

Host Catering Guide



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Host Catering Guide for ICF Competition

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1/ Introduction

The following are guidelines for the nutritional requirements when catering for athletes competing at ICF sanctioned events.

Catering for athletes is very different to catering for tourists, conference / meeting attendees or other functions. The athletes have trained very hard to compete at these events and they are here to physically perform at their highest level. They rely heavily on good quality, safe food to support this performance.

It is important to understand that these athletes are competing at various times of the day, and generally in several races over a day. As such, this meal may be their primary recovery from a recent race, and /or their preparation for the next race. Some athletes compete in very explosive, short duration events while others compete in longer distance events. The athletes are from a wide spectrum of ages, body size and shape, and ethnicity, hence there is no 'one size fits all'.

For lunch they will generally prefer fairly 'light' meals that help them perform well – they do not require a gourmet meal, strongly flavored dishes or heavy food. Since some athletes may prefer a cold meal to a hot one, a variety of salad items, cold meats and cheese, and breads should be provided in addition to the hot dishes. It's also necessary that there is sufficient food available of all options throughout the entire meal service period as athletes will come in from racing at different times.

As a quick summary of the primary recommendations:

- The caterer must provide evidence to the OC and ICF of their country-specific certifications for safe food handling and storage. It is essential that all requirements for the safe provision of food are met.
- It is strongly recommended that hot foods be served buffet-style in bain maries rather than pre-plated. This allows athletes to self-select the amount of food they wish to eat.
- Meals should be based on good quality (preferably wholegrain) carbohydrate sources including bread, breakfast cereal, oats, grains, pasta, rice, noodles, potato / yams / sweet potato, and fruit.
- A variety of fresh vegetables (cooked and raw) and salad ingredients should be served at all meals.
- Moderate serves of lean protein-rich foods (120-180g cooked weight per athlete) should be provided per serve. This includes lean red meat (beef, veal, lamb), pork, skinless chicken/turkey breast, eggs,

fish, legumes and dairy products. Fish is generally not a popular choice especially if it has bones.

- All meals and snacks should be based on lower fat preparation styles and food choices (unless specified). This includes:
 - low fat cuts of meat (minimal marbling, fat trimmed), skinless chicken breasts, no processed meats (salami, sausages)
 - cooking methods that require minimal amounts of fat
 - the option of low fat dairy milk and yoghurt as well as full fat
- Where possible the variety of meals provided should reflect the cultural differences of the athletes, rather than being specific to the host nation's food culture. This includes Asian, South American, and Middle Eastern.
- The menu should change each day over the period of the competition.
- It is a REQUIREMENT that foods suitable for special dietary needs be provided (i.e. gluten free, vegetarian, lactose free, halal) and all **key allergens identified in clear labelling** (nuts, lactose, gluten, shellfish, fish). It is suggested that high allergen foods are served separately, with no potential for cross contamination in their preparation or serving.
- It is a REQUIREMENT that all dishes are labelled so that athletes can clearly identify the key components of the meals (e.g. type of protein, key ingredients, presence of spice).
- It is a REQUIREMENT that hand sanitizer be provided at entry point to the dining area with signage instructing athletes to use it.

2/ Specific Recommendation

COOKING AND PREPARATION METHODS

- All foods should be cooked with styles that require minimal addition of fat/oil: grilling, baking, steaming, boiling, stir fry with minimal added oil. Specifically avoid deep frying, and meals made with cream.
- Gravy and/or sauces can be served with the food because they add flavor and moistness. Sauces based on cream/butter should be avoided. Tomato based sauces are usually the best choice. In

addition, “white” sauces can be made with a low-fat milk base. Where possible, sauces should be served ‘on the side’ so athletes can choose to use them or not.

- Cream should be replaced with low fat yoghurt/crème fraiche or custard made with low fat milk.
- Dressings should be served separately to salads where possible, and should include balsamic vinegar as an option.
- Minimal salt and spices should be used in cooking – these should be provided as condiments for athletes to add according to taste.

PORTIONS:

It is strongly recommended that there is the ability to provide a variety of serving sizes to meet the athletes needs rather than one size for everyone. The athlete should be allowed to specify how much food they want.

Protein: Minimum 120g cooked weight per person, ideally allow 150-180g especially for males and / or larger athletes.

Carbohydrate: Minimum 1 cup (cooked) per person, ideally allow 1.5-2 cups

SERVING METHODS

It is **STRONGLY** recommended that all food be served as self-serve, buffet style.

- Athletes will expect to eat as soon as they sit down, to provide speedy access to foods and drinks to meet their recovery nutrition goals and to reduce the duration of meal periods.
- Covered bain-maries, heater boxes and refrigerated shelves or serving trays should be used to keep foods at an appropriate temperature. Alternatively, open-style heaters and trays on ice can be used as long as the food is prevented from drying out.
- All components of the meal should be available at the same time (including desserts) to allow athletes to plan their total meal. Self-service will allow athletes to use their own portion control and cater for the variability in food needs between individuals.
- The order in which foods are presented can help the athlete to fill their plates with appropriate contributions from various choices. Providing vegetables / salads and carbohydrate dishes at the

beginning of the buffet ensures that athletes don't overload on the protein rich "main dishes" at the expense of other foods.

- If meals are individually plated, there should be both a source of carbohydrate (minimum 1 cup cooked per plate) and a source of protein (variation in portions from 120-180g cooked weight per plate)
 - Breads, rolls, salad and / or hot vegetables should be provided at each table or at a self-serve salad bar that includes cold meats, hard boiled eggs and cheese.
 - Individual plates of vegetarian, lactose free and gluten-free meals / items must be available by request and athletes told that this is available.
 - Fruit salad, whole fresh fruit or pre-cut fruit platters provide an appropriate dessert.

