
THE NSW HEALTHY SCHOOL CANTEEN STRATEGY

FOOD AND DRINK CRITERIA



Acknowledgements

The Working Group that has overseen the development of the revised NSW Healthy School Canteen Strategy was comprised of representatives from the NSW Department of Education, NSW Ministry of Health, The Association of Independent Schools of NSW, and Catholic Schools NSW.

We acknowledge the contribution that these and other individuals and organisations have made to the development of the revised Strategy.

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The NSW Healthy School Canteen Strategy

The NSW Healthy School Canteen Strategy aims to support student health by providing access to healthy foods and drinks to make the healthy choice, the easy choice. The Strategy addresses school canteens across NSW to support healthy growth and development of children.

The Strategy is just one of a host of Healthy Children Initiative programs and strategies which form part of the NSW Government's commitment to reducing childhood overweight and obesity¹.

All schools in NSW are supported by the NSW Healthy School Canteen Strategy. All NSW public schools are required to transition to the Strategy by the end of 2019. Independent and Catholic Schools are strongly encouraged to adopt the Strategy.

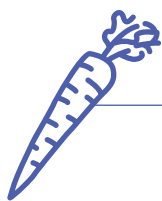
For more detailed information on the NSW Healthy School Canteen Strategy including tools to help you, visit the website <https://healthyschoolcanteens.nsw.gov.au>

Why do we need a NSW Healthy School Canteen Strategy and Food and Drink Criteria?

In 2015, twenty two percent of children aged 5-16 years in NSW were overweight or obese. In the same year the NSW Government released key targets, one of which was a priority to reduce overweight and obesity by 5% by 2025.

Healthy eating is important as it provides students with the essential energy and nutrients they need to learn, play and grow. Children need to eat healthier foods and drinks to meet their recommended requirements. Healthy habits for life are set up in childhood – overweight children are more likely to go on to become overweight or obese adults with an increased risk of serious chronic health problems.

CHILDREN NEED HEALTHIER FOOD AND DRINK OPTIONS:



More **VEGETABLES**



35%

of what children eat is unhealthy foods and drinks such as cakes, biscuits, sugary drinks and confectionery²



More **FRUIT**



3 in 10

are drinking a can of sugary drink each day³



More **YOGHURT, CHEESE & MILK**
(and alternatives)



3 in 10

are eating salty snacks each day²

1. NSW Government. NSW State Health Plan: Towards 2021. <http://www.health.nsw.gov.au/statehealthplan/Publications/NSW-state-health-plan-towards-2021.pdf>

2. Refers to percentage of kilojoule intake from discretionary foods and drinks. Australian Bureau of Statistics (2014) 4364.0.55.007 - Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12

3. NSW Population Survey 2014. www.healthstats.nsw.gov.au

Introduction to the Food and Drink Criteria

The new Food and Drink Criteria underpins the NSW Healthy School Canteen Strategy and provides an outline for a healthy school canteen. It applies to all food and drink provided in NSW school canteens and vending machines.

The focus of the Food and Drink Criteria is to support a culture of healthy food in schools by supporting NSW school canteens to:

- Promote and increase student access to healthy foods and drinks
- Decrease student access to unhealthy foods and drinks
- Support students to drink water in preference to sugary drinks
- Make the healthy choice, the easy choice.

The new Food and Drink Criteria – What has changed?

The new Food and Drink Criteria has been developed to align with the latest Australian Dietary Guidelines (2013) and to incorporate the Health Star Rating national front-of-pack labelling system.

The Criteria replaces the traffic light-based criteria (green, amber and red) in the previous **Fresh Tastes @ School Strategy** (2004). Schools who have worked hard to achieve a healthy school canteen will find that the language of the new Food and Drink Criteria may be a little different but the basic principles remain the same.

Other Australian states and territories use the traffic light-based criteria. Both the traffic light-based criteria and the new **NSW Healthy School Canteen Strategy: Food and Drink Criteria** achieve the same outcome of helping provide healthier foods and drinks in school canteens and are based on the principles of the Australian Dietary Guidelines.

More information about what has changed from the traffic light-based criteria (green, amber and red) can be found on the website <https://healthyschoolcanteens.nsw.gov.au>



The Australian Dietary Guidelines

The Australian Dietary Guidelines form the basis of the Food and Drink Criteria for healthy school canteens.

The Australian Dietary Guidelines provide the following advice:

- **To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet your energy needs.**
- **Enjoy a wide variety of nutritious foods from the five food groups every day and drink plenty of water.**
- **Limit intake of foods containing saturated fat, added salt and added sugars.**

The Australian Guide to Healthy Eating illustrates the Australian Dietary Guidelines by using a pictorial guide, shown below. It shows the food groups and the proportions of each needed for a healthy, balanced diet. The foods on the plate (inside the circle) are '**Everyday** foods' while those down on the bottom-right are '**Occasional** foods' which should only be consumed sometimes and in small amounts.

A healthy school canteen will provide mainly **Everyday** food and drink choices. **Occasional** foods will be limited and sugary drinks should not be sold in school canteens and vending machines at any time.

THE AUSTRALIAN GUIDE TO HEALTHY EATING



EVERYDAY FOODS AND DRINKS

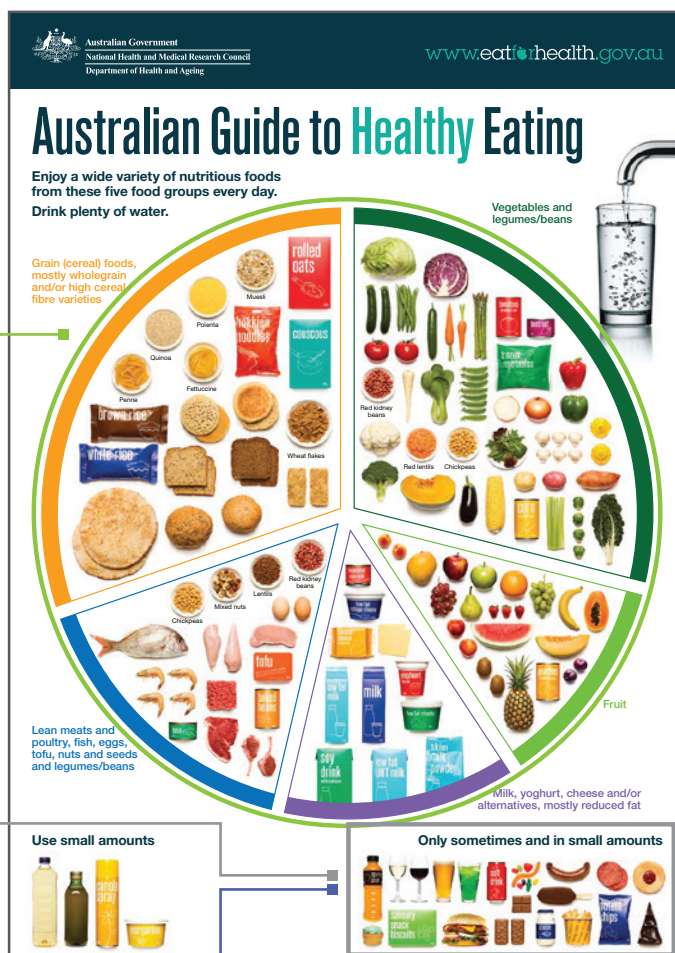
- **Foods to eat every day**
Fill at least $\frac{3}{4}$ of your menu with a range of these healthy foods and drinks from the five food groups or meals made from them.



OCCASIONAL FOODS AND DRINKS

- **Foods to eat only sometimes and in small amounts.** Mostly foods high in saturated fat, sugars and/or salt and often with little nutritional value. They are not needed as part of a healthy diet.
- Provide only the healthiest choices in school canteens – those with a Health Star Rating of 3.5 stars and above[^] – and limit them to no more than $\frac{1}{4}$ of the menu.

Sugary drinks should not be sold in school canteens.
Alcohol is not part of a school environment.



Source: National Health and Medical Research Council, 2013

NOTE: The Australian Guide to Healthy Eating is a guide for the general population.

Check your school's policy regarding food allergens. Please refer to your relevant education anaphylaxis procedures.


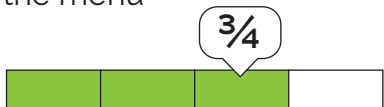
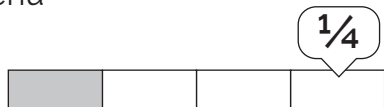




[^]See pages 12-13 for more information about how to select the healthiest choices of **Everyday** and **Occasional** foods.

The Food and Drink Criteria

The table below represents the Food and Drink Criteria which underpins the NSW Healthy Canteen Strategy. The following pages provide more information about how to achieve the Criteria and a four step guide.

From Term 1, 2017 schools will be invited to start working towards meeting the Food and Drink Criteria in consultation with their school communities. We recognise that some school canteens might already be meeting this Criteria and may wish to consider going further to achieve healthier results.

