



Australian Government  
Department of Health

# National

**Healthy School Canteens**

**Guidelines for healthy  
foods and drinks supplied  
in school canteens**



The *National Healthy School Canteens Project* is funded by the Australian Government Department of Health.

### **Guidelines for healthy foods and drinks supplied in school canteens**

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# **Guidelines for healthy foods and drinks supplied in school canteens**

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# Introduction

The National Healthy School Canteens (NHSC) project was funded by the Australian Government, as part of the Australian Better Health Initiative. Commencing in 2008, the project has developed national guidance and training to help canteen managers make healthier food and drink choices for school canteens.

Guidelines and resources are intended for use in school canteens across Australia, and draw on existing national materials such as *The Australian Guide to Healthy Eating* and the *2013 Australian Dietary Guidelines\**, as well as state and territory resources.

While the NHSC *Guidelines* have been designed specifically for use in school canteens, they may also be used in the context of other school activities where food is provided or sold. This could include events such as fundraisers, class parties, school camps, school fetes, sporting carnivals and school dances and social events. When using the guidelines and resources, any other arrangements set out in state, territory and federal regulations will also need to be met.

It is important to recognise that while the NHSC *Guidelines* may provide a useful reference point for assessing the nutritional value of food and drink they are primarily designed for use in schools. If the resources are used in other settings for adults or very young children the relevant healthy eating guidelines for these age groups needs to be considered.

The NHSC *Guidelines* do not provide endorsement of any specific food or drink products. Instead the guidelines will support canteen managers to make an informed assessment of the nutritional value of food and drink that may be supplied in school canteens.

Materials and resources have been developed by Flinders University, South Australia, supported by Flinders Partners Pty Ltd, in collaboration with a state and territory reference group, nutrition experts and the Department of Health.

Consultations with canteen managers, the food manufacturing industry, school communities and education representatives have been held to ensure that a range of views were captured in the development phase. The consultation process has also included a trial of the resources with canteen managers in July 2009 and a pilot program of the National Healthy School Canteen Guidelines in nine schools with a diverse range of students across Australia from October to December 2009.

The National Healthy School Canteens project is made up of the following resources:

- *'National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in canteens'*
- *National Healthy School Canteens Quick Reference'*
- *'National Healthy School Canteens Pocket Guide'*
- *Poster – 'Healthy kids need healthy canteens!'*
- *'National Healthy School Canteens Training Participant's Workbook'*
- *'National Healthy School Canteens Trainer's Manual'*

Also included is the *'National Healthy School Canteens Evaluation Toolkit'* that states and territories may use to assess the implementation of the resources.

There are several other important points to consider when using this guide, which are as follows:

- Foods and drinks categorised as **GREEN** or **AMBER** according to the NHSC criteria may be included on the school canteen menu, but will not necessarily be available on every school canteen menu. The sale of these foods and drinks may be further restricted by local arrangements. For example, where there is a 'no caffeine' or 'nut free' policy in place, foods containing these ingredients may not be sold; and,
- Local arrangements should not be used to allow foods and drinks categorised as **RED** to be on the school canteen menu.

## \*Note

The *Guidelines for healthy foods and drinks supplied in school canteens* is based on *The Australian Guide to Healthy Eating* and the *2013 Australian Dietary Guidelines*.

'The NHSC *Guidelines* are also based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide* 2004, which is part of the NSW Healthy School Canteen Strategy.'Background information

# Background Information

The National Healthy School Canteens *Guidelines for healthy foods and drinks supplied in school canteens* is based on the current *2013 Australian Dietary Guidelines\**, which gives advice on the quality and quantity of foods and drinks recommended for children in Australia to achieve optimal health and limit the risk of chronic diseases related to poor nutrition in adulthood.

## **2013 Australian Dietary Guidelines\***

### **GUIDELINE 1**

**To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs**

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally
- They should be physically active every day and their growth should be checked regularly

### **GUIDELINE 2**

**Enjoy a wide variety of nutritious foods from these food groups**

- Plenty of vegetables of different types and colours, and legume/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water

### **GUIDELINE 3**

**Limit intake of foods containing saturated fat, added salt, added sugars and alcohol**

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other a savoury snacks
  - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado
  - Low fat diets are not suitable for children under the age of 2 years
- b. Limit intake of foods and drinks containing added salt
  - Read labels to choose lower sodium options among similar foods
  - Do not add salt to foods in cooking or at the table
- c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks

### **GUIDELINE 4:**

**Encourage, support and promote breastfeeding.**

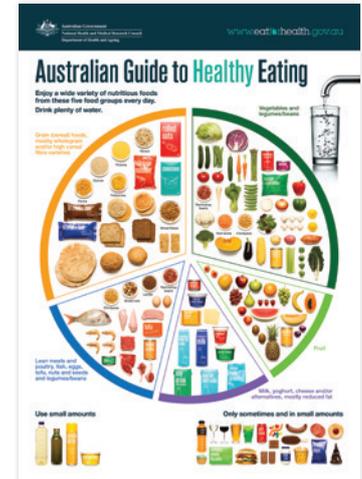
### **GUIDELINE 5:**

**Care for your food; prepare and store it safely**

\*Adapted from the *2013 Australian Dietary Guidelines*, National Health and Medical Research Council.

# The Australian Guide to Healthy Eating

The *Australian Guide to Healthy Eating* is the national Australian food selection guide. The guide is consistent with the *2013 Australian Dietary Guidelines* and visually represents the recommended proportion for consumption from each of the five food groups each day. Following a dietary pattern in these recommended proportions will provide enough of the nutrients essential for good health.



The Australian Guide to Healthy Eating

## What are the five food groups?

Five Food Groups	Major foods in this group
<b>Vegetables – different types and colours, and legume/beans</b>	<ul style="list-style-type: none"> <li>• Dark green and cruciferous vegetables: bok choy, spinach, broccoli, cauliflower, cabbage, brussels sprouts</li> <li>• Orange vegetables: sweet potato, pumpkin, carrots</li> <li>• Salad vegetables: lettuce, tomato, cucumber, capsicum</li> <li>• Starchy vegetables: potatoes, sweet potato, taro, corn</li> <li>• Legumes: dried peas, beans, lentils, chick peas</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Pome fruits: apples and pears</li> <li>• Citrus fruit: oranges, mandarins and grapefruit</li> <li>• Stone fruit: apricots and peaches</li> <li>• Tropical fruit: bananas, mangoes, pawpaw, and pineapple</li> <li>• Berries</li> <li>• Other fruits: grapes and passionfruit</li> </ul>
<b>Grain (cereal) foods, mostly wholegrain and/or high in fibre</b>	<ul style="list-style-type: none"> <li>• Wheat, oats, rice, rye, barley, millet, quinoa, and corn</li> </ul>
<b>Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans</b>	<ul style="list-style-type: none"> <li>• Lean meats: Beef, lamb, pork, veal, kangaroo</li> <li>• Lean poultry: Chicken, duck, emu, goose, turkey</li> <li>• Fish and seafood: Fish, clams, crab, lobster, mussels, oysters, prawns, scallops</li> <li>• Egg: chicken, duck</li> <li>• Nuts and seeds: almonds, brazil nuts, cashews, chestnuts, hazel nuts, macadamia nuts, pine nuts, peanuts, pecans, pistachios, walnuts</li> <li>• Beans/legumes: all beans, chickpeas, lentils, split peas, tofu</li> </ul>
<b>Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat</b>	<ul style="list-style-type: none"> <li>• Milks: long life, fat reduce or full cream milks – preferably unflavoured types, buttermilk, evaporated milk, powdered milk</li> <li>• Soy or other beverages (fortified with at least 100mg calcium/100ml)</li> <li>• Yoghurt: all yoghurts including reduced fat or full cream – without added sugar; soy yoghurt (calcium fortified)</li> <li>• Cheese: cheddar, edam, gouda, ricotta, soy cheeses (calcium fortified)</li> </ul>

