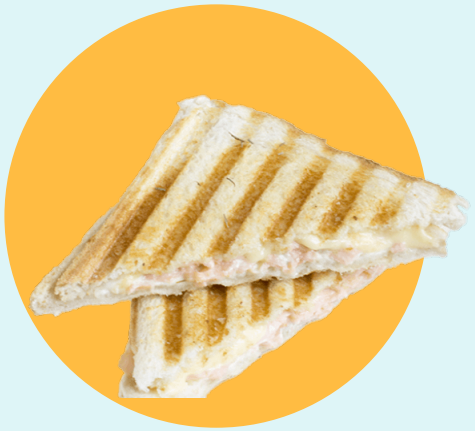
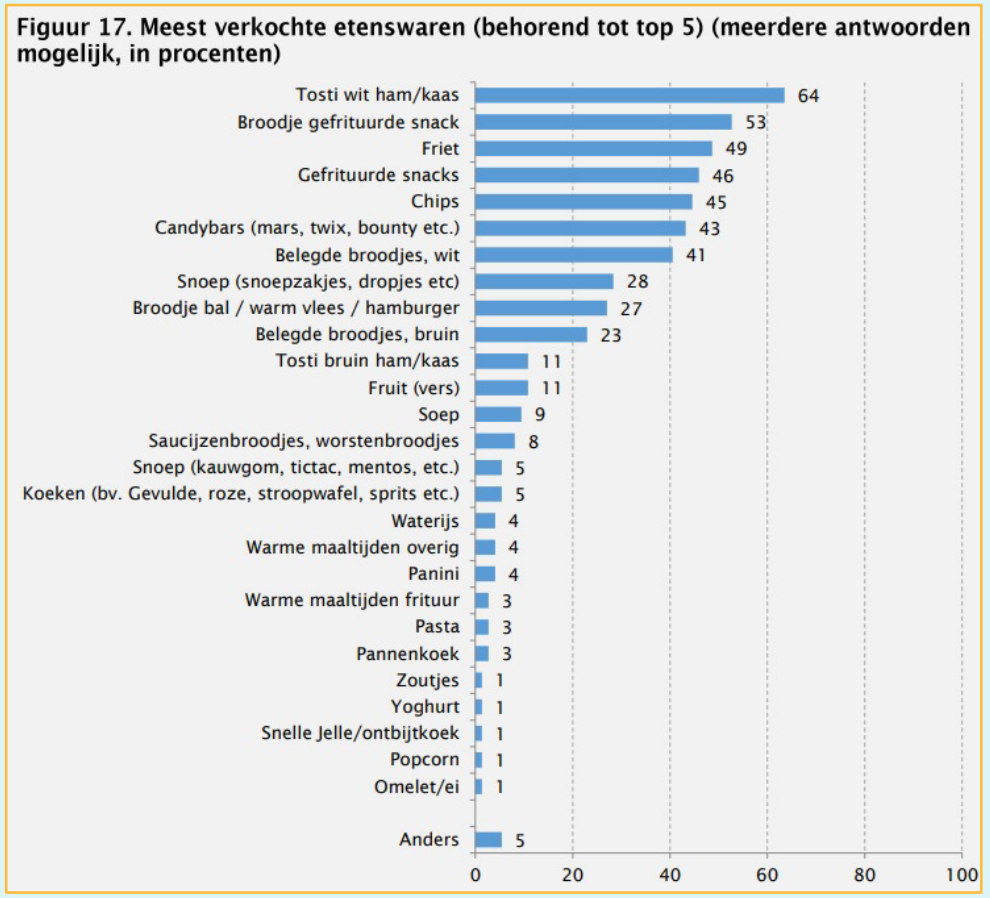
Clever Canteen Creations

Merel, Sem & Camille

The Typical Dutch Sports Canteen





The Sporter

Saturday = Game day

The Challenge

- Cheap
- Easy
- Meal
- ‘Fastfood experience’

- Straight-forward
- Fast
- Intuitive
- Few dishes

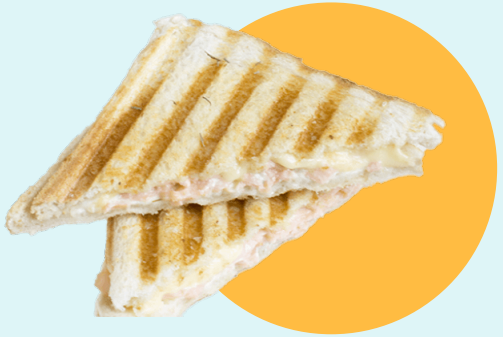
- Fryer > Air fryer
- Grill
- Fridge
- Freezer

What cheap and easy meals can we make with canteen kitchen tools?

