group catering service available

Ask for a jug of water at the table when eating out. Good for health and your wallet!

Alexander Hall, corner. Stawell Road and Collins Street Ararat

A long established indoor/outdoor market with over 50 stalls and all proceeds going to charity. The market features trash and treasure, bric-a-brac, crafts and homemade produce.

Ararat Seasonal Farmers Market

Set lakeside in the Alexandra Gardens, held on the 2nd Sunday of each seasonal quarter. Sample the region's finest gourmet produce, enjoy a lakeside brunch and listen to live music.

More information at www.ararat.vic.gov.au

Avoca

Avoca Market

For enquiries email westin27@aapt.net.au

10.00am - 2.00pm
4th Sunday of month

Find wine, arts and craft
Market is held on the river flats at Avoca

Willaura

Hospital Market 1st Sunday in March, 10.00am - 2.00pm
Enquiries: Jane Milllear Ph. (03) 5354 1518

Fruits and vegetables in season not only taste better but cost less too

Stawell

Holmes Fruit & Vegetable

81 Main Street Stawell

Ph. (03) 5358 1741

Monday to Friday 9.00am - 5.00pm

Saturday 9.00am - 12noon

Home delivery service Wednesday & Friday

AH (03) 5358 3607

Mobile 0428 375 650

Supplies wholesale and retail fruit and vegetables

Rayners Minimart

Western Highway Stawell

Ph. (03) 5358 4372

Monday to Friday 8.00am - 6.00pm

Saturday 9.00am - 4.30pm

Sunday 9.00am - 4.00pm

Home delivery service available within Stawell

Supplies fruit, vegetables, yogurt and nuts and local herbs (organic), preserves and honey

Local Markets

Ararat

Ararat Trash & Treasure Market

Enquiries: Ph. (03) 5352 3989

9.00am - 1.30pm

2nd Sunday of month



Moyston

Moyston General Store

Main Street Moyston

Ph. (03) 5354 2575

Open for lunch and dinner every day.

Monday - Saturday: 7.00am - 7.00pm

Sunday: 8.00am - 6.00pm

Specialising in sandwiches, cakes and pies

- Sandwich bar
- Kids menu
- Special dietary needs catered for by request
- Takeaway available
- Group catering service available

Try multi-grain, wholemeal, sourdough, rye, soy & linseed, mountain bread or pita bread as alternatives to white bread

St. Arnaud

Botanical Hotel

11 Napier Street St. Arnaud
Ph. (03) 5495 1336

Lunch: Monday - Saturday 12.00pm - 1.30pm
Dinner: Friday and Saturday 6.00pm - 8.30pm, 6.00pm – 9.00pm
(daylight savings)
Monday – Thursday 6.00pm – 8.00pm
Closed Sundays
No meals available on public holidays

A wide variety of bistro fare

- \$11 lunch specials (8 – 10 items on menu)
- Salad and vegetable bar on Saturday nights
- Espresso coffee
- Function room available (can seat 40 people)
- Special dietary needs catered for by request
- Takeaway available
- Accessible entry

**When eating out, order salad dressing,
gravy and sauces on the side so you
can control how much you add**

Peaches Fruit & Vegetable Market

10 Ingor Street Ararat Ph. (03) 5352 1407

Monday to Saturday 9.00am - 6.00pm

In town delivery service available Monday to Friday, phone to make arrangements.

Provides a variety of fresh fruit and vegetables as well as grocery items.

Beaufort

Beaufort Fresh

29 Neill St. Beaufort Ph. (03) 5349 2213

Monday 7.00am – 5.30pm
Wednesday 7.00am – 6.00pm
Thursday 7.00am – 5.30pm
Friday 7.00am – 6.30pm
Saturday 7.00am – 2.00pm
Closed Tuesday and Sunday

Home delivery service available within the Beaufort area.

Supplies wholesale and retail fruit and vegetables.
Huge range of fresh fruit and vegetables, breads, pasta, yoghurt,
dried fruits and local products.

Stawell

Newton's Butchers

147 Main Street, Stawell Ph. (03) 5358 1018

Monday to Friday 6.30am – 5.30pm

Saturday until 12noon

Free in-town delivery service

Range of poultry, beef, lamb and specialty meats (i.e. duck, kangaroo, emu)

Fish available Tuesday and Wednesday

Fruit & Vegetable Suppliers

Ararat

Ararat Fruit Basket

234-238 Barkly Street Ararat Ph. (03) 5352 1001

Monday to Friday 9.00am – 6.00pm

Saturday 9.00am – 1.00pm

Ararat township delivery service available daily.

Lake Bolac and Westmere deliveries Thursday.

A range of fresh fruit and vegetables, organic produce and health foods.