## Discretionary foods and drinks

Some foods and drinks do not appear in the table above. The *2013 Australian Dietary Guidelines* refers to them as 'Discretionary'. Discretionary choices are called that because they are not an essential or necessary part of healthy dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

For younger children (up to about 8 years of age), discretionary choices are best avoided or limited to no more than ½ serve a day unless the child is taller or more active, in which case they could have 0-2 serves a day. Older children and adolescents who are more active and not above their healthy weight range could have up to 2 ½ serves a day, and older adolescents up to 3 serves a day.

A sample Discretionary serve could be: 2 scoops (75g) ice-cream, 1 (40g) doughnut, 1 can soft drink, ½ small bar (25g) chocolate, 12 (60g) fried hot chips, ¼ meat pie or pastie (full pie = 4 serves).

## How many serves do children need?

How many serves of each of the five food groups a child needs each day will depend on their size, physical activity levels, stage of growth and whether they are male or female. The following table gives a guide for most healthy children to achieve their recommended minimum daily nutrient intake.

Additional serves of the five food groups or unsaturated spreads and oils or discretionary choices are needed only by children and adolescent who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Food Groups	Number Of Serves			
	4 – 8 years	9 – 11 years	12 – 13 years	14 – 18 years
<b>Boys</b>				
Vegetables	4 ½	5	5 ½	5 ½
Fruit	1 ½	2	2	2
Grain (cereal)	4	5	6	7
Lean meats and alternatives	1 ½	2 ½	2 ½	2 ½
Dairy and alternatives	2	2 ½	3 ½	3 ½
<b>Girls</b>				
Vegetables	4 ½	5	5	5
Fruit	1 ½	2	2	2
Grain (cereal)	4	4	5	7
Lean meats and alternatives	1 ½	2 ½	2 ½	2 ½
Dairy and alternatives	1 ½	3	3 ½	3 ½

*The Australian Guide to Healthy Eating*

## How much is a serve?

Food Groups	Serve Size
<b>Vegetables – different types and colours, and legume/beans</b>	<ul style="list-style-type: none"> <li>• ½ cup cooked green or orange vegetables (eg broccoli, spinach, carrots or pumpkin)</li> <li>• ½ cup cooked dried or canned , peas or lentils</li> <li>• 1 cup green leafy or raw salad vegetables, ½ cup sweet corn, ½ medium potato or other starchy vegetables (sweet potato, taro or cassava), 1 medium tomato</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange or pear</li> <li>• 2 small apricots, kiwi fruits or plums</li> <li>• 1 cup diced or canned fruit (no added sugar)</li> </ul>
<b>Grain (cereal) foods, mostly wholegrain and/or high in fibre</b>	<ul style="list-style-type: none"> <li>• 1 slice bread, ½ medium roll or flat bread,</li> <li>• ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa</li> <li>• ½ cup cooked porridge, 2/3 cup wheat cereal flakes, ¼ cup muesli</li> <li>• 3 crispbreads, 1 crumpet, 1 small English muffin or scone</li> </ul>
<b>Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans</b>	<ul style="list-style-type: none"> <li>• 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)</li> <li>• 80g cooked lean poultry such as chicken or turkey (100g raw)</li> <li>• 100g cooked fish fillet (about 115g raw) or one small can of fish</li> <li>• 2 large eggs (120g), 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas</li> <li>• 30g nuts*, seeds, peanut* or almond butter *or tahini or other nut or seed paste</li> </ul>
<b>Milk, yoghurt, cheese and/ or their alternatives, mostly reduced fat</b>	<ul style="list-style-type: none"> <li>• 1 cup (250ml) milk, ½ cup (120ml) evaporated unsweetened milk, 2 slices (40g) hard cheese, such as cheddar</li> <li>• ½ cup (120g) ricotta cheese</li> <li>• ¾ cup (200g) yoghurt</li> <li>• 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml</li> </ul>

\*Check your school policy regarding the use of nuts and products containing nuts

### Healthy kids need healthy canteens!

#### ALWAYS ON THE CANTEEN MENU

#### Encourage and promote these foods and drinks

These foods and drinks:

- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).



#### SELECT CAREFULLY

#### Do not let these foods and drinks take over the menu and keep serve sizes small

These foods and drinks:

- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.



#### NOT RECOMMENDED ON THE CANTEEN MENU

#### These foods and drinks should not be sold in a healthy school canteen

These foods and drinks:

- may contain excess energy (kilojoules) and/or
- saturated fat and/or sodium (salt) and/or sugar are low in nutritional value.



# Food categories for foods and drinks sold in healthy canteens

Foods have been categorised based on *The Australian Guide to Healthy Eating* and according to their nutritional value.

<b>ALWAYS ON THE MENU</b>	The <b>GREEN</b> category*
<b>SELECT CAREFULLY</b>	The <b>AMBER</b> category*
<b>NOT RECOMMENDED ON THE CANTEEN MENU</b>	The <b>RED</b> category*

<p><b>GREEN</b> Always on the canteen menu</p>	<p>Foods and drinks categorised as <b>GREEN</b> are the best choices for the school canteen menu as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).</p> <p>These foods and drinks should be:</p> <ul style="list-style-type: none"> <li>• available every day</li> <li>• included as the main choices on the canteen menu</li> <li>• presented in attractive and interesting ways</li> <li>• promoted as tasty, good value choices.</li> </ul>
<p><b>AMBER</b> Select Carefully</p>	<p>Foods and drinks categorised as <b>AMBER</b> contain some valuable nutrients as well, but may also contain higher levels of saturated fat and/or sugar and/or sodium (salt). If eaten in large amounts these foods may contribute to excess energy (kilojoules) being consumed.</p> <p>These foods and drinks should be:</p> <ul style="list-style-type: none"> <li>• sold in smaller serve sizes</li> <li>• less prominent on the canteen menu</li> <li>• moved towards the '<b>GREEN</b>' end of the spectrum at every opportunity.*</li> </ul>

<p><b>RED</b> Not recommended on the canteen menu</p>	<p>Foods and drinks categorised as <b>RED</b> are low in nutritional value and may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/ or sugar.</p> <p>These foods and drinks should:</p> <ul style="list-style-type: none"> <li>• not be provided in healthy school canteens.</li> </ul>
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\*Note: There is no distinct line between foods and drinks categorised as **GREEN** and **AMBER**. Many combined foods, such as, sandwiches or sushi will sit on the border of the **GREEN** and **AMBER** category depending on the ingredients used. This is what is referred to as the 'traffic light spectrum'. All foods should be moved towards the '**GREEN**' end of the spectrum at every opportunity. To see how easy it is to '**GREEN**' the menu turn to page 35 of this booklet.