FOOD AND DRINK CRITERIA FOR NSW SCHOOL CANTEENS AND VENDING MACHINES

	Everyday foods and drinks	Occasional foods and drinks
	<p>$\frac{3}{4}$ of the menu</p> 	<p>$\frac{1}{4}$ of the menu</p> 
	No Health Star Rating to be applied to Everyday foods and drinks	A Health Star Rating of 3.5 Stars and above to be applied to all Occasional foods
	Portion limits for flavoured milk, juices and hot meals	Portion limits for all Occasional foods and drinks
	Display, price favourably, promote and advertise Everyday choices	Occasional foods and drinks are not promoted, advertised or displayed in prominent positions
	Sugary drinks should not be sold in NSW school canteens and vending machines	

The four step guide to a healthy school canteen

The four steps below provide a brief outline of the Food and Drink Criteria and which pages to turn to for more information.



1. DETERMINE IF THE FOOD, DRINK OR MEAL IS EVERYDAY OR OCCASIONAL

- **Everyday** foods are those made from foods in the five food groups. **Everyday** drinks are water and milk.
- **Occasional** foods and drinks are mostly high in saturated fat, sugars and/or salt and often with little nutritional value. **For more information see pages 10-11.**



2. SELECT THE HEALTHIEST CHOICES OF EVERYDAY AND OCCASIONAL

- Buy or make your own meals and snacks that include plenty of healthy foods such as vegetables, fruit, whole grains, lean meats, poultry, fish, eggs and reduced-fat dairy.
- Select only **Occasional** foods and drinks with a Health Star Rating 3.5 stars and above. **For more information on the Health Star Rating see page 13.**
- Apply portion limits to all **Occasional** foods and drinks and to **Everyday** flavoured milk, juice and hot meals only.
- Sugary drinks should not be sold in school canteens and vending machines.



3. BALANCE YOUR MENU WITH $\frac{3}{4}$ EVERYDAY AND $\frac{1}{4}$ OCCASIONAL

- Include all foods and drinks for sale on the menu.
- **Everyday** foods and drinks should make up at least $\frac{3}{4}$ of the menu.
- **Occasional** foods and drinks should make up no more than $\frac{1}{4}$ of the menu. **For more information on balancing your menu see page 14-16.**



4. MARKET AND PROMOTE HEALTHIER CHOICES

- Display, price favourably, promote and advertise **Everyday** foods and drinks. The overall goal is to make **Everyday** foods stand out and sell well. **For more information see pages 17-19.**



WHAT WILL A HEALTHY SCHOOL CANTEEN LOOK LIKE?

- Use this checklist to support your school canteen to be healthy. **For more information see page 20.**



Step 1. Determine if the food, drink or meal is **Everyday** or **Occasional**



EVERYDAY FOODS AND DRINKS

Everyday foods and meals are those made from foods in the five food groups. **Everyday** drinks are water and milk.

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods such as bread, rice, pasta and breakfast cereals. Choose mostly wholegrain and/or high cereal fibre varieties.
- Lean meats and poultry, fish, eggs, tofu.
- Milk, yoghurt and cheese (and alternatives). Choose mostly reduced fat varieties.

Everyday foods and drinks can be fresh or packaged.

For examples of Everyday foods, drinks and meals see the Menu Ready Reckoner, page 24.



OCCASIONAL FOODS AND DRINKS

Occasional foods and drinks are mostly high in saturated fat, sugars and/or salt and often with little nutritional value. They are not needed as part of a healthy diet and should be eaten only sometimes and in small amounts. Only the healthiest versions of these foods (Health Star Rating of 3.5 stars and above) should be sold in school canteens.

To learn more about choosing the healthier versions of these foods and drinks, see pages 12-13.

Examples include: pies, sausage rolls, cakes, muffins, biscuits, ice cream, muesli bars, potato wedges, chicken nuggets, salami, chocolate and confectionery, salty snacks, chips and pretzels.

Sugary drinks should not be sold in NSW schools.

For more examples of Occasional foods, drinks and meals see the Menu Ready Reckoner, page 24.

PACKAGED FOODS

Both fresh and ready-to-eat packaged varieties of **Everyday** and **Occasional** foods can be sold in school canteens. Packaged foods include all tinned, frozen, plastic wrapped and cardboard packaged foods.

Tinned and frozen varieties of fruit and vegetables are a value for money and shelf-stable choice that can be just as healthy as fresh varieties. Examples include, fruit tinned in juice, no added salt or reduced-salt tinned tomatoes or tinned legumes (chickpeas, lentils or kidney beans), frozen stir-fry vegetable mixes and frozen spinach.

Other examples of **Everyday** packaged, shelf-stable foods include rice, pasta, wholegrain crackers and UHT (long-life) milk. For more examples of packaged foods and what to look for to make the healthiest choice, see the *Menu Ready Reckoner* on page 24.



Making **Everyday** meals and snacks using your own recipes

When making freshly prepared **Everyday** meals and snacks in the school canteen use **Everyday** foods from the five food groups (vegetables, fruit, whole grains, lean meats, poultry, fish, eggs and reduced-fat dairy) plus any of the ingredients from the *Essentials Shopping List* (page 38).

The *Essentials Shopping List* is a list of pantry and fridge ingredients which can be used to make meals and snacks in the canteen. Examples of Essential items include condiments, sauces, margarine, spreads (e.g. jam), baking products, dressings and seasonings.

Making **Occasional** meals and snacks using your own recipes

Occasional foods and drinks (e.g. nachos, muffins, biscuits, crumbed chicken and pastries) are always categorised as **Occasional** – even if you freshly prepare them yourself in the canteen.

When freshly preparing an **Occasional** meal or snack, use foods from the five food groups where possible (**Everyday**), ingredients from the *Essentials Shopping List* (page 38) and **Occasional** foods with a Health Star Rating of 3.5 stars and above. It is important to also check the portion size.

For example, when making an **Occasional** nachos meal, use **Everyday** lean meat or legumes (kidney or black beans), salad (tomato, lettuce and cucumber) and reduced-fat cheese. Cook with healthy oils from the *Essentials Shopping List*. Add corn chips that have a Health Star Rating of 3.5 stars and above and check the portion size limit.

For more examples and portion size limits of **Occasional** foods, meals and snacks see the *Menu Ready Reckoner* on page 24.

What if I combine **Everyday** and **Occasional** foods?

Adding an **Occasional** food (e.g. crumbed chicken tenders) to an **Everyday** food (e.g. wholemeal bread) makes the end product (crumbed chicken tender sandwich) **Occasional**. Try making sandwiches healthier with **Everyday** foods and fillings instead, such as lean skinless chicken, tuna, lean beef, egg or hummus (and don't forget to add salad).

Everyday food + Occasional food = Occasional meal or snack

Banana + frozen berries + icecream = Occasional smoothie

Wholemeal roll + sausage = Occasional sausage sandwich

Everyday food + Everyday food = Everyday meal or snack

Banana + frozen berries + yoghurt = Everyday smoothie

Wholemeal bread + lean skinless chicken & salad = Everyday sandwich



Tools available to be downloaded

NSW Healthy School Canteen website <https://healthyschoolcanteens.nsw.gov.au>

- **List of Everyday** foods
- **List of Occasional** foods
- **Recipe Checklist** to making your own **Everyday** and **Occasional** recipes.
- **NSW Healthy Kids website** www.healthykids.nsw.gov.au
- **Online database** that classifies food as **Everyday** or **Occasional** and provides a Health Star Rating. *To be launched in 2018.*
- **NSW Buyer's Guide for canteen managers** which has information on a range of products that meet the Food and Drink Criteria.



Step 2. Select the healthiest choices of **Everyday** or **Occasional**

A healthy school canteen offers mostly **Everyday** foods and drinks – these provide the nutrients necessary for student health and wellbeing.

Within the overall categories of **Everyday** and **Occasional**, some foods and drinks are better choices than others – and it's also important to get the portion sizes right.

A HEALTHY SCHOOL CANTEEN WILL:



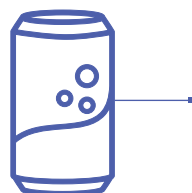
Provide the healthiest versions of **Occasional** foods with a Health Star Rating (HSR) of 3.5 stars and above and also limit them to no more than $\frac{1}{4}$ of the menu. For more information on the Health Star Rating, see page 13.



Get the portion sizes right. There are recommended portion sizes for all **Occasional** foods and drinks and some **Everyday** foods and drinks (flavoured milk, juices and hot meals). See *Menu Ready Reckoner* on pages 24-37.



Buy or make your own meals and snacks that include plenty of healthy foods such as vegetables, fruit, whole grains, lean meats, poultry, fish, eggs and reduced-fat dairy.



SUGARY DRINKS SHOULD NOT BE SOLD IN NSW SCHOOL CANTEENS AND VENDING MACHINES.