Clever Canteen Creations

Comparing The Recipes

Tosti



- White bread
- Ham
- Cheese
- Ketchup

Broodje Frituur

- White bread
- Croquette
- Sauce

Veggie Toasty

- Whole grain bread
- Grilled veggie
- Cheese
- Healthier ketchup

Pita Falafel

- Whole grain pita
- Falafel
- Tzatziki
- Raw veggies

Created during the Food Hackathon Eindhoven by team EatD:

Sem Jordaan,
Camille de Pont and
Merel van Lieshout

Clever Canteen Creations

A simple guide for healthy cantine meals

Yoghurt Granola bowl

Ingredients:

300gr greek yoghurt
150gr granola
1 banana
65gr frozen fruit

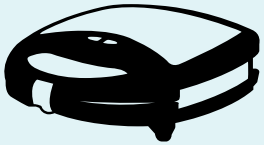
Take the fruit from the freezer to defrost.
Place the yoghurt in a bowl and add the granola on top.
Cut the banana in slices and add to the bowl, together with the fruit.

€3,50

Total costs of ingredients: €1,58

Penut butter & Jelly Toast

Ingredients:



2 pieces of whole wheat bread
20gr penut butter
20gr strawberry jam

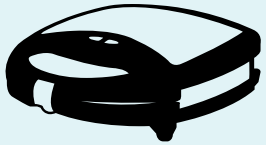
Heat up the grill and place the two slices of bread inside.
Grill the bread for 2 minutes and take out.
Add the penut butter to one of the slices, add the jam to the other one.
Place the two pieces of bread on top of each other and cut in half.

€1,50

Total costs of ingredients: €0,41

Kid's Tosti

Ingredients:



2 pieces of whole wheat bread
1 slice of cheese
10gr ketchup
possible: snack tomatoes

Take two slices of bread from the freezer and add a slice of cheese in between.
Heat up the grill and place the tosti inside.
The tosti is done in about 5 minutes.
Serve with healthy ketchup and possible snack tomatoes

Total costs of ingredients: €0,69 including tomatoes: €1,35

Tosti veggie

Ingredients:

2 pieces of whole wheat bread
60gr grilled veggies
1 slice of cheese
10gr ketchup

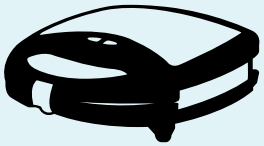
Take two slices of bread from the freezer and heat up the grill.
Place a slice of cheese in between and add the veggies.
Place it into the grill, the tosti is done in about 6 minutes.
Serve with healthy ketchup.

Total costs of ingredients: €1,00

Quesadilla

Ingredients:

1 whole wheat wrap
60gr mexican veggie mix
1 slice of cheese
10gr salsa sauce

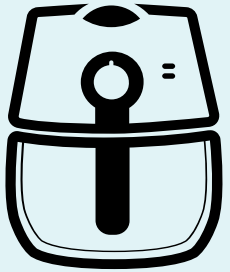


Take the wrap from the freezer and heat up the grill.
Cut the wrap in half and place a slice of cheese on one side.
Add the veggie mix and place the other half on top.
Grill for 5 minutes and serve with salsa sauce.

Total costs of ingredients: €1,07

Pita falafel

Ingredients:



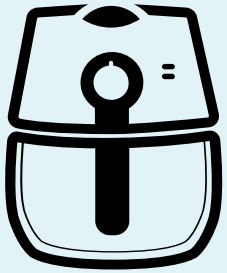
1 whole wheat pita
60gr falafel
40gr veggie mix
20gr tzatziki

Place the pita bread and the falafel into the air fryer.
Bake for 6 minutes on 200 degrees celsius.
In the meantime take the veggie mix out of the freezer to defrost.
Once the bread and falafel is done, cut open the pita bread.
Add the tzatziki, veggie mix and falafel into the pita and serve.

Total costs of ingredients: €0,94

Pancakes with fruit

Ingredients:

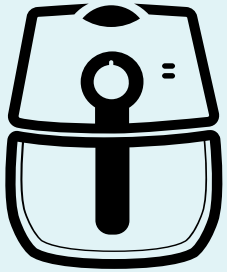


2 whole wheat pancakes
1 banana
65gr frozen fruit
20gr greek yoghurt
a drizzle of honey

Place the pancakes into the airfryer and bake for 3 minutes on 200 degrees celsius.
In the meantime take the fruit out of the freezer to defrost.
Cut the banana in slices.
Place the warm pancakes on a plate and top with the greek yoghurt, honey, banana and fruit.