# ALWAYS ON THE CANTEEN MENU

## The GREEN category – ‘always on the canteen menu’

Foods and drinks categorised as **GREEN** are consistent with the *2013 Australian Dietary Guidelines* and are based on the five food groups shown on *The Australian Guide to Healthy Eating* ‘plate’. These foods and drinks are the most suitable to be sold in school canteens and should be available on the canteen menu every day. Foods and drinks in this category offer a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).

Food	Examples
<b>Drinks</b>	<p>Low or reduced-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> <li>• Suggested 375mL serve size or less (except coffee-style milk drinks).</li> <li>• Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size).</li> </ul> <p>Water: plain (tap, spring, mineral or sparkling), with nothing added.</p>
<b>Bread and alternatives</b>	<p>Bagels, burritos, crumpets, English muffins, foccacia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white.</p> <p>Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns.</p> <p>Plain and savoury scones, pikelets and pancakes.</p>
<b>Breakfast cereals</b>	<p>Wholegrain, wholewheat flakes, wholegrain puffed cereals, porridge, wholewheat biscuits, low in added sugar, higher in fibre and without added confectionery.</p>
<b>Rice, grains, pasta</b>	<p>Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous.</p> <p>Plain air-popped popcorn with nothing added.</p>
<b>Yoghurt, custard and cheese (including soy alternatives)</b>	<p>Low or reduced-fat cheese without added confectionery. Low or reduced-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> </ul>
<b>Fruit</b>	<p>Fresh, in-season is the best choice.</p> <p>Frozen, pureed or canned in natural juice (does not include dried fruit).</p>
<b>Vegetables (including legumes)</b>	<p>Fresh, in-season is the best choice.</p> <p>Frozen or canned without added flavourings.</p> <p>Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).</p>
<b>Lean meat, fish, poultry and alternatives</b>	<p>Unprocessed lean beef, chicken, lamb, pork, turkey, fish.</p> <p>Canned tuna, salmon, sardines.</p> <p>Eggs, nuts* (un-salted, un-roasted, dry roasted).</p>

\*Check your school policy regarding the use of nuts and products containing nuts.

# SELECT CAREFULLY

## The **AMBER** category – ‘select carefully’

Foods and drinks categorised as **AMBER** also contain some valuable nutrients, but may be too high in saturated fat and/or sugar and/or sodium (salt) to be categorised as **GREEN**. If these foods are eaten regularly or in large amounts, they may contribute to excess energy (kilojoules) being consumed.

Food	Examples
<b>Drinks</b>	<p>Full-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> <li>• Suggested 375mL serve size or less (except coffee-style milk drinks).</li> <li>• Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size).</li> </ul> <p>Fruit and vegetable juice.</p> <ul style="list-style-type: none"> <li>• At least 99% fruit/vegetable juice, including sparkling varieties, no added sugar (maximum 250mL serve size).</li> </ul>
<b>Breakfast cereals</b>	Higher in added sugar and lower in fibre.
<b>Yoghurt, custard and cheese (including soy alternatives)</b>	<p>Full-fat cheese without added confectionery. Full-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> </ul>
<b>Dried fruit, fruit leathers</b>	All types. Fruit leathers must be 100% fruit. Keep the serve size small.
<b>Fruit ice blocks, fruit jelly desserts, ice crushes and slushies</b>	<p>At least 99% fruit juice and no added sugar.</p> <ul style="list-style-type: none"> <li>• Ice slushies and fruit jellies (maximum 200mL serve size).</li> <li>• Fruit ice blocks (maximum 125mL serve size).</li> </ul>
<b>Meat products and alternatives</b>	<p>Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and not crumbed), stews, casseroles and curries.</p> <p>Lean processed luncheon meats, fritz, devon, chicken loaf, free flow chicken, cured meats (for example: ham, bacon). Chicken drumsticks and wings.</p>
<b>Savoury hot food items</b>	Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes.
<b>Sweet and savoury snack foods</b>	Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut* and seed bars, sweet or savoury biscuits.
<b>Un-iced cakes, muffins and sweet pastries</b>	Some un-iced cakes and muffins that are small in serve size or have been modified to reduce the amount of saturated fat and/or sugar or with added fibre.
<b>Ice creams, milk-based ices and dairy desserts</b>	<p>Low or reduced-fat ice creams (not chocolate-coated), milk-based ices, custards and dairy desserts.</p> <ul style="list-style-type: none"> <li>• Milk must be listed as the first ingredient.</li> </ul>
<b>Fats and oils</b>	Choose polyunsaturated and monounsaturated oils and spreads and use sparingly (for example: sunflower, safflower, corn, soya bean, olive, canola).
<b>Spreads, dips, relishes</b>	Nut* spreads, fish/chicken/meat pastes, yeast spreads, dips, salsa, relishes. Use sparingly.
<b>Sauces</b>	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay. Choose low or reduced-salt products and use sparingly.
<b>Toppings, syrup, jam, honey</b>	Small amounts, use sparingly.

\*Foods and drinks categorised as **AMBER** may require assessment against the **AMBER** Nutrient Criteria Tables on page 10.

# NOT RECOMMENDED ON THE CANTEEN MENU

## The **RED** category – ‘not recommended on the canteen menu’

Foods and drinks categorised as **RED** are not consistent with the *2013 Australian Dietary Guidelines* and should not be sold in a healthy school canteen.

They are low in nutritional value and may also be high in saturated fat and/or added sugar and/or added sodium (salt). They may also provide excess energy (kilojoules). There is ample opportunity for children to consume these foods outside school hours at the discretion of their parents.

Food	Examples
Any product assessed according to the Amber Nutrient Criteria, that does not meet the criteria for energy (kJ), saturated fat, sodium or fibre.	
Drinks	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters.
Intense (artificial) sweeteners*	Any product containing intense (artificial) sweeteners* with the exception of flavoured milk, fruit yoghurts and custards.
Caffeine and guarana	Any product containing guarana. Coffee-style products (including flavoured), mocha, latte, cappuccino or similar, with the exception of coffee-style milk drinks. Coffee-style milk drinks (including flavoured) in primary school. Coffee-style milk drinks greater than 375mL serve size in secondary school.
Fruit/vegetable juice	Less than 99% juice and/or added sugar and/or greater than 250mL serve size.
Jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar and/or greater than 200mL serve size.
Icy-poles and fruit ice blocks	Less than 99% fruit juice and/or added sugar and/or greater than 125mL serve size.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes.
Confectionary	All types: sold separately or added to products including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/ carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, copha, ghee, lard.