When making healthier **Occasional** food and drink choices in a canteen you should be able to find the following **Occasional** packaged foods with a Health Star Rating of 3.5 and above; pies, sausage rolls, ice-cream, muesli bars, potato wedges, crumbed/coated chicken, salami, salty snacks, chips and pretzels.

However, few, if any, of these **Occasional** foods are likely to be available with a Health Star Rating of 3.5 and above; cakes, sweet biscuits, pastries, chocolate and confectionery.



What is the health star rating?

The Health Star Rating System is a quick and easy way to compare the nutrient content of similar packaged foods. It scores the overall nutritional content of packaged foods and rates them from ½ a star to 5 stars. The more stars the healthier the choice.

Only **Occasional** foods and drinks with a Health Star Rating of 3.5 stars and above should be sold in school canteens.

How are the Health Star Ratings calculated?

Foods are given a Health Star Rating based on their energy (kilojoule) content, as well as a balance of less healthy nutrients (saturated fat, salt and sugar) and more healthy nutrients (dietary fibre, protein and proportion of fruit, vegetable, nut[#] and legume content).

Some **Occasional** foods will have a high Health Star Rating because they are a healthier version of the product, but this does not necessarily mean they are healthy and should be consumed regularly. **Everyday foods are still the best choices for a healthy diet.**

What doesn't it do?

The Health Star Rating is based on nutritional information per 100g (or 100ml for liquids) and not portion (serving) size so it tells you how healthy a product is, but doesn't tell you how much is healthy to eat. To account for this, the Food and Drink Criteria will include maximum portion size limits for relevant product categories.

The maximum portion size limits are listed in the *Menu Ready Reckoner*, see page 24.

How can I find the Health Star Rating of a product?

There are websites and mobile phone apps available where you can obtain Health Star Rating information for a range of products such as **www.foodswitch.com.au**.

The Health Star Rating system applies only to packaged foods, so fresh foods like meat from the butcher or fresh vegetables from the supermarket are not included. Most of these foods are **Everyday** foods.

For more information visit the Health Star Rating website **www.healthstarrating.gov.au**



Tools available to be downloaded

NSW Healthy Kids website www.healthykids.nsw.gov.au

- **Online database** that classifies food as **Everyday** or **Occasional** and provides a Health Star Rating.
To be launched in 2018.
- **NSW Buyer's Guide** for canteen managers which has information on a range of products that meet the Food and Drink Criteria.

[#] Check your school's policy regarding food allergens. Please refer to your relevant education anaphylaxis procedures.



Step 3. Balance your menu with $\frac{3}{4}$ **Everyday** and $\frac{1}{4}$ **Occasional**

Schools should offer mostly **Everyday** foods and drinks which provide essential nutrients necessary for student health and wellbeing. Promoting and providing more **Everyday** foods and drinks on the menu will help to improve the purchase of **Everyday** foods and drinks.

Structure your menu to encourage children to eat a variety of nutritious foods:

1. **Provide a variety of both cold and hot foods**
2. **Provide a variety of both freshly prepared and packaged meals and snacks.**

DOING THE MATHS

1. List **all** foods and drinks for sale on the menu, including all 'on the counter' products.

- Each flavour and portion size should be listed as separate foods or drinks e.g. list each different flavour of popcorn on your menu.

2. **Keep a list of all foods and drinks on the menu** in each section, for example:

- Breakfast
- Hot food
- Cold food
- Snacks
- Drinks
- Frozen

3. **Count the Everyday and Occasional foods and drinks** in each section. Colour coding the **Everyday** products green can help.

NOTE: Make sure you count each flavour, variety and portion size of the same food or drink i.e. if there are three flavours of popcorn on your menu, these will be counted as 3 separate foods on the menu.

4. **Balance the menu** to ensure at least $\frac{3}{4}$ of the foods and drinks are **Everyday**. Keep this balance in each section to achieve a healthy canteen menu.

HOW DO I BALANCE A HEALTHY CANTEEN?

A healthy canteen menu should contain at least $\frac{3}{4}$ **Everyday** foods and drinks. Aim for $\frac{3}{4}$ Everyday foods and drinks in each section of the menu. An example of a healthy snacks and hot food section of a menu is provided below:

SNACKS

1. Plain air-popped popcorn **Everyday**
2. Plain yoghurt **Everyday**
3. Flavoured yoghurt **Everyday**
4. Piece of seasonal fruit **Everyday**
5. Wholegrain crackers and cheese **Everyday**
6. Salty snack – 3.5 stars and above **Occasional**

There are 5 Everyday snack foods out of 6 total snack foods.
 $5 \div 6 =$ more than 75% ($\frac{3}{4}$) of this section of the menu is Everyday.

HOT FOOD

1. Lean beef lasagne **Everyday**
2. Lean skinless chicken burrito with rice and vegetables **Everyday**
3. Chicken nuggets **Occasional**
4. Uncoated veggie pattie burger **Everyday**

There are 3 Everyday foods out of 4 total hot foods.
 $3 \div 4 = 75\%$ ($\frac{3}{4}$) of this section of the menu is Everyday.



Tools available to be downloaded from the NSW Healthy School Canteen website at <https://healthyschoolcanteens.nsw.gov.au>

- **Sample menus** – for primary, secondary and Kindergarten to Year 12 (K-12) schools for various canteen facilities showing at least $\frac{3}{4}$ **Everyday** foods and drinks.

Example healthy menu – at least ¾ Everyday

Fill your menu with at least ¾ **Everyday** and no more than ¼ **Occasional** food or drinks.

Check portion sizes and that **Occasional** foods have a Health Star Rating of 3.5 stars and above.

25 total foods and drinks on the menu: 21 **Everyday** foods and drinks & 4 **Occasional** foods and drinks. 21 **Everyday** ÷ 25 total = more than 75% (¾) **Everyday**

Cold lunches

5 **Everyday** ÷ 5 total = more than 75% (¾) **Everyday**

Sandwiches

(Preferably wholegrain or high-fibre bread)

- 1 Yeast spread and margarine
- 2 Chicken with lettuce and mayo
- 3 Ham and salad
- 4 Egg and salad

Salads

- 5 Mixed salad with egg

Optional Extras¹

- Extra salad (tomato, lettuce, cucumber)
- Avocado
- Cheese

¹Do not count towards ¾ of the menu – **only Everyday** foods should be available as "optional extras".

Hot lunches

4 **Everyday** ÷ 5 total = more than 75% (¾) **Everyday**

- 1 Lean beef lasagne
- 2 Veggie and chicken pasta in tomato based sauce
- 3 Flavour of the day soup
- 4 Flavoured chicken tenders (baked)
- 5 Lean beef burger

Daily snacks

4 **Everyday** ÷ 5 total = more than 75% (¾) **Everyday**

- 1 Yoghurt: Fruit
- 2 Yoghurt: Plain
- 3 Plain air popped popcorn
- 4 Fruit – whole piece (any variety)
- 5 Pretzels

Drinks

5 **Everyday** ÷ 6 total = more than 75% (¾) **Everyday**

- 1 Water (plain, still)
- 2 Milk (plain)
- 3 Strawberry milk
- 4 Chocolate milk
- 5 Orange fruit juice (99% juice)
- 6 Flavour of the day thickshake

Frozen snacks

3 **Everyday** ÷ 4 total = 75% (¾) **Everyday**

- 1 Fruit pieces frozen
- 2 Orange fruit juice 99% frozen slushie
- 3 Canteen-made smoothie pop
- 4 Packaged ice cream

For more examples of healthy canteen menus for different school canteen types and sizes are available on the website <https://healthyschoolcanteens.nsw.gov.au>



Step 4. Market and promote healthier choices



EVERYDAY FOODS AND DRINKS

Display, price favourably, promote, advertise
Make prominent, include in meal deals and specials



OCCASIONAL FOODS AND DRINKS

Do not promote, advertise or display in prominent positions

Good marketing can ensure the financial success and healthiness of your school canteen. The overall goal is to make **Everyday** foods stand out and sell well. You can do this by addressing the four Ps of marketing: product, price, place and promotion.

Marketing is getting the right **PRODUCT** in the right **PLACE** at a favourable **PRICE** using the right **PROMOTION** to attract customers who will buy.

A healthy canteen uses marketing to attract customers to healthier **Everyday** green foods:

- **Product:** ensure at least $\frac{3}{4}$ of your menu is filled with a range of **Everyday** foods and drinks.
- **Place** in prominent positions. Display **Everyday** foods and drinks at the front of displays at eye level in fridges and on shelves or on the counter top. Only **Everyday** foods and drinks should be sold at the point of sale – next to cash registers or where money is exchanged.
- **Price:** Include **Everyday** foods and drinks in meal deals or specials.
- **Promotion:** **Everyday** foods and drinks are promoted in advertising and via commercial branding on signage and displays.

