Catering

At many events, different groups experience difficulties obtaining appropriate food. These guidelines on catering for different requirements are based on culture, belief systems, and health.

This is not to suggest the traditional Aussie Barbeque is inappropriate, although recognition of inclusive catering may lead to some Australia Day Barbeque events being 'more than a just a sausage sizzle'!

Halal, kosher and vegetarian and vegan foods:

+ Serving an option of vegetarian and vegan food will cater for people from most religions and cultural backgrounds

+ Many organisers will feel uncertainty about halal, kosher and vegetarian foods. Muslims and Jews do not eat pork and are usually hesitant to eat at functions that serve pork because of the fear that the non-pork dishes may have come into contact with pork during preparation

+ It is not only the ingredients that make food/s halal or kosher, but also the way food is prepared and how it is served

+ Many people from South Asia, South-East and East Asia do not eat beef.

Food sensitivities:

+ Food sensitivities such as lactose and gluten intolerance are surprisingly common

+ Some people are allergic or sensitive to particular foods such as nuts, shellfish or egg protein

+ Serve food such as fresh fruit and vegetables, foods that are low in fat, gluten-free and dairy-free.

Information on ingredients:

+ Label food (e.g. halal, pork-free, beef-free, vegetarian, vegan, kosher)

+ Provide a list of ingredients whenever possible.

Spaces, settings and food:

+ Ensure halal, kosher and vegetarian food are on a separate table from general meat dishes

+ Where possible, use a separate barbeque plate for vegetarian/vegan foods.

Alcohol and culturally inclusive events:

+ Many potential participants are concerned that if alcohol and non-alcoholic drinks are served together, it may appear as though they are accessing alcohol

+ Separate the areas serving alcoholic and non-alcoholic drinks, with the main gathering area in the middle.