\*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol)

# How to decide if a food or drink is suitable for sale in a healthy school canteen

When considering whether a product is suitable for sale in healthy school canteens, it is important to assess its nutritional value. Some foods and drinks can immediately be identified as belonging to the **GREEN** or **RED** category by referring to the lists on pages 6 and 8. These products do not require further assessment: **GREEN** may be sold; **RED** should not be sold.

If the food or drink does not fall into the **GREEN** or **RED** category easily, it is likely to fall into the **AMBER** category (page 7). Refer to the appropriate page of the Food Table (beginning on page 15) and follow the suggestions to move the food or drink closer to the **GREEN** end of the spectrum. If necessary assess the product against the **AMBER** Nutrient Criteria (page 10). More suggestions for 'GREENing' the menu are included on page 35.

The Nutrient Criteria Tables on page 10 represent the foods and drinks most likely to fall into the **AMBER** category.

- **Table 1: Hot food items and processed meats**  
These foods are assessed per 100 grams to allow for differences in serve size from young children to older children.
- **Table 2: Snack foods**  
These foods are assessed per serve size to limit large amounts of these types of foods being consumed.

<b>STEP 1</b>	<p>Compare item against <b>GREEN</b>, <b>AMBER</b>, <b>RED</b> categories.</p> <ul style="list-style-type: none"> <li>• Fits easily into the <b>GREEN</b> category No further assessment necessary – item may be sold.</li> <li>• Fits easily into the <b>RED</b> category No further assessment necessary – item should not be sold.</li> </ul>
<b>STEP 2</b>	<p>For all other foods and drinks refer to the Food Table, and if necessary, assess against the <b>AMBER</b> Nutrient Criteria.</p> <ul style="list-style-type: none"> <li>• Under threshold for energy, saturated fat, sodium and over threshold for fibre (all criteria are met) item may be sold: <b>AMBER</b> category.</li> <li>• Over threshold for energy, saturated fat, sodium or under threshold for fibre (if any criteria not met) item should not be sold: <b>RED</b> category.</li> </ul>
<b>STEP 3</b>	<p>Follow suggestions in the Food Table to move foods and drinks closer to the '<b>GREEN</b>' end of the food and drink spectrum.</p>

# Nutrient Criteria Tables

Nutrient Criteria for foods categorised as **AMBER**.

If the food item being assessed has **less than or equal** to the numbers specified in the energy, saturated fat or sodium column, and **more than or equal** to the number specified in the fibre column, it may be sold in the school canteen.

**Note:** If the food being assessed is over the threshold for energy or saturated fat or sodium or under the threshold for fibre (if any criterion is not met) – the food is categorised as **RED** and should not be sold in a healthy school canteen.

<b>Table 1: Hot food items and processed meats assessed per 100g</b>			
Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less

All types of confectionery are categorised as **RED**.

<b>Table 2: Snack food items assessed per serve</b>				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	–	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	–
	-- (Energy must be 1800kJ or less per 100g) --			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	–	–
	-- (Milk must be listed as first ingredient) --			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	–	1.5g or more

All types of confectionery are categorised as **RED**.

# Making a healthier choice

Throughout the NHSC *Guidelines* there are instructions to choose products that are lower in sodium (salt), saturated fat and added sugar and higher in fibre when making dishes ‘from scratch’ in the school canteen. To help you decide if a food is lower in salt, saturated fat or added sugar and higher in fibre, the following table lists some categories of foods with criteria to help you make a healthier choice for that food category.

If the food item being assessed has **less than or equal** to the numbers specified in the saturated fat, sodium or sugar column, and **more than or equal** to the number specified in the fibre column, it is a healthier choice.

If the food being assessed is **over** the threshold for saturated fat, sodium or sugar or **under** the threshold for fibre (if any criterion is **not** met), the item is categorised as **AMBER**.

**Table 3: Healthier choices assessed per 100g**

Category	Nutrient Criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (mg) per 100g
<b>Breakfast cereals not containing dried fruit</b>	2g or less	–	5g or more	20g or less
<b>Breakfast cereals containing dried fruit</b>	2g or less	–	5g or more	25g or less
<b>Pasta sauces and simmer sauces</b>	2g or less	300mg or less	–	–
<b>Soups as prepared ready-to-eat (condensed, instant)</b>	2g or less	300mg or less	–	–
<b>Dips (legume, dairy, vegetable or salsa)</b>	2g or less	750mg or less	–	–
<b>Mayonnaise and salad dressings</b>	3g or less	750mg or less	–	–

# Reading Nutrition Information Panels

The nutrition information panel (NIP) is found on most food and drink labels and provides information about the nutrition content of a food or drink, allowing you to make a decision about whether a product may be sold in a healthy school canteen.

The NIP displays information on **energy** (kilojoules – kJ), protein, total fat, **saturated fat**, carbohydrate, sugars and **sodium** (salt), as well as any other nutrient for which the manufacturer has made a claim. For example, if there is a claim on the label saying ‘*this food is a good source of calcium*’ then the calcium content must be listed on the NIP. This information is provided per serving size and per 100g (grams) or per 100mL (millilitres). If the product falls into the **AMBER** category, the NIP should be compared to the **AMBER** Nutrient Criteria Tables on page 10.

## Example A: Crumbed Chicken Pattie

1. Identify the correct assessment table. This food belongs in the group **Hot food items and processed meats (Table 1)**.
2. Hot food items and processed meats are assessed per 100g, so look at the quantity per 100g column on the NIP.
3. Compare the 100g column to the criteria in Table 1 for meat products and alternatives.
4. The chicken burger is categorised as **AMBER** as it contains less than 1000kJ energy, less than 5g saturated fat and less than 450mg sodium per 100g. This product may be sold in a healthy school canteen.

Crumbed Chicken Pattie		
Servings per package: 60    Average serving size: 83g		
	Quantity per Serving	Quantity per 100g
ENERGY	754kJ	909kJ
PROTEIN	8.0g	9.6g
FAT		
– total	13.0g	15.6g
– saturated	2.4g	2.9g
CARBOHYDRATE	6.7g	8.1g
– sugars	1.2g	1.4g
SODIUM	256mg	308mg

Table 1: Hot food items and processed meats assessed per 100g			
Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less

### Example B: Banana flavoured milk-based ice

1. Check if the first ingredient is milk. If the first ingredient is milk, proceed to assess the item against the per serve criteria. *If milk is not listed as the first ingredient the item is not considered 'milk-based'. There is no need for further assessment. The item is categorised as RED and should not be sold in the school canteen.*
2. Identify the correct assessment table. This food belongs in the group **Snack food items (Table 2)**.
3. Snack food items are assessed per serve, so look at the quantity per serving column on the NIP.
4. The banana flavoured milk-based ice is categorised as **AMBER** as it lists milk as the first ingredient, contains less than 600kJ energy and less than 3g saturated fat per serve. This product may be sold in a healthy school canteen.