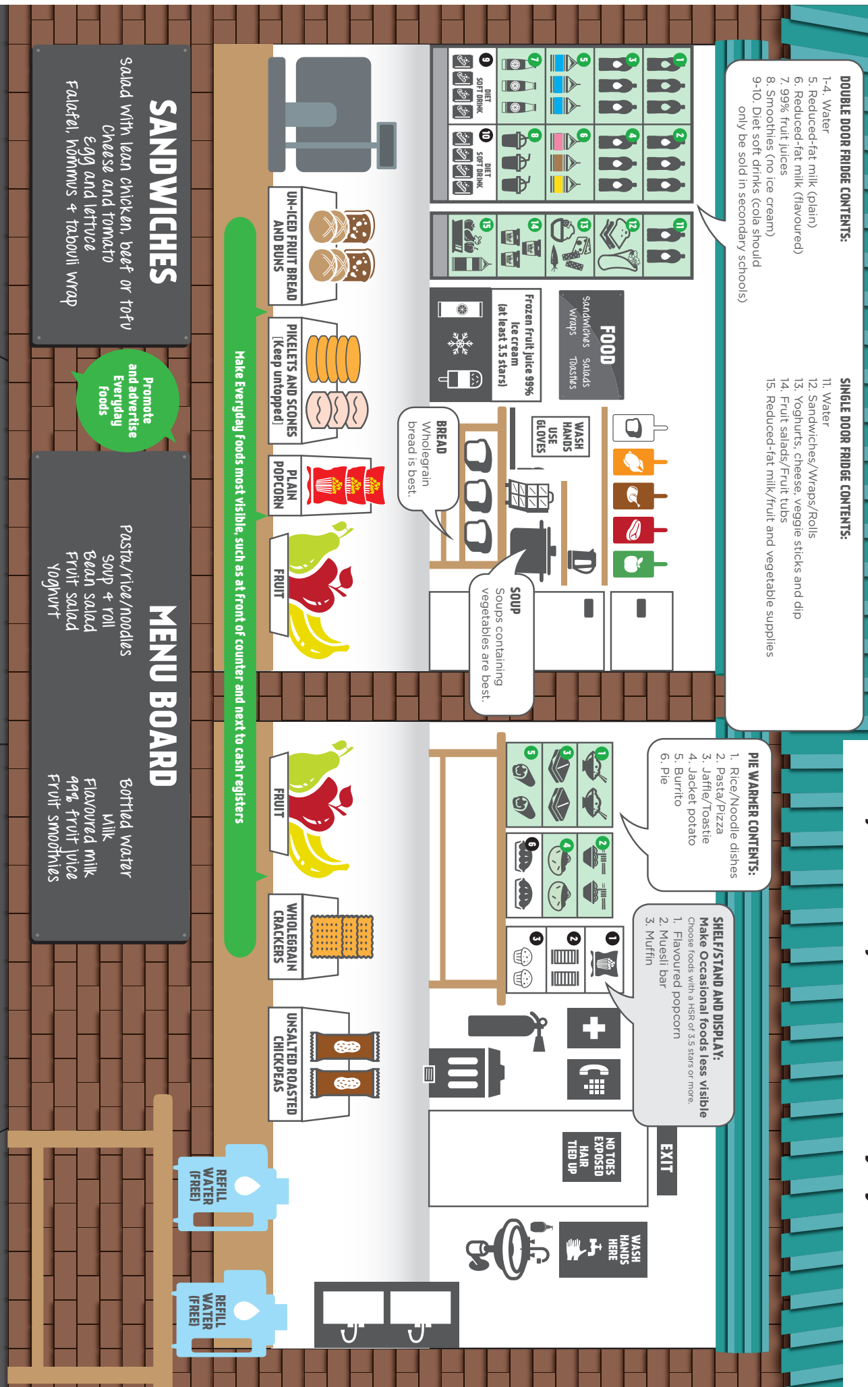
The next page has an example of a healthy school canteen that has used the 4 P's of marketing.



Tools available to be downloaded from the NSW Healthy School Canteen website at <https://healthyschoolcanteens.nsw.gov.au>

- **A Marketing tips checklist** – provide ideas and suggestions
- **Suggested healthy meal deals and combos**

Healthy Canteen Layout: at least 3/4 Everyday Foods and Drinks



Healthy vending machines in schools: at least $\frac{3}{4}$ **Everyday** foods

Some schools will have vending machines as well as or instead of a canteen. Schools should apply the Food and Drink Criteria to vending machines:

- Promote **Everyday** food and drinks in vending machines by filling each machine with at least $\frac{3}{4}$ **Everyday** foods and drinks. The following planogram provides an example of a healthy drinks vending machine.

- There will be plenty of **Everyday** foods or drinks varieties to choose from to fill chilled drink vending machines or vending machines that are refrigerated. However, there may be a limited range of products available for ambient (non-refrigerated) food and snack vending machines. Aim to fill at least 60% of these machines with **Everyday** foods and snacks.

CHILLED DRINKS MACHINE $\frac{3}{4}$ **EVERYDAY** – 40 DISPLAY



What will a healthy school canteen look like?

Use the following checklist to support your school canteen to be healthy. Some of these actions may be easier to implement than others, but schools can work towards meeting all of them.

Some school canteens may already be meeting the Food and Drink Criteria and may wish to consider going further to achieve healthier results.

HEALTHY CANTEEN CHECKLIST

Use the following checklist to support your school canteen to be healthy:

- Sugary drinks are not for sale.
- Caffeinated drinks are not provided in primary schools.
- At least $\frac{3}{4}$ of the menu is **Everyday** foods and drinks.
 - Start with the 'hot food', 'snack' and 'cold food' sections of your menu.
- Occasional** foods for sale have a Health Star Rating of 3.5 stars and above.
 - Start with packaged foods such as ice cream and frozen snacks, confectionery, sweet biscuits and pastries, cakes, muesli bars and snack bars.
- Portion sizes are followed.
 - Start with foods such as, meat pies (maximum 180g), salty snacks (maximum 30g), muffins and fruit bread (maximum 80g) e.g. banana bread.
 - Start with drinks, such as 99% juice (maximum 250mL) and flavoured milk (maximum 300mL primary schools and 500mL secondary schools).
- Everyday** foods are promoted in advertising, meal deals and specials and via commercial branding on signage and displays.
- Occasional** foods are not placed at the point of sale (next to cash registers or where money is exchanged) or at eye level on shelves or counters.



Frequently asked questions

Are foods that were previously 'amber' or 'red' under the old Fresh Tastes @ School Strategy now Occasional?

The new Food and Drink Criteria includes two categories – **Everyday** and **Occasional**. In general, **Everyday** foods and drinks replace the old 'green' category and **Occasional** foods and drinks replace the old 'amber' and 'red' category. The Health Star Rating replaces the traffic light-based criteria that determined if a product was 'amber' or 'red'. Only **Occasional** foods with a Health Star Rating of 3.5 stars and above can now be sold. In practice, this will mean that many 'amber' foods can still be sold, but most 'red' foods will not be able to be sold as they have a Health Star Rating of less than 3.5 stars.

'Red food days' are not part of the revised *NSW Healthy School Canteen Strategy*.

How do I find the Health Star Rating of foods and drinks when it is not on the packet?

To meet the Food and Drink Criteria, only **Occasional** products with a Health Star Rating of 3.5 and above should be sold. To determine the Health Star Rating of a food or drink product:

- There are websites and mobile phone apps available where you can obtain Health Star Rating information for a range of products such as www.foodswitch.com.au.
- The NSW Buyer's Guide provides a range of **Everyday** and **Occasional** products with a Health Star Rating of 3.5 stars and above. The guide is available on the Healthy Kids website, www.healthykids.nsw.gov.au.

NOTE: Fresh, unpackaged foods such as meat from the butcher and fruit or vegetables from the supermarket will not have a Health Star Rating. Most of these foods are **Everyday** foods.

An online searchable database is being developed to provide information on foods and drinks sold in school canteens. The database will show if a food or drink is **Everyday** or **Occasional** and its Health Star Rating. This is expected to be available in 2018.

How do I fill my menu with Everyday foods when I do not have facilities to prepare foods in my school canteen?

Both fresh and ready-to-eat packaged varieties of **Everyday** foods can be sold in school canteens. The *Menu Ready Reckoner*, (page 24), provides plenty of examples to choose from to suit your canteen facilities and staffing.

The *Menu Ready Reckoner* is also available on the website <https://healthyschoolcanteens.nsw.gov.au>.

How do I apply the Food and Drink Criteria to foods and drinks for special diets?

School canteens often need to provide food or drink products for children with special dietary needs e.g. gluten-free or lactose-free products. School canteens should aim to provide the healthiest versions of these foods and drinks. In some **Occasional** food groups, special diet foods may not be available with a Health Star Rating of 3.5 stars and above. In these instances, special diet foods should be available for children who require them regardless of their Health Star Rating.

Why are some foods on the Essentials Shopping List?

Foods on the *Essentials Shopping List* are not intended to be eaten alone. They can be used in the preparation of both **Everyday** or **Occasional** foods and drinks, and may help to make an **Everyday** meal or snack more appealing. To make it easier for canteens to find suitable products, these ingredients do not require a Health Star Rating. However, some of the ingredients on the list should only be used in small amounts, and salt-reduced or reduced-fat varieties should be used where available.