Specialty breads, cooking ingredients, gluten free products available.



Stawell

Gift Hotel

13 Main Street Stawell

Ph. (03) 5358 1170

Lunch: 12 noon – 1.30pm (Monday - Saturday)

Dinner: 6.00pm – 8.00pm every day

Country dining for the whole family

- Bar meals
- Bistro meals
- Light café snacks
- Kids menu
- Espresso coffee
- \$7.50 lunch specials Monday - Friday

Look for menu items that are baked, grilled, poached or steamed. These cooking methods are lower in fat.

Subway Stawell

Located in BP Service Station
55-57 Longfield Street Stawell
Ph. (03) 5358 5230

8.00am - 10.00pm 7 days a week

Freshly made rolls, wraps and salads

- A variety of different bread choices and ingredients available
- Value meals available
- Party platters available to order
- Accessible facilities
- Gluten free options

Town Hall Hotel

62-68 Main Street Stawell
Ph. (03) 5358 1059

Lunch: From 12 noon every day

Dinner: From 6.00pm every day

- Extensive menu - light snacks and main meals
- Regularly changing selection of Chef Specials
- Kids menu
- Local wines
- Espresso coffee
- Alfresco and indoor dining
- Lunch specials Monday - Friday

Butchers

Ararat

B's Meats

Safeway Complex, Ararat Ph. (03) 5352 4545

Monday to Friday 7.00am - 6.00pm

Saturday 7.30am - 12.30pm

Free in-town delivery service

Fish order taken every Thursday, delivery Friday.

Variety of easy meal ideas: stir fry, casseroles, meat and poultry products.

Beaufort

Beaufort Butchery

48 Neil Street, Beaufort Ph. (03) 5349 2130

Monday to Friday 6.00am - 5.30pm

Saturday until 1.00pm

Delivery service available

Fish delivery fortnightly (Tuesday's)

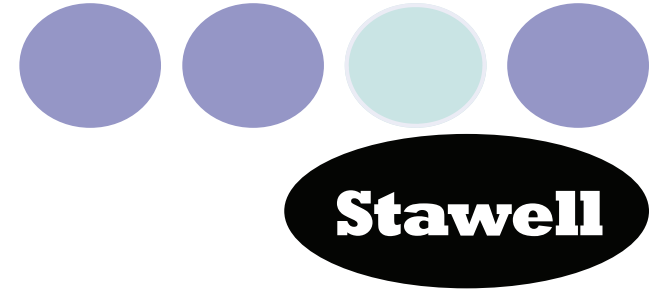
St. Arnaud

Paul's Seafood

Selling at Junction Roadhouse, St. Arnaud

Every Thursday from 10.30am—1.00pm

Phone orders: Paul 0428 507 788



CONTACT DIRECTORY: HEALTHY EATING AT HOME

Waack's Bakery

56 Main Street Stawell
Ph. (03) 5358 1238
(Bakery in Horsham as well)

170 Barkly Street Ararat
Ph. (03) 5352 1618

Monday - Friday: 7.00am – 5.00pm
Saturday: 7.00am – 2.00pm
Sunday: 8.00am – 2.00pm

Goods baked fresh daily. Friendly service by enthusiastic staff.

*Winner of the Powercor Pyrenees Business Achievement Awards
2007 (Retail); 2005 (Food and Beverage)*

- Speciality breads
- Large selection of award winning pies
- Espresso coffee
- Salad bar
- Regularly changing lunchtime meal deals



Willaura Hotel

44 Main Street Willaura

Ph. (03) 5354 1213

Winter opening hours

Monday 1.00pm

Wednesday - Friday 2.00pm

Saturday: 12.00pm

Sunday: 2.00pm - 6.00pm

Closed Tuesday

Summer opening hours (from November onwards)

7.00am - 9.00am (for breakfast) and 12.00pm onwards every day

- Espresso coffee
- Kids menu and high chair available
- Special dietary needs catered for by request
- Vegetarian options available
- Takeaway available
- Group functions catered for
- Accessible facilities
- Daily Specials



Willaura Bakery

76 Main Street Willaura

Ph. (03) 5354 1291

Monday – Friday 9.00am - 5.30pm

Closed Public Holidays

- Fresh baked bread, loaves and rolls- *multigrain a speciality*
- Sale of individual items welcome or create your own assortment..
- A large selection of freshly baked food, including quiches pies, pasties, involtinis, cakes and slices
- Homemade relishes and sauces when seasonally available
- Special lunch menu- freshly made bread rolls with a selection of salad fillings made to your order
- Cold drinks, tea and coffee available

**Be active when eating out.
Walk to the place you will be
eating at or order takeaway and
walk to a nearby park to eat**