Banana flavoured milk-based ice		
<b>Ingredients:</b> Reconstituted skim milk (70%), cane sugar, glucose syrup, vegetable oil, milk solids, maltodextrin, gelatine, emulsifier (471), flavours, colours (160b, 100)		
Servings per package: 8    Average serving size: 68g		
	Quantity per Serving	Quantity per 100g
ENERGY	462kJ	680kJ
PROTEIN	2.3g	3.4g
FAT		
– total	3.6g	5.3g
– saturated	1.8g	2.7g
CARBOHYDRATE	16.9g	24.8g
– sugars	13.4g	19.7g
SODIUM	31mg	46mg

Table 2: Snack food items assessed per serve				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	–	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	–
		-- (Energy must be 1800kJ or less per 100g) --		
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	–	–
		-- (Milk must be listed as first ingredient) --		
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	–	1.5g or more

### Example C: Fruit and Muesli Breakfast Bar

1. Identify the correct assessment table. This food belongs in the group **Snack food items (Table 2)**.
2. Snack food items are assessed per serve, so look at the quantity per serving column on the NIP.
3. Compare the per serving size to the criteria in Table 2 for sweet snack food, bars and biscuits.
4. Although the bar has less than 3g saturated fat and more than 1g fibre per serve, it exceeds the energy criteria of 600kJ or less.
5. Therefore, this product is categorised as **RED** and should not be sold in a healthy school canteen.

Fruit and Muesli Breakfast Bar		
Servings per package: 12    Average serving size: 31.3g		
	Quantity per Serving	Quantity per 100g
ENERGY	770kJ	1710kJ
PROTEIN	3.7g	8.3g
FAT		
– total	6.9g	15.3g
– saturated	0.7g	1.6g
CARBOHYDRATE	24.4g	54.3g
– sugars	9.0g	19.9g
FIBRE	4.3g	9.6g
SODIUM	14mg	30mg

Table 2: Snack food items assessed per serve				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
<b>Sweet snack food, bars and biscuits</b>	600kJ or less	3g or less	–	1g or more
<b>Savoury snack food, biscuits, crispbreads and crisps</b>	600kJ or less	2g or less	200mg or less	–
	-- (Energy must be 1800kJ or less per 100g) --			
<b>Ice creams, milk-based ices and dairy desserts</b>	600kJ or less	3g or less	–	–
	-- (Milk must be listed as first ingredient) --			
<b>Un-iced cakes, muffins and sweet pastries</b>	900kJ or less	3g or less	–	1.5g or more

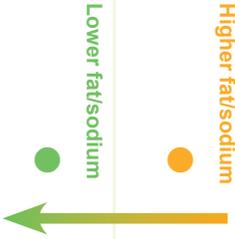
# Food and drink table

The following table is a guide to foods and drinks that may be sold in a healthy school canteen. Some foods and drinks may be categorised as **GREEN** and/or **AMBER** depending on the ingredients used, and some foods and drinks are limited as to serve size or fat content. Follow the 'comments and suggestions' to move dishes toward the '**GREEN**' end of the traffic light spectrum. More suggestions for '**GREENing**' the menu are included on page 35.

Foods	Green/Amber	Comments and suggestions																	
<b>Breads and Alternatives</b>																			
Breads/rolls: bagels, burritos, crumpets, English muffins, foccacia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white	●	<p>Choose wholemeal, wholegrain, multigrain or white bread with added fibre.</p> <p>Include a variety of breads on the menu and use in different ways to add interest. Toasted sandwiches/jaffles are especially good in winter.</p> <p>Always add extra vegetables to sandwiches, rolls, wraps and burgers.</p> <p><b>Choose polyunsaturated or monounsaturated spreads in small amounts. You should still be able to see the bread through the spread.</b></p>																	
Savoury breads, pull-aparts, twists, scrolls	●	Savoury breads can be high in energy, saturated fat and salt. Keep serve size to under 60g per person. Provide wholegrain varieties where possible.																	
Raisin and fruit breads or fruit buns (no icing), glazed hot cross fruit buns	●	Serve toasted fruit breads as a snack.																	
Scones: plain, savoury, fruit or vegetable	●	Keep toppings to a minimum. Provide wholemeal varieties where possible.																	
Pikelets/pancakes	●	Try cooking pikelets with ricotta or fruit for variety.																	
Crispbreads, crackers, grissini, bread sticks (plain or flavoured)	●	<b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b>																	
Rice/corn crackers and cakes (plain and flavoured)	●	<b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b>																	
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 35%;"></th> <th style="width: 15%;">Energy (kJ) per serve</th> <th style="width: 15%;">Saturated fat (g) per serve</th> <th style="width: 15%;">Sodium (mg) per serve</th> <th style="width: 20%;">Fibre (g) per serve</th> </tr> </thead> <tbody> <tr> <td><b>Savoury snack food, biscuits, crispbreads and crisps</b></td> <td>600kJ or less</td> <td>2g or less</td> <td>200mg or less</td> <td>–</td> </tr> <tr> <td colspan="5" style="text-align: center;">-- (Energy must be 1800kJ or less per 100g) --</td> </tr> </tbody> </table>						Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve	<b>Savoury snack food, biscuits, crispbreads and crisps</b>	600kJ or less	2g or less	200mg or less	–	-- (Energy must be 1800kJ or less per 100g) --				
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Foods	Green/Amber	Comments and suggestions															
<b>Breakfast cereals</b>																	
Wholegrain, wholewheat flakes, wholegrain puffed cereals, wholewheat biscuits, porridge, low in added sugar, higher in fibre and without added confectionery	●	Serve with low or reduced-fat milk, yoghurt and/or fruit. Toasted muesli can be high in saturated fat, so choose un-toasted varieties.  <b>Check the Nutrition Information Panel against the table below to make a Healthier Choice for breakfast cereals.</b>															
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<b>Breakfast cereals containing dried fruit</b>	2g or less	–	5g or more	25g or less													
Cereals higher in added sugar and lower in fibre	●	Some processed cereals will fit into the <b>AMBER</b> category because they are higher in added sugar and lower in fibre.															