Support and more information

The NSW Healthy School Canteens Website has more tools, resources and information:

<https://healthyschoolcanteens.nsw.gov.au>

For support to implement the Healthy School Canteen Strategy:

- Please contact your Local Health District Health Promotion Officer www.healthykids.nsw.gov.au or the Healthy Kids Association www.healthy-kids.com.au.
- For practical tips, recipes and more - Healthy Kids Association: www.healthy-kids.com.au
- For information on healthy eating and physical activity to share with the school community visit www.healthykids.nsw.gov.au

For relevant education anaphylaxis procedures:

- NSW Department of Education Anaphylaxis Procedures for Schools
<https://educaiton.nsw.gov.au/wellbeing-and-learning/health-andphysical-care/health-care-procedures.allergies>
- The Association of Independent Schools of NSW Anaphylaxis Guidelines for NSW Independent Schools
<https://www.aisnsw.edu.au/Services/PL/Resources/Pages/Health-Information.aspx>
- Catholic Education Commission NSW Anaphylaxis Procedures for NSW Catholic Schools
<http://www.cecnsw.catholic.edu.au/dbpage.php?pg=Anaphylaxis>

For more information about food safety and food hygiene:

- Food Authority NSW: <http://www.foodauthority.nsw.gov.au/retail/school-canteens>



Appendix 1– Fact sheet: sugary drinks

Sugary drinks (also known as sugar-sweetened beverages) should not be sold in NSW school canteens or vending machines.

Sugary drinks have been banned in NSW public schools since 2007. Catholic Schools NSW and the Association of Independent Schools of NSW strongly support the NSW Healthy School Canteen Strategy in their schools.

What are sugary drinks?

Sugary drinks are those with any type of sugar added to them, except milk. These include drinks sweetened with regular sugar (sucrose), fructose, glucose, honey/syrup and fruit juice concentrates.

Examples include:

- Soft drinks such as cola, lemonade, ginger beer, lemon squash, orange fizz
- Flavoured waters (sparkling or still) or vitamin waters with added sugar
- Energy drinks
- Sports drinks, sports waters, glucose drinks
- Iced teas
- Fruit juice drinks (less than 99% juice), cordial, slushies
- Fruit juice with added sugar e.g. sparkling fruit juice, apple cider
- Flavoured coconut water or plain coconut water with added sugar.

Why shouldn't sugary drinks be sold in school canteens?

Sugary drinks contain energy (kilojoules) from added sugar with no nutritional value, and can contribute to excess weight gain in children. The World Health Organization (WHO) recommends less than 10% of total energy should come from free sugars¹. Data from the Australian Health Survey (2011–12) found that $\frac{3}{4}$ of 9–18 year olds exceeded this recommendation, and sugary drinks were a significant source of sugar intake². Many sugary drinks are also acidic, which can damage children's teeth.

Water is the best drink for children.

Drinking water is the best way to quench thirst. Also, water doesn't have the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sugary drinks can prevent dental problems, while the fluoride in tap water (and some bottled waters) can help strengthen teeth.

What Everyday drinks should be provided instead?

- Tap water is the best drinking water for children
- Bottled waters are also suitable (for example, spring, mineral or sparkling)
- Plain waters infused with fruit/herb essence or flavouring only (no sugars and no intense sweeteners added) are suitable. These can be made in the canteen or commercially prepared
- Plain milk or milk alternatives (preferably reduced fat) with added calcium (e.g. soy or rice milks) are also healthy choices. Choose preferably reduced-fat varieties.

Other Everyday drinks to enjoy in small amounts:

- Flavoured milk, milkshakes and smoothies, preferably reduced fat and no added ice cream, gelato or sorbet
- 99% fruit juice or vegetable juice including coconut water (no added sugar).

What Occasional drinks can be provided?

Occasional drinks that can be provided include diet soft drinks and milkshakes made with ice-cream/gelato/sorbet (**Occasional** food and drinks should be limited to no more than $\frac{1}{4}$ of the menu). For more examples see *Menu Ready Reckoner* on page 34.

1. World Health Organisation. Guideline: Sugars intake for adults and children. www.who.int/nutrition/publications/guidelines/sugars_intake/en/
2. Australian Bureau of Statistics (2014) 4364.0.55.007 - Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12

Appendix 2– Menu Ready Reckoner

Meals, snacks and drinks that meet the Food and Drink Criteria to help with menu planning.



Everyday cold foods to fill your menu

3/4

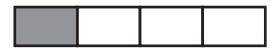




Food (examples)	Freshly prepared on site	Packaged
<p>Sandwiches/wraps/rolls Everyday fillings e.g. lean meat, tuna, salmon, skinless roast chicken, cheese, salad/vegetables (fresh or roasted), egg, uncoated falafel, or a thin spread of jam or yeast spread.</p> <p>All types of bread e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavash, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns. Includes gluten-free varieties</p>	<p>Use Everyday fresh unpackaged or packaged foods from the 5 food groups plus ingredients from the <i>Essentials Shopping List</i></p> <p>For an extra health boost include 1-2 types of different salad/vegetables (not including potatoes).</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Sushi/rice paper rolls Everyday fillings e.g. tuna, avocado, salmon, vegetables, tofu, uncoated lean meats</p>	<p>The healthiest sandwiches and salads will have a lean protein choice such as skinless chicken breast, salmon or tuna, lean ham, egg, tofu, beans/legumes, hummus or reduced-fat cheese with some salad or vegetables.</p> <p>Note: Lean ham may be included in Everyday cold foods.</p>	
<p>Salads e.g. garden, pasta, bean, couscous, quinoa, egg, potato, coleslaw, tabouleh</p>	<p>Note: Lean ham may be included in Everyday cold foods.</p>	
<p>Frittata (No pastry) Everyday fillings e.g. lean meat, tuna, salmon, roast chicken, cheese, vegetables</p>	<p>There is no portion size restriction on these foods.</p>	

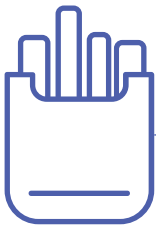


Occasional cold foods to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Sandwiches/wraps/rolls/salads/sushi/frittata containing Occasional fillings e.g. bacon, devon, sausages, salami, chicken roll, coated/crumbed meat (e.g. chicken schnitzel), seafood</p> <p> maximum portion size for Occasional fillings in these cold foods:</p> <p>60g processed meats 140g crumbed/coated meats</p>	<p>Serve with Everyday foods (e.g. vegetables, salad, wholegrain breads).</p> <p>For suitable types of processed meats and crumbed/coated meats, see Occasional hot foods, pages 28-29.</p>	<p><u>Only</u> use Occasional packaged fillings if they are</p> <p> 3.5 stars and above.</p>



If you add **Occasional** food items, such as crumbed/coated meat, sausages or hot chips to an **Everyday** food, it automatically becomes an **Occasional** food.



Everyday hot foods to fill your menu

3/4



Food (examples)	Freshly prepared on site	Packaged
<p>Toasties and open melts</p> <ul style="list-style-type: none"> Containing Everyday fillings e.g. lean meat, tuna, salmon, skinless roast chicken, reduced-fat cheese, salad/vegetables (fresh or roasted), egg, un-coated falafel, baked beans, spaghetti All types of bread e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavash, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns – includes gluten-free varieties 		
<p>Soup Everyday freshly prepared, canned, packet and ready-to-eat soups</p>	<p>Use Everyday fresh unpackaged or packaged foods from the five food groups plus ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost, include a variety of vegetables/salad (not including potatoes) in each dish.</p>	
<p>Pasta  maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. lasagne (e.g. beef, chicken, vegetable) spaghetti bolognese, ravioli, macaroni and cheese, pasta bakes, canned spaghetti</p>	<p>Choose lean meats, and preferably reduced-fat dairy and wholegrains.</p> <p>Recipes:</p> <p>Added cheeses, oils, margarine spreads should be used sparingly.</p>	<p>If you would like to select a healthier packaged version, choose those that are</p>
<p>Pizza (made on site)  maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Everyday toppings e.g. skinless chicken, vegetables, pineapple, cheese, lean mince, mushrooms</p> <p>Thin crust or muffin/pita base, preferably wholemeal (Packaged/commercial pizza is Occasional, see page 29)</p>	<p>Do not deep fry.</p> <p>To assist you to work out if your recipes are Everyday or Occasional, use the Recipe Checklist available to be downloaded from the NSW Healthy School Canteen website at https://healthyschoolcanteens.nsw.gov.au</p>	<p>are</p>
<p>Risotto & flavoured rices  maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. chicken risotto, mushroom risotto, vegetable risotto</p>		<p>3.5 stars and above.</p>
<p>Indian  maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. chicken tikka masala, vegetable curry, rogan josh, lentil dahl</p>		<p>are</p>





