

HEALTHY HOSTING OPTIONS

BAKE SALE ALTERNATIVES

Use Sugar Alternatives

Mashed bananas, dates and apple sauce can be used to sweeten treats rather than refined or artificial sugars

Highlight Wholefood Ingredients

Bake with wholemeal flours, oats and seeds, making for more nutrient-focused treats

Smaller Portions, Bigger Impact

Mini-muffins, bite-sized cookies and small slices help encourage healthy choices

SAUSAGE SIZZLE ALTERNATIVES

Offer Lean and Plant-Based

Swap regular sausages for leaner options like chicken and include low sodium plant-based options

Swap Out White Bread for Wholemeal

Use wholegrain or seeded bread rolls for added fibre and slower sugar absorption

Serve Grilled Veggie Skewers

Grilled mushroom, capsicum and onion skewers for a veggie-packed option

PROMOTE WITH PURPOSE

Did you know that maintaining a healthy body weight and avoiding alcohol may reduce your risk of getting breast cancer? This is a great opportunity to have an open discussion about what we can all do to reduce our risk.

[You can learn more here!](#)