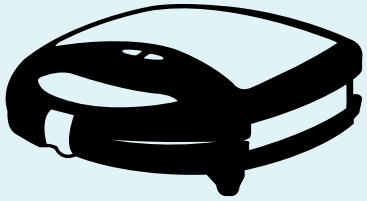
Total costs of ingredients: €1,40

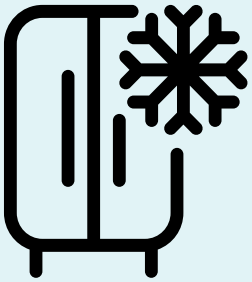
Tools needed in the canteen



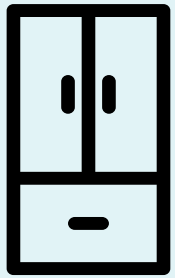
Airfryer

Grill





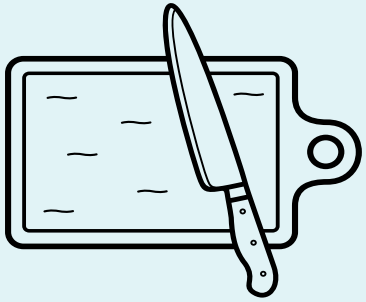
Freezer

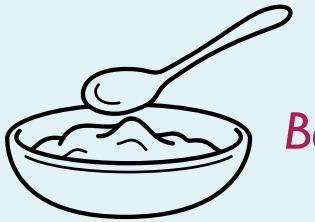


Fridge

Pantry

Cutting board and knives





Bowls and eating utensils

Cantine grocery list:

Store in the freezer:

-Volkoren casino brood:
€1,15 voor 1 brood https://www.ah.nl/producten/product/wi553742/ah-extra-lang-lekker-tostibrood-volkoren

-Volkoren pita brood
€0,75 per 5 broodjes
https://www.ah.nl/producten/product/wi459008/ah-volkoren-pita-s

-Volkoren pannenkoeken
€2,15 voor 6 stuks
https://www.ah.nl/producten/product/wi434347/ah-pannenkoek-en-volkoren

-Diepvries rood fruit:
€5,15 voor 1 kilo
https://www.ah.nl/producten/product/wi376520/ah-zakje-met-zomerfruit

-Rauwkost komkommer
€2,29 per 150 g
https://www.ah.nl/producten/product/wi197384/ah-rauwkost-komkommer

-Falafel
€1,69 voor 200 g
https://www.ah.nl/producten/product/wi564793/ah-terra-falafel

-Gegrilde groenten diepvries
€3,99 per 750 g
https://www.ah.nl/producten/product/wi453751/ah-gegrilde-groenten

- Wraps
0,99 voor 6 stuks
https://www.ah.nl/producten/product/wi453733/ah-tortilla-wraps-volkoren-medium

Store in the fridge:

- Griekse yoghurt 2% vet
€1,99 voor 1kg
https://www.ah.nl/producten/product/wi407959/de-zaanse-hoeve-yoghurt-griekse-stijl-2-vet

- Tzatziki
€1,64 voor 250 ml
https://www.jumbo.com/producten/remia-romige-frisse-tzatziki-tafelsaus-250ml-198425STK

- Komkommer
€0,97 per stuk
https://www.ah.nl/zoeken?query=Komkommer

- Hummus
€1.39 voor 200gr
https://www.ah.nl/producten/product/wi438961/ah-terra-hummus-naturel

- Kaas
€2,85 per 6
https://www.ah.nl/producten/product/wi549779/maaslander-jong-belegen-50-plakken

Store in the pantry:

- Krokante muesli:
€2,29 voor 1kg
https://www.ah.nl/producten/product/wi437374/ah-krokante-muesli-naturel

- Pindakaas 100% pinda:
€5,39 voor 1kg
https://www.ah.nl/producten/product/wi479791/ah-terra-100-pindakaas-naturel

- Minder suiker aardbeienjam hero:
€2,99 voor 300gr
https://www.ah.nl/producten/product/wi563627/hero-jam-zero-aardbeien

- Honing
€1,99 voor een fles van 350gr
https://www.ah.nl/producten/product/wi479788/ah-honing

- Bananen tros:
€1.45 voor 5 bananen
https://www.ah.nl/producten/product/wi197393/ah-bananen-tros

Picture references:

Yoghurt bowl:
https://www.forkknifeswoon.com/wp-content/uploads/2016/05/Img0048-Fork_Knife_Swoon_Roasted_Strawberry_Yogurt_Breakfast_Bowls_with_Chocolate_Coconut_Granola.jpg

Penut butter&Jelly sandwich
https://stordfkenticomedia.blob.core.windows.net/df-us/rms/media/recipemediafiles/recipes/retail/desktopimages/2018_grilled-peanut-butter-and-jelly_20336_600x600.jpg?ext=.jpg

Kid's Tosti:
https://www.optimavita.nl/wp-content/uploads/2020/03/Tosti-gezond-2048x1150.jpg

Tosti Veggie:
https://jaimyskitchen.nl/img/cache/media_42525_fit_750-750-center_85-tosti-met-gegrilde-groenten-68073-header.webp

Quesadilla:
https://www.inspiredtaste.net/wp-content/uploads/2021/03/Vegetable-Quesadilla-Recipe-1-1200.jpg

Pita falafel:
https://www.smaakt.bio/wp-content/uploads/sites/4/2021/02/Ontwerp-zonder-titel-45-1.jpg

Pancakes with fruit:
https://images.matchusports.nl/2020/02/Volkoren-pannenkoeken-met-vers-fruit-880x495.jpg

Future Steps

- Further develop easy recipes
- Developing variations on recipes
- Exploring the potential of the recipes in sports canteens in Eindhoven