Everyday hot foods to fill your menu

3/4



Food (examples)	Freshly prepared on site	Packaged
<p>Asian – with rice or noodles</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. meat curry, vegetable curry, stir-fried vegetables, fried rice, stir fry with noodles (udon, egg, rice)</p>	<p>Use Everyday fresh unpackaged or packaged foods from the five food groups plus ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost, include a variety of vegetables/salad (not including potatoes) in each dish.</p> <p>Choose lean meats, and preferably reduced-fat dairy and wholegrains.</p> <p>Recipes:</p> <p>Added cheeses, oils, margarine spreads should be used sparingly.</p> <p>Do not deep fry.</p> <p>To assist you to work out if your recipes are Everyday or Occasional, use the Recipe Checklist available to be downloaded from the NSW Healthy School Canteen website at https://healthyschoolcanteens.nsw.gov.au</p>	<p>If you would like to select a healthier packaged version, choose those that are</p> <p></p> <p>3.5 stars and above.</p>
<p>Mexican</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>e.g. burrito, fajitas and enchiladas (soft tortillas only - corn or wheat. Hard shell tortillas/tacos are Occasional, see page 29)</p>		
<p>Jacket (baked) potatoes</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Cooked in their skin, split and served with a variety of Everyday toppings e.g. salad, tuna, baked beans, sweetcorn, lean meats, cheese</p>		
<p>Burger patties/rissoles/meatballs/falafel/veggie burger meals</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Uncoated patties e.g. lean beef, lean skinless chicken, fish, vegetable, lentil</p>		
<p>Dim sum</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>e.g. steamed (not fried) dumplings with Everyday fillings (e.g. vegetables, lean meat, tofu, fish)</p>		

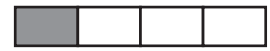







Check out the Recipe Ideas for healthier recipes to include in your school canteen available to be downloaded from the NSW Healthy School Canteen website
<https://healthyschoolcanteens.nsw.gov.au>.



Occasional hot foods to limit to ¼ of your menu

1/4



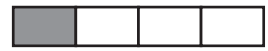
Food (examples)	Freshly prepared on site	Packaged
<p>Toasties/sausage sizzles/jacket potato/pasta (containing Occasional fillings)</p> <p> maximum portion size of meal 250g (primary schools) and 350g (secondary schools)</p> <p>Containing Occasional fillings e.g. bacon, sausages, salami, chicken roll, coated/crumbed meat (e.g. chicken schnitzels) – see maximum portion sizes for these foods, below</p>	<p>Use fresh Everyday foods, plus any Occasional foods which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p>	
<p>Processed meat (served hot or cold)</p> <p> maximum portion size 60g</p> <p>e.g. bacon, devon, salami, chicken roll, frankfurts/saveloys/ hot dogs (beef, lamb and chicken varieties)</p> <p>Do not crumb or batter. Does not include compressed whole muscle-meat products, such as formed chicken-breast, free-flow chicken, whole-muscle turkey and formed fish-fillet.</p>	<p>These Occasional foods are always categorised as Occasional, even if you freshly prepare them on site using Everyday foods. Use fresh Everyday foods, plus any Occasional foods which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>Do not deep fry.</p>	
<p>Crumbed or coated foods (served hot or cold)</p> <p> maximum portion size 140g</p> <p>e.g. crumbed chicken fillets, patties, nuggets, strips, tenders, schnitzels, fish fingers, arancini balls, sausages, crumbed and coated meat alternatives, coated falafel and crumbed or coated vegie burgers</p>	<p>When any of these Occasional foods are added to an Everyday food, the final food becomes Occasional and must also meet the overall maximum portion sizes of 250g (primary schools), 350g (secondary schools), e.g. pasta with tomato and bacon sauce.</p>	<p><u>Only</u> provide these packaged foods if they are</p> <div data-bbox="1283 1182 1394 1290" data-label="Image"> </div> <p>3.5 stars and above.</p>
<p>Hot potato products[^]</p> <p> maximum portion size 100g</p> <p>e.g. chips, hashbrowns, wedges, gems, scallops, skins, potato bakes</p> <p>Do not add salt or salty seasoning</p>		
<p>Garlic bread and cheese and bacon rolls – Commercial and freshly prepared (in canteen)</p> <p> maximum portion size ½ English muffin/pita or 1 slice of bread or 1 thick bread stick slice or 75g</p> <p>Garlic bread and bread-types topped with processed meat, with or without cheese (e.g. cheese & bacon rolls)</p>		







[^] These foods should not be sold as recess snacks. For healthy snack ideas, see pages 30-31



Occasional hot foods to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Pies[^]  maximum portion size 180g all pies (potato-top pies, 250g) e.g. meat pies, chicken pies, vegetable pies, party pies</p>	<p>These Occasional foods are always categorised as Occasional, even if you freshly prepare them on site using Everyday foods. Use fresh Everyday foods, plus any Occasional ingredients which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>Do not deep fry.</p> <p>When any of these Occasional foods are added to an Everyday food, the final food becomes Occasional and must also meet the overall maximum portion sizes of 250g (primary schools), 350g (secondary schools), e.g. pasta with tomato and bacon sauce.</p>	<p>Only provide these packaged foods if</p>  <p>3.5 stars and above.</p>
<p>Sausage rolls and savoury pastries[^]  maximum portion size 120g e.g. sausage rolls, spring rolls, samosas, quiche, filled pastries, cheese and spinach triangles</p>		
<p>Corn Chips or Hard Taco Shells/Bowls  maximum portion size corn chips and hard taco shells/bowls 30g For use in Mexican food e.g. nachos, tacos Use plain, unsalted corn-type chips or shells</p>		
<p>Instant Flavoured noodles (do not serve dry)  maximum portion size 1 individual packet (75g maximum dry pack weight)</p>		
<p>Packaged ready-to-eat or commercial pizza[^]  maximum portion size 250g (primary schools) and 350g (secondary schools) or 1-2 slices from a large pizza Includes all commercial and packaged pizza regardless of toppings</p>	<p>Freshly made pizza is Everyday, see page 26, unless it contains Occasional processed meats (e.g. salami, sausage).</p>	

[^] These foods should not be sold as recess snacks. For healthy snack ideas, see pages 30-31.




Occasional foods and drinks that do not meet the Criteria because they have a Health Star Rating of less than 3.5 or a portion size larger than the maximum portion size should not be sold in your school canteen.



Everyday snacks to fill your menu

3/4




Food (examples)	Freshly prepared on site	Packaged
<p>Fruit Fresh, frozen and canned fruit, in juice not syrup. May be served frozen</p> <p>Dried fruit Plain dried fruit – non coated</p>	<p>Choose fresh fruit in season for flavour and value.</p> <p>Many fruits are suitable to freeze (e.g. banana, pineapple, grapes, oranges).</p> <p>Serve fruit in different ways to make it interesting including: kebabs, cups, chopped in a cone, sliced, cubed, wedges and quarters.</p>	
<p>Vegetables Fresh, frozen and canned vegetables</p>	<p>Choose fresh vegetables in season for flavour and value.</p> <p>Serve bite size pieces as a snack e.g. carrot and cucumber sticks with a dip.</p> <p>Do not add salt or butter to corn cobbettes or other vegetables.</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Dips e.g. hommus, tzatziki and vegetable based dips (e.g. beetroot, eggplant, avocado and salsa) including those packaged with plain, preferably wholegrain crackers (if unsure, use crackers that are 3.5 stars and above)</p>	<p>Use fresh Everyday foods from the five food groups and ingredients from the <i>Essentials Shopping List</i> on page 38.</p>	<p>If you would like to select a healthier packaged version, choose those that</p>
<p>Cheese (preferably reduced fat) e.g. Colby, Tasty, Cheddar including those packaged with plain wholegrain crackers</p>	<p>Serve bite size pieces as a snack or with plain wholegrain crackers or vegetables.</p>	<p>are</p>
<p>Yoghurt and custard (preferably reduced fat) e.g. Greek, natural, plain, flavoured, soy; excludes coconut-milk-based yoghurts No added confectionery</p>		<p> 3.5 stars and above.</p>
<p>Plain savoury biscuits/crackers and crispbreads (preferably wholegrain) e.g. plain wholegrain crackers, breadsticks, crispbreads, and rice and corn 'cakes'</p>	<p>Serve with Everyday toppings e.g. reduced-fat cheese, tuna, tomato, spreads, dips.</p>	



Everyday snacks to fill your menu

3/4

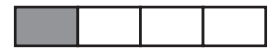



Food (examples)	Freshly prepared on site	Packaged
<p>Popcorn (plain, air popped)</p>	<p>Do not add salt or butter.</p>	
<p>Plain unsalted legume snacks e.g. unsalted roasted chickpeas and fava beans.</p>		<p>Packaged versions of these foods may be provided.</p>
<p>Scones, pikelets and pancakes No added confectionery.</p>	<p>Serve plain or with a small amount of spread or topping from the <i>Essentials Shopping List</i> on page 38.</p>	<p>If you would like to select a healthier packaged version, choose those that are</p>
<p>Cereals served with or without milk e.g. flakes, bran, rice, corn, muesli. No sugary types, preferably wholegrain. No added confectionery.</p>	<p>Use reduced-fat milk or milk alternatives.</p>	<p>are</p>  <p>3.5 stars and above.</p>