3/ Lunch/Dinner

Since the meal provision is covering several days, the menu of hot dishes should change each day to allow for more variety.

Minimum of 2 hot dishes served buffet-style, with the carbohydrate-rich choice (rice/pasta/noodles/potato) served separately to the protein component wherever possible.

One of these dishes (both a protein and a carbohydrate-rich option) should be a very plain option – i.e. served without sauces / gravy. For example, roast or grilled meat / chicken / fish, with plain rice, pasta or potato as a side dish.

Plus either a soup or a dessert.

Plus bread / rolls, low fat yoghurt, and fruit always available.

Plus condiments (hot / chilli sauce, salad dressings, butter / margarine, salt, pepper etc)

- There must be a white meat (poultry, pork or fish) and a red meat (beef, veal or lamb). A vegetarian dish with a suitable protein component (legumes, eggs or tofu) should also be served albeit in smaller quantities.
- Each dish must have a carbohydrate-rich ("starch") base or accompaniment – pasta, rice, potato / sweet potato, noodles, quinoa or cous cous. There should be 2 different starch options each meal, one of which must be gluten-free. No oil added before serving.
- If the meat /chicken is not a 'wet' dish, please serve with a sauce or gravy on the side.

- At least 2 different types of vegetables should be served (no butter or oil added).
- Salads should also be provided with oil/ vinegar and dressings on the side (can be pre-mixed or with each salad item served individually).
- Pizzas may be a suitable option if prepared with lean meats, vegetables and a reduced amount of cheese.
- Creamy sauces and bases for dishes (risotto and curries) should be replaced with a non-fat/skim milk base.
- Desserts and fruit choices should be served without cream. Gelati, ice-cream or custard are suitable.
- Drink choices: tea, coffee, hot chocolate, juice and water to be available.

Examples of dishes that are or aren't suitable to provide:

SUITABLE	NOT SUITABLE
Baked potato, potato wedges, mashed potato, boiled potato,	French fries, potato chips
Pasta with Bolognese, napoli / tomato based or pesto-based sauces, lasagna	Pasta alfredo, carbonara and creamy sauces, macaroni cheese, spätzle
Baked, roast, grilled or pan fried veal / steak / chicken / fish.	Schnitzel, deep fried chicken, battered and deep fried fish, sausages / bratwurst, carp, fish with head still attached or bones
Stir fries, stews or casseroles with fat skimmed off, mild curries, shepherds pie, tacos or burritos	Highly spicy foods
Rice (white or brown), quinoa, cous cous, tacos, tortilla wraps	Risotto made with cream
Broths, soups with vegetables, chicken noodle soup, minestrone	Cream based soups
Lightly cooked vegetables (at least 2 different types) plus salad ingredients (leafy greens, tomato, cucumber, grated carrot, beetroot for example). Premade salads with dressing on the side or low fat dressing	Heavily dressed salads with full fat dressings, deep fried vegetables, over-cooked vegetables
Sliced cheese, lean cold cut meats, canned tuna, cold hard boiled eggs (all for making sandwiches)	Salami, pastrami
Fruit strudels, custard, fresh fruit, canned fruit in juice	Tirimasu, cream, cakes with heavy cream

4/ Breakfast

Buffet breakfast every morning:

- wholegrain cereals and natural muesli (including lower sugar granola and higher fibre, low sugar options). Bircher muesli can be included, as can porridge / oatmeal in cooler weather.
- yoghurt (low fat Greek is preferable, flavored or natural)
- fruits (can be canned / bottled as well as fresh)
- milk (preferably reduced-fat and full cream) and soy milk – clearly labelled
- bread and bread rolls (variety of different types, including grain, rye, wholemeal and white)
- cheese, cold meat slices (e.g. ham) – preferably no salami or sausages
- jam, honey, nut butters, margarine

Hot options: - vegetables (e.g. cooked mushrooms, tomatoes)

- boiled, poached, scrambled eggs or omelette (choice of one option daily)
- baked beans
- lean bacon or ham
- pancakes, low fat french toast or waffles with maple syrup on the side
- boiled / steamed rice

PLUS tea, coffee, juice and water

5/ Food Safety



Keep Everything CLEAN
Including hands and surfaces prior to eating.
Wash hands for at least 20 seconds.

SEPARATE
Raw and Ready to Eat Foods
During Storage and Preparation



Use a **FOOD THERMOMETER**



COOK all foods their required minimal internal cooking **TEMPERATURE**
Keep hot foods above 140°F

165°F

Chicken, Turkey, Duck, Goose & Stuffing

160°F

Ground Beef, Pork, Lamb, Veal & Egg Dishes

145°F

Steaks, Roasts, Chops, Pork, Ham & Seafood

140°F

Precooked Ham



CHILL all cold foods below 41°F
Refrigerate leftovers within 2 hours
1 hour if at a summer picnic

EATING can be **SAFE, SIMPLE & DELICIOUS**
If you follow these food safety guidelines



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Boiling point for sterilising equipment / utensils.

Final rinse temperature for dishwashers (82° - 88°)

Temperature for hot holding keep food warm once cooked.

Do not leave raw or cooked items at room temperature as bacteria and micro organisms rapidly multiply.

Fridges - set air temperature at 8° or below for chilled food.

Freezer temperature or below