<b>Rice, grains and noodles</b>										
Plain rice, noodles, grains (burghul, cracked wheat, polenta, couscous)	●	When making dishes based on rice, grains and noodles in the canteen, choose ingredients categorised as <b>GREEN</b> . Use a variety of grains to add interest to the menu. For example, try making salads with couscous or cracked wheat.								
Rice dishes and noodle cups	● ● ←	Choose reduced-salt sauces when cooking and serving these dishes. Add plenty of vegetables for a ' <b>GREENer</b> ' dish and include a protein source such as lean meat, tuna, chicken, low or reduced-fat cheese or legumes.								
Sushi, rice paper rolls, cold rolls	● ● ←	<b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b>								
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<b>Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes</b>	1000kJ or less	5g or less	400mg or less							

Foods	Green/Amber	Comments and suggestions												
<b>Pasta products</b>														
Plain pasta	●	When preparing pasta dishes in the canteen choose ingredients categorised as <b>GREEN</b> . Fresh tomato or vegetable based sauces are the best. Avoid large serves.												
Lasagne, spaghetti bolognese, macaroni cheese, pasta bake, canned spaghetti		<p>Use different types of pasta to add variety (bows, elbows, fettuccine, penne, spaghetti).</p> <p>Limit added oils. Choose reduced-salt, reduced-fat sauces and low or reducedfat cheese. Use reduced-fat evaporated milk as a substitute for cream.</p> <p>Avoid adding salt when preparing or serving these foods. Add flavour with herbs and spices instead.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>												
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<b>Pasta sauces and simmer sauces</b>	2g or less	300mg or less	–	–										

Foods	Green/Amber	Comments and suggestions
<b>Fruit</b>		
Fresh	●	Choose fresh fruits in-season for better flavour and value. Serve in different ways to add interest (for example: fruit kebabs, grapes in a cup, chopped in a cone, sliced cubed, wedges, quarters, spirals (using slinky machine)). Frozen • Many fruits are suitable to freeze (for example: banana, orange, grapes, pineapple).
Frozen	●	
Canned or in tubs, including fruit puree	●	Best choices are those canned in natural juice. Serve with low or reduced-fat yoghurt or custard to add interest and variety.
Dried		● Dried fruit sticks to teeth, so is best eaten as part of a meal.
Fruit leathers and other dried fruit-based snack foods		● Fruit leathers must be at least 100% fruit. Keep the serve size small. Use the guide below for examples of serve sizes for dried fruit. <ul style="list-style-type: none"> <li>• Sultanas – small box 40g</li> <li>• 4 dried apricot halves</li> <li>• 4 – 5 apple rings</li> <li>• Fruit leathers 25g or less</li> </ul>

Foods	Green/Amber	Comments and suggestions													
<b>Vegetables</b>															
Fresh, frozen, canned	●		<p>Plain, frozen or canned vegetables are a convenient alternative if fresh vegetables are not available. Best choices are those without added salt or other flavourings.</p> <p>Include plenty of vegetables in sandwiches and hot food dishes.</p> <p>Every addition of vegetables moves the dish further towards the '<b>GREEN</b>' end of the traffic light spectrum.</p>												
Baked potato (without added fat)	●		<p>Cook potatoes in their skins and use different combinations of healthy fillings (for example: tabouleh, lean savoury mince, salt-reduced baked beans, low or reduced-fat cheese, salad or cooked vegetables).</p>												
Vegetable sticks	●		<p>Serve as a small container of mixed bite-sized pieces (for example: cherry tomatoes, carrot sticks, cucumber sticks).</p> <p>May be served with reduced-salt or low or reduced-fat dips.</p> <p><b>If serving vegetables with dips, check the Nutrition Information Panel against the table below to make a Healthier Choice for dips.</b></p>												
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<b>Dips (legume, dairy, vegetable or salsa)</b>	2g or less	750mg or less	–	–											
Corn on the cob	●		<p>Corn on the cob can be a warm recess snack in winter. Serve plain.</p>												

Foods	Green/Amber	Comments and suggestions										
<b>Salads</b>												
Garden/green/mixed	●	<p>If using dressings, choose low or reduced fat dressings and use in small amounts.</p> <p>Serve different types of salads to add variety to the menu (for example: warm chicken/beef salad, Asian style salads, roast vegetable salad, Greek salad).</p> <p>Include a protein source such as lean red meat, tuna, chicken, egg, legumes or low or reduced-fat cheese.</p> <p>Avoid adding salt when preparing or serving these foods.</p> <p>Check the Nutrition Information Panel against the table below to make a Healthier Choice for mayonnaise and salad dressings.</p>										
Bean mix	●											
Tabouleh	●											
Rice salad	● ●											
Potato salad	● ●											
Coleslaw	● ●											
Egg salad	● ●											
Pasta salad	● ●											
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<b>Mayonnaise and salad dressings</b>	3g or less	750mg or less	–	–								

<b>Legumes</b>		
Chickpeas, kidney beans and lentils (dried or canned)	●	<p>Replace mince with legumes to make meat dishes more economical, add interest and boost the fibre content.</p> <p>For example: replace some of the mince in a bolognese sauce with red kidney beans. Use different types of legumes in soups and salads.</p> <p>Keep added salt to a minimum when preparing legume dishes. Use herbs and spices to add flavour instead.</p>
Baked beans	●	Baked beans can be used to top baked potatoes or as a filling for a toasted sandwich. Choose reduced-salt varieties if available.
Lentil patties (grilled or baked)		Lentil/vegetable patties and falafels can be used as an alternative to meat in rolls, sandwiches, wraps and burgers or served with salad.
Falafels (grilled or baked)	●	Remember: GRILL or BAKE patties and falafels.

Foods	Green/Amber		Comments and suggestions										
<b>Soups</b>													
Prepared in the canteen	●	●	<p>Soups are nutritious, satisfying winter foods that are inexpensive and easy to prepare. They can be made in the canteen or produced from low-salt, commercially prepared soup mixes.</p> <p>When making soup in the canteen use reduced-salt stock and avoid adding salt. Use herbs and spices to add flavour instead.</p>										
Canned	●	●	<p>Replace cream with reduced-fat evaporated milk.</p> <p>Add plenty of vegetables and serve with a plain wholemeal or wholegrain bread roll or plain un-flavoured grissini (bread stick).</p>										
Packet, tetra packs, ready-to-eat bowls	●	●	<p>When serving soup to young children, stand and cool slightly before serving.</p> <p><b>Check the Nutrition Information Panel against the table below to make a Healthier Choice for ready-to-eat soups.</b></p>										
<table border="1" data-bbox="185 931 1407 1084"> <thead> <tr> <th data-bbox="185 931 660 1003"></th> <th data-bbox="660 931 845 1003">Saturated fat (g) per 100g</th> <th data-bbox="845 931 1034 1003">Sodium (mg) per 100g</th> <th data-bbox="1034 931 1222 1003">Fibre (g) per 100g</th> <th data-bbox="1222 931 1407 1003">Sugar (mg) per 100g</th> </tr> </thead> <tbody> <tr> <td data-bbox="185 1003 660 1084"><b>Soups as prepared ready-to-eat (condensed, instant)</b></td> <td data-bbox="660 1003 845 1084">2g or less</td> <td data-bbox="845 1003 1034 1084">300mg or less</td> <td data-bbox="1034 1003 1222 1084">–</td> <td data-bbox="1222 1003 1407 1084">–</td> </tr> </tbody> </table>					Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (mg) per 100g	<b>Soups as prepared ready-to-eat (condensed, instant)</b>	2g or less	300mg or less	–	–
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Foods	Green/Amber		Comments and suggestions																
<b>Dairy</b>																			
Yoghurt (plain, fruit and frozen varieties) without added confectionery	●	●	Reduced-fat versions of dairy foods should be encouraged. Yoghurt and custard are good sources of calcium. They may contain intense (artificial) sweeteners* and are categorised according to fat content.																
Custard without added confectionery	●	●	Plain yoghurt can be used as a sauce, dressing or as an addition to savoury foods.																
Cheese	●	●	Choose low or reduced-fat cheese in the canteen. Ricotta and cottage cheese are good choices to add variety as they are naturally lower in fat. However, they contain less calcium.																
Milk (See drinks on page 32)	●	●																	
Dairy desserts without added confectionery <b>All products containing intense (artificial) sweeteners*, with the exception of milk, yoghurt and custard, are categorised as RED and should not be sold in the school canteen as they are generally foods of low nutritional value.</b>		●	<b>Check the Nutrition Information Panel against the Nutrient Criteria below. Dairy desserts must list milk as the first ingredient to be considered for assessment against serve size criteria.</b>																
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\*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol)