Occasional snacks to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Salty snacks</p> <p> maximum portion size 30g</p> <p>Including all chips (e.g. potato, corn, grain, vegetable), extruded snacks (e.g. cheese, bacon, BBQ flavoured puffed snacks), soy crisps, flavoured/salted rice snacks and crackers, noodle snacks, pretzels, popcorn (salted/flavoured/microwave), salty legume snacks (e.g. wasabi peas, salted roasted fava beans, salted roasted chickpeas)</p>		<p>Only provide these packaged foods if they are</p> <p></p> <p>3.5 stars and above.</p>
<p>Muesli/snack bars</p> <p> maximum portion size 50g</p> <p>No added yoghurt or confectionery[†] (see footnote below). e.g. cereal-based bars, fruit-based bars, breakfast bars</p>	<p>Use wholegrains e.g. oats. Use fruit or vegetables.</p>	
<p>Desserts</p> <p> maximum portion size 100g</p> <p>e.g. mousse, cheesecake, puddings, rice pudding, coconut-milk-based yoghurt</p>	<p>Use fruit or vegetables.</p>	<p>Only provide these packaged foods if they are</p>
<p>Sweet Biscuits</p> <p> maximum portion size 50g</p> <p>All sweet biscuit including breakfast-type. No added confectionery[†] (see footnote below)</p>	<p>For healthier snack recipe ideas see the website https://healthyschoolcanteens.nsw.gov.au</p>	<p></p> <p>3.5 stars and above. Most desserts, sweet biscuits, cakes, sweet pastries and confectionery will have fewer than 3.5 stars, so will not be available for sale.</p>
<p>Cakes and sweet pastries</p> <p> maximum portion size 80g</p> <p>No added confectionery[†] (see footnote below) e.g. all cakes and pastries including muffins, banana bread, slices, danishes, croissants</p>		
<p>Confectionery[†] – chocolate and lollies etc.</p> <p> maximum portion size 50g</p>	<p>Do not serve canteen-made confectionery.</p>	

[†] e.g. chocolate (including chocolate bars; chips; spreads; topping or coating, such as in lamingtons and chocolate crackles), icing, sugar based toppings or fillings (such as in coconut ice, peppermint and caramel), lollies, cough lollies, eucalyptus drops, sugar sweetened chewing gum, 100s and 1000s, fruit gummies and jelly sticks, dessert-type jelly (including those with fruit added), liquorice, carob confectionery, carob coating, yoghurt-type confectionery or yoghurt coating and products containing confectionery.



Everyday drinks to fill your menu

3/4

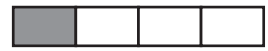


Drink (examples)	Freshly prepared on site	Packaged
<p>Water</p> <p>Plain including tap, spring, mineral or sparkling.</p> <p>Also includes plain waters infused with fruit/herb essence or flavouring (no sugars and no intense sweeteners may be added). For water with added juice see below.</p>	<p>Ensure that tap water is readily available at school for children to refill their water bottles.</p> <p>Water may be served with sliced fruit, e.g. lemon/lime slices (no added sugars, fruit juice).</p>	
<p>Plain milk and milk alternatives, including plain UHT milks; preferably reduced fat</p> <p>e.g. plain dairy milk, and milk alternatives such as soy or rice milks with calcium added</p>		
<p>Flavoured milk and milk alternatives/flavoured UHT milk/drinking yoghurt/hot chocolate (including coffee-flavoured milk); preferably reduced fat</p> <p>☞ maximum portion size 300ml (primary school) and 500ml (secondary school, but ensure that smaller sizes are available and promoted)</p> <p>Milk alternatives should have calcium added. Drinks made with real coffee should not be provided to children in primary school.</p> <p>Flavoured milk and milk alternatives served frozen or blended with ice are Everyday frozen ice snacks, see page 35</p>	<p>Use reduced-fat milk, or milk alternatives. No added cream or ice cream or confectionery (e.g. marshmallows).</p> <p>Use no more than 1 level tablespoon of milk flavouring powder/syrup per portion.</p>	<p>Packaged versions of these foods may be provided.</p> <p>If you would like to select a healthier packaged version, choose those that are</p> <p> 3.5 stars and above.</p>
<p>Milk shakes/smoothies – no ice cream/gelato/sorbet</p> <p>☞ maximum portion size 300ml (primary school); and 500ml (secondary school, but ensure that smaller sizes are available and promoted)</p> <p>Milk shakes or smoothies with no added ice cream/gelato/sorbet are Everyday drinks. These may also be frozen or blended with ice and are Everyday frozen ice snacks, see page 35. Note: Milk shakes and smoothies with ice cream/gelato/sorbet are Occasional, see page 35</p>	<p>Use reduced-fat milk, or milk alternatives. No added cream or ice cream/gelato/sorbet/coconut-milk-based yoghurt.</p> <p>Use no more than 1 level tablespoon of milk flavouring powder, syrup or honey per portion.</p>	
<p>Fruit/vegetable juices (including coconut water)/fruit-based smoothies/no-added-sugar frozen crushed ice drinks</p> <p>☞ maximum portion size 250ml</p> <p>99% fruit/vegetable juices, includes coconut water</p> <p>99% fruit/vegetables juices served frozen or blended with ice are Everyday frozen ice snacks, see page 35</p> <p>99% fruit/vegetables juices may be diluted with plain/sparkling water; no sugars or intense sweeteners may be included in the ingredients list. See page 34.</p>	<p>Do not add sugar to freshly squeezed juices or Everyday smoothies/ice-drinks.</p>	



Occasional drinks to limit to ¼ of your menu

1/4



Drink (examples)	Freshly prepared on site	Packaged
<p>Coffee (secondary school only); preferably made with reduced-fat milk</p> <p>☒ maximum portion size 500ml, but ensure that smaller sizes are available and promoted</p> <p>All coffee containing drinks e.g. coffee made with water without milk, and made with milk (preferably reduced-fat) e.g. latte, cappuccino, mocha, iced coffee and packaged real-coffee drinks.</p> <p>Coffees served frozen or blended with ice are Occasional frozen ice snacks, see page 35 Not to be provided in primary school.</p>	<p>Use reduced-fat milk, or milk alternatives with calcium added.</p> <p>Do not add cream.</p> <p>Include no more than 1 shot of espresso coffee per portion.</p> <p>Use no more than 1 level tablespoon of flavouring powder or syrup per portion.</p>	<p><u>Only</u> provide these packaged foods if they are</p>  <p>3.5 stars and above.</p>
<p>Thick shake/smoothies (with ice cream/gelato/sorbet); preferably made with reduced-fat milk</p> <p>☒ maximum portion size 300ml (primary schools) and 500ml (secondary school) maximum added ice cream/gelato/sorbet portion size 125mL (3.5 stars and above)</p>	<p>Use reduced-fat milk, or milk alternatives with calcium added.</p> <p>Use no more than 1 tablespoon of flavouring syrup/honey per portion.</p> <p>Use no more than 125ml of ice cream/gelato/sorbet (3.5 stars and above) per portion.</p>	<p>3.5 stars and above.</p>
<p>Diet soft drinks and diet drinks</p> <p>☒ maximum portion size 250ml (primary schools) and 500ml (secondary school)</p> <p>Diet soft drinks and diet drinks sweetened with natural or artificial sweeteners such as stevia or aspartame. May have flavourings added, no added sugars may be listed in ingredients list. Includes juice-based drinks with added intense sweeteners. e.g. diet soft drinks, diet iced teas, diet flavoured mineral waters, diet sports drinks, diet cordials and no-sugar slushies. Do not provide caffeinated diet drinks in primary schools.</p>		<p>No Health Star Rating to be applied, but maximum portion sizes must not be exceeded.</p>

Sugary drinks and energy drinks – SHOULD NOT BE SOLD

Sugary drinks include all drinks with any types of sugar added to them, except milk. These include drinks sweetened with regular sugar (sucrose), fructose, glucose, honey/syrup and fruit juice concentrates.

Energy drinks include drinks with caffeine and/or guarana added to them. They are often carbonated. e.g. soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, fruit drinks, coconut waters, cordials, slushies and frozen fruit drinks; plus all energy drinks (including sugar-free versions).



The Occasional drinks listed above are always Occasional, even if they are freshly prepared on site using Everyday foods.