Foods	Green/Amber	Comments and suggestions									
<b>Meat, chicken, fish and alternatives</b>											
Lean red meats (for example: roast beef, stir-fry strips, reduced-fat mince)	●	<p>These foods are good sources of protein and can be used in a variety of ways:</p> <ul style="list-style-type: none"> <li>• serve with salad or vegetables</li> <li>• as a pizza topping</li> <li>• in casseroles, stews and stir fries</li> <li>• as a filling for burgers, foccacia, wraps, burritos, tacos, enchiladas</li> <li>• kebabs.</li> </ul>									
Lean chicken meat without the skin (for example: chicken breast, thigh)	●										
Turkey	●	Choose the leanest mince available and check all other meats are trimmed of visible fat.									
Egg	●										
Fish (for example: tuna, salmon, sardines)	●	Choose canned fish packaged in spring water.									
Nuts*	●      ● ←————→	Choose nuts* that are un-salted and un-roasted. Nuts* that are salted and/or roasted are categorised as <b>AMBER</b> .									
Stews, casseroles and curries	●      ● ←————→										
Chicken drumsticks and wings		When preparing meat and alternative dishes in the canteen choose ingredients categorised as <b>GREEN</b> and serve with plenty of vegetables.									
Spare ribs	●      ●	Avoid adding salt when preparing or serving these foods. Use herbs and spices to add flavour instead.									
Legumes (see page 20)		<b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b>									
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\*Check your school policy regarding the use of nuts and products containing nuts.

Foods	Green/Amber		Serve Size								
<b>Meat, chicken, fish, vegetable – formed products (crumbed and not crumbed) including sausages</b>											
Meat/chicken/vegetable/ fish patties, meat balls	●	●	When preparing meat and alternative dishes in the canteen choose ingredients categorised as <b>GREEN</b> and serve with plenty of vegetables. Avoid adding salt (including chicken salt) when preparing or serving these foods. Use herbs and spices to add flavour instead.								
Chicken nuggets, fillets and strips		●	With smaller food items, such as nuggets, limit the number in a serve to keep down the kilojoules.								
Fish fingers, burgers		●									
Frankfurters, sausages, hot dogs (beef, lamb and chicken varieties)		●	<p>Most frankfurters and sausages are high in salt and saturated fat. Choose a reduced-fat and reduced-salt version and serve on a wholegrain bun.</p> <p>Choose products with the lowest energy, saturated fat and sodium (salt) within the criteria.</p> <p>Keep the serve size small and serve with salad or vegetables for a healthier meal.</p> <p><b>If products in this category are used, GRILL or BAKE only.</b></p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>								
<table border="1" data-bbox="197 1117 1398 1330"> <thead> <tr> <th data-bbox="197 1117 663 1182"></th> <th data-bbox="663 1117 906 1182">Energy (kJ) per 100g</th> <th data-bbox="906 1117 1150 1182">Saturated fat (g) per 100g</th> <th data-bbox="1150 1117 1398 1182">Sodium (mg) per 100g</th> </tr> </thead> <tbody> <tr> <td data-bbox="197 1182 663 1330"><b>Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries</b></td> <td data-bbox="663 1182 906 1330">1000kJ or less</td> <td data-bbox="906 1182 1150 1330">5g or less</td> <td data-bbox="1150 1182 1398 1330">450mg or less</td> </tr> </tbody> </table>					Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	<b>Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries</b>	1000kJ or less	5g or less	450mg or less
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Foods	Green/Amber	Comments and suggestions									
<b>Processed meats</b>											
Devon/fritz, ham, chicken roll/loaf, corned beef/ silverside/ pastrami, bacon	●	These foods are usually high in energy, saturated fat and salt, and will probably fit into the <b>RED</b> category.									
Free flow chicken, canned chicken	●	Choose products with the lowest energy, saturated fat and sodium (salt) within the criteria.  <b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b>									
<table border="1"> <thead> <tr> <th data-bbox="196 658 663 723"></th> <th data-bbox="663 658 908 723">Energy (kJ) per 100g</th> <th data-bbox="908 658 1152 723">Saturated fat (g) per 100g</th> <th data-bbox="1152 658 1398 723">Sodium (mg) per 100g</th> </tr> </thead> <tbody> <tr> <td data-bbox="196 723 663 844"><b>Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)</b></td> <td data-bbox="663 723 908 844">1000kJ or less</td> <td data-bbox="908 723 1152 844">3g or less</td> <td data-bbox="1152 723 1398 844">750mg or less</td> </tr> </tbody> </table>					Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	<b>Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)</b>	1000kJ or less	3g or less	750mg or less
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Foods	Green/Amber	Comments and suggestions									
<b>Oven-baked potato products</b>											
Wedges, chips, hash browns, scallops, gems	●	<p>Keep the serve size small and serve with salad/vegetables and a protein source such as lean meat, tuna, chicken, reduced-fat cheese, egg or legumes.</p> <p><b>If products in this category are used, GRILL or BAKE only.</b></p> <p>Avoid adding salt (including chicken salt) when preparing or serving these foods.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>									
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<b>Pizza</b>											
Muffin or pita-based	●	●	If using commercially prepared pizza, choose a thin crust topped with plenty of vegetables and/or fruit. Serve with salad								
Prepared in the canteen	●	●	<p>Muffin-based pizzas make a good snack.</p> <p>When preparing pizza in the canteen choose ingredients that are categorised as <b>GREEN</b>.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>								
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Foods	Green/Amber	Comments and suggestions									
<b>Savoury pastries/breads</b>											
Reduced-fat, reduced salt meat pies, vegetable pies, sausage rolls, pasties, triangles, quiches and samosas.	●	Choose small serve sizes that are vegetable-based.									
Filled breads, pull-aparts, twists, scrolls	●										
Garlic bread	● ←	<p>Garlic bread can often be high in saturated fat, kilojoules and salt. To make your own 'GREENer' version, lightly brush or spray bread with olive oil and crushed garlic. Avoid adding salt (including garlic salt). Use fresh or dried herbs to add flavour instead.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>									
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<b>Spring rolls and dim sims</b>											
Spring rolls and dim sims	●	<p>Dim sims can be steamed.</p> <p>Serve with salad or vegetables. Avoid adding salt (including chicken salt) when preparing or serving these foods.</p> <p><b>If products in this category are used, GRILL or BAKE only.</b></p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>									
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Foods	Green/Amber	Comments and suggestions												
<b>Sauces, condiments and gravies</b>														
Tomato, tomato paste, mustard, sweet chilli, BBQ, soy, satay*, peanut* and gravy	●	Use small amounts. Choose reduced-fat, reduced-salt varieties where available.												
<b>Fats and oils</b>														
Margarine and oils (polyunsaturated and monounsaturated use sparingly)	●	Butter, copha, ghee, lard, tallow, cream and coconut cream (including light varieties) are high in saturated fat and are categorised as <b>RED</b> . Use reduced-fat evaporated milk as a substitute for cream.												
Mayonnaise and salad dressings	● ● ←	Polyunsaturated or monounsaturated reduced-fat, reduced-salt mayonnaises and use sparingly. <b>Check the Nutrition Information Panel against the table below to make a Healthier Choice for mayonnaise and salad dressings.</b>												
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<b>Mayonnaise and salad dressings</b>	3g or less	750mg or less	–	–										