Everyday frozen ice snacks to fill your menu

3/4

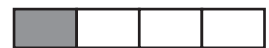


Food (examples)	Freshly prepared on site	Packaged
<p>99% juice – frozen or blended with ice</p> <p> maximum portion size 250ml</p>	<p>Everyday drinks, such as 99% juice or flavoured milk, may be frozen or blended with ice – see Everyday drinks, page 33, for suitable types.</p>	<p>Commercial, 99% juice ice blocks may be provided. Ingredients list should not include sugars.</p>
<p>Plain or flavoured milk or milkshake frozen drinks or blended with ice</p> <p> maximum portion size 300ml (primary school) and 500ml (secondary school)</p>		<p>Ice cream and frozen yoghurt are Occasional snacks, see below.</p>



Occasional frozen ice snacks to limit to 1/4 of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Ice cream and frozen yoghurt</p> <p> maximum portion size 125ml (primary and secondary).</p> <p>e.g. individually packaged or scooped on site. No added confectionery or coating</p>	<p>Occasional drinks, such as Occasional smoothies, may be frozen or blended with ice – see page 34 for suitable types.</p>	<p>Only provide these packaged foods if they are</p> <p> 3.5 stars and above.</p>
<p>Flavoured milk or thickshake based frozen drinks (with ice-cream/gelato/sorbet)</p> <p> maximum portion size 300ml (primary) and 500ml (secondary) for Occasional milkshake/smoothie based frozen drinks</p> <p>500ml for coffee-based frozen drinks (secondary school only)</p>		





Frozen commercial ice blocks that have less than 99% juice are considered frozen sugary drinks and should not be sold in your school.



Everyday breakfast to fill your menu

3/4

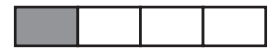



Food (examples)	Freshly prepared on site	Packaged
<p>Cereals e.g. flakes, bran, rice, corn, muesli, porridge No sugary types, preferably wholegrain No added confectionery</p>	<p>Serve with reduced-fat milk, or milk alternatives.</p>	
<p>Bread/toast e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavosh, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns Includes gluten-free varieties</p>	<p>Lightly spread with margarine spread (or use individual portion). Use Everyday toppings such as ricotta or other spreadable cheeses. May include toppings from the <i>Essentials Shopping List</i> on page 38 such as jam, marmalade or yeast spread. Use small amounts. An individual portion pack per serve is preferred.</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Yoghurt e.g. Greek, natural, plain, soy, flavoured (excludes coconut-milk-based yoghurts) No added confectionery</p>	<p>For an extra health boost: serve yoghurt with fruit, see below.</p>	<p>If you would like to select a healthier packaged version, choose those that are</p>
<p>Fruit Fresh, frozen or canned, preferably in juice, not syrup.</p>	<p>Choose fresh fruit in-season for flavour and value.</p>	<p>those that are</p>
<p>Eggs e.g. boiled, poached, scrambled, omelettes.</p>	<p>If adding cheese or milk, use products that are preferably reduced-fat. For an extra health boost: include vegetables (other than potatoes) e.g. tomatoes, mushrooms, spinach.</p>	<p> 3,5 stars and above.</p>
<p>Baked beans Canned or homemade</p>	<p>Made from Everyday fresh unpackaged or packaged foods from the five food groups and foods on the <i>Essentials Shopping List</i> on page 38.</p>	
<p>Liquid Breakfast drinks  maximum portion size 300ml (primary school) and 500ml (secondary school)</p>		



Occasional breakfast to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Hot breakfast containing processed meats or hot potato products</p> <p>☞ maximum portion size 60g processed meat and maximum portion size 100g hot potato products</p> <p>e.g. eggs/baked beans with bacon/sausages/hashbrowns.</p> <hr/> <p>For breakfast-type biscuits, see Occasional snacks, page 32.</p>	<p>Use Everyday fresh unpackaged or packaged foods from the 5 food groups and from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost: add vegetables (other than potatoes) such as tomatoes, mushrooms, spinach.</p> <p>For suitable types of processed meats and hot potato products, see Occasional hot foods, page 28-29.</p>	<p><u>Only</u> provide these packaged foods if they are</p> <div style="text-align: center;">  <p>3.5 HEALTH STAR RATING</p> </div> <p>3.5 stars and above.</p>



Tools available to be downloaded from the NSW Healthy School Canteen website at <https://healthyschoolcanteens.nsw.gov.au>

- **Healthy Recipe ideas**
- **Recipe Checklist**

Appendix 3– Essentials Shopping list

In addition to stocking your fridges and pantry (store cupboard) with vegetables, legumes, fruit, bread, pasta, rice, lean meats, fish, chicken and dairy foods, you can use these pantry and fridge ingredients to make **Everyday** and **Occasional** meals and snacks in your school canteen.

To assist you to work out if your recipes are **Everyday** or **Occasional**, use the *Menu Ready Reckoner* on page 24.

Buy	Avoid
Fats and oils Oils e.g. canola, sunflower, olive, grapeseed, corn, soy-bean.	Fats and oils Palm, coconut, palm kernel oils, including solid coconut oil for baking and any animal fats such as lard or duck fat
Spreads, salad dressing and mayonnaise <ul style="list-style-type: none"> Margarine Yeast spreads and vegetable extracts[^] Jam/marmalade/honey/golden syrup[^] Red, white, and balsamic vinegar Lemon or lime juice Salad dressing[^] made from oils listed above e.g. French, mayonnaise, aioli, ranch and caesar dressing 	Spreads, salad dressing and mayonnaise <ul style="list-style-type: none"> Dressings containing cheese or cream Butter Chocolate spread
Pastry <ul style="list-style-type: none"> Pastry (puff, shortcrust, filo[†]), use products that have a Health Star Rating of 3.5 stars or above. Icecream cones, use products that have a Health Star Rating of 3.5 stars or above. Note: all sweet and savoury pastries are Occasional foods. 	Pastry <ul style="list-style-type: none"> All other pastry
Herbs, spices and seasoning <ul style="list-style-type: none"> Fresh and dried herbs and spices Curry powder and pastes Seasoning packets (use salt-reduced where available) e.g. taco seasoning 	Herbs, spices and seasoning <ul style="list-style-type: none"> Salt – Himalayan, rock, table, sea, chicken, popcorn All other seasonings
Stock <ul style="list-style-type: none"> Stock or soup base (use no added salt or salt-reduced where available) 	Stock <ul style="list-style-type: none"> All other stocks
Dairy foods and dairy alternatives <ul style="list-style-type: none"> Milk (preferably reduced-fat) Milk alternatives (soy or rice milks) with added calcium Cheese including cottage and cream cheese, preferably reduced-fat Yoghurts preferably reduced-fat. No added confectionery 	Dairy foods and dairy alternatives <ul style="list-style-type: none"> Butter including lemon, garlic and dairy-blends Cream or sour cream

[^] Use in small amounts, lightly spread or use individual portion packs

[†] Filo to be prepared with only small amounts of oils listed above

Buy	Avoid
<p>Condiments, sauces and marinades</p> <ul style="list-style-type: none"> • Recipe bases/cooking sauces look for products that have a Health Star Rating of 3.5 stars or above – prepare as per instructions on the pack • Tomato paste • Tomato and other table sauces e.g. BBQ, sweet chilli, fish, soy, satay sauce and gravies (use salt-reduced where available) • Pesto • Cranberry, apple and mint sauces • Chutney, pickles, mustard, horseradish, chilli, relish and salsa • Marinades (use salt-reduced where available) • Vinegar (distilled, rice, cider, balsamic) • Reduced-fat/light coconut cream and coconut milk 	<p>Condiments, sauces and marinades</p> <ul style="list-style-type: none"> • Sauces made with cream or butter • Regular coconut milk and coconut cream
<p>Baking products</p> <ul style="list-style-type: none"> • Sugar (brown, caster or raw; single serve packs for beverages), honey, and syrups (e.g. maple and golden syrup)[^]. Limit use in canteen-made recipes • Desiccated coconut (in small amounts) • Baking powder or bi-carb soda • Cocoa • Vanilla essence • Yeast (Instant dried) • Bread crumbs • Flour (preferably wholemeal) • Pancake and pikelet mix • Eggs • Artificial or natural intense sweeteners e.g. aspartame or stevia • Food colouring • Gelatine, agar 	<p>Baking products</p> <ul style="list-style-type: none"> • Confectionery e.g. chocolate (including chocolate bars; chips; spreads; topping or coating, such as in lamingtons and chocolate crackles), icing, sugar based toppings or fillings (such as in coconut ice, peppermint and caramel), lollies, cough lollies, eucalyptus drops, sugar sweetened chewing gum, 100s and 1000s, fruit gummies and jelly sticks, dessert-type jelly (including those with fruit added), liquorice, carob confectionery, carob coating, yoghurt-type confectionery or yoghurt coating and products containing confectionery.
<p>Flavourings</p> <ul style="list-style-type: none"> • Milk flavourings, powder and syrups Use in small amounts (in drinks use no more than 1 level tablespoon per portion). 	<p>Flavourings</p>

[^] Use in small amounts, lightly spread or use individual portion packs

Ingredients in the 'Avoid' column should not be used in your school canteen.



See Recipe Ideas on the website <https://healthyschoolcanteens.nsw.gov.au>