\*Check your school policy regarding the use of nuts and products containing nuts.

Foods	Green/Amber	Comments and suggestions										
<b>Spreads and dips</b>												
		Ingredients categorised as <b>GREEN</b> should be the first choice for sandwich fillings.										
Peanut* butter/paste and other nut* spreads (not chocolate spreads)	●	Choose reduced-salt, reduced-fat varieties with no added sugar where available and spread thinly.										
Fish, chicken and meat pastes, yeast spreads and vegetable extracts	●	Savoury spreads are often high in salt. Choose reduced-salt varieties and use sparingly.										
Jam and honey	●	Choose 100% fruit spreads where available and spread thinly.										
Dips, salsas and relishes	●	Dips based on vegetables or yoghurt are the best choices (for example: hommus, beetroot, eggplant, avocado, tzatziki). Vegetable-based salsas and relishes can be used to add variety and flavour to sandwiches, wraps, rolls and burgers. Check the Nutrition Information Panel against the table below to make a Healthier Choice for dips.										
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\*Check your school policy regarding the use of nuts and products containing nuts.

Foods	Green/Amber	Comments and suggestions												
<b>Un-iced cakes, muffins and sweet pastries</b>														
Un-iced cakes, muffins and sweet pastries	●	<p>Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size, or have been modified to reduce the amount of saturated fat and/ or sugar or have fibre added, may be categorised as <b>AMBER</b>.</p> <p>Choose varieties with added fruit and/ or vegetables, but still check against the Nutrient Criteria below.</p> <p>Add fruit or vegetables when preparing in the canteen. Products should not contain any added confectionery</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>												
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<b>Un-iced cakes, muffins and sweet pastries</b>	900kJ or less	3g or less	–	1.5g or more										

<b>Ice creams, milk-based ices and dairy desserts (does not include yoghurt or custard)</b>																			
<p>Low or reduced-fat ice creams (not chocolate coated) and milk-based ices without added confectionery</p> <p>Dairy desserts without added confectionery</p>	●	<p><b>To be considered milk-based, milk must be listed as the first ingredient.</b></p> <p>All products containing intense (artificial) sweeteners* (with the exception of milk, yoghurt and custard) are categorised as <b>RED</b> and should not be sold in healthy school canteens as they are generally foods of low nutritional value.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>																	
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\*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol)

Foods	Green/Amber	Comments and suggestions
<b>Fruit-based ice blocks, fruit jelly desserts, ice crushes and slushies</b>		
Fruit-based ice blocks, fruit jelly desserts, ice crushes and slushies	●	<p>To be considered fruit-based the product must be at least 99% fruit juice with no added sugar.</p> <p>Keep serve size to 200mL or under for crushes, slushies and jellies, and 125mL or under for fruit-based ice blocks.</p> <p>Fruit-based products should not contain intense (artificial) sweeteners*.</p>

<b>Savoury snack foods</b>																			
Popcorn	●	●	<p>Air-popped popcorn without added fat, salt or sugar is a healthy, high fibre snack.</p> <p>Some flavoured popcorn, savoury biscuits and crackers may be too high in energy, saturated fat and salt to be categorised as <b>AMBER</b>.</p> <p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>																
Savoury biscuits		●																	
Rice/corn crackers and cakes (plain and flavoured)		●																	
Crispbreads, crackers (plain and flavoured)		●																	
Potato chips, rice chips, vegetable chips, crisps		●																	
Nut† and seed bars		●																	
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<b>Sweet snack food bars</b>														
Cereal-based bars, fruit filled bars, breakfast bars, muesli bars, nut† and seed bars without added confectionery		●	<p><b>Check the Nutrition Information Panel against the Nutrient Criteria below.</b></p>											
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†Check your school policy regarding the use of nuts and products containing nuts.

Foods	Green/Amber	Serve Size	
<b>Drinks</b>			
Water	●	Plain water with nothing added is the best drink to quench thirst. Tap, spring, mineral or sparkling.	
Milk, plain and flavoured (including soy)	● Reduced-fat	● Full-fat	Reduced-fat varieties of plain and flavoured milks should be encouraged. Use plain reduced-fat milk to make milkshakes, smoothies or hot chocolate.
Hot chocolate made in the canteen	● Reduced-fat	● Full-fat	Adding flavouring to milk will add extra kilojoules. Use the following as a guide: <ul style="list-style-type: none"> <li>• 2 heaped teaspoons of powder to 250mL milk</li> <li>• ½ metric cup of powder to 1 litre milk</li> <li>• 2 teaspoons of topping or syrup to 250mL milk</li> </ul>
Flavour straws served with plain milk	● Reduced-fat	● Full-fat	Milk drinks are a good source of calcium and may contain intense (artificial) sweeteners*.
Syrup/topping/powder mixed with plain milk	● Reduced-fat	● Full-fat	Coffee milk drinks (flavoured and those containing caffeine): <ul style="list-style-type: none"> <li>• should not be sold in primary school</li> <li>• maximum 375mL serve size in secondary school</li> <li>• products with an advisory statement on the label; for example, “this food is not recommended for children” should not be sold in primary OR secondary school.</li> </ul>
Fruit juice		●	Serve fruit juice chilled. Fruit/vegetable juice should be at least 99% juice with no added sugar and 250mL serve size or less.
Vegetable juice		●	Choose products with no added sugar that contain fibre. Juice should not contain intense (artificial) sweeteners*.

\*Code number and prescribed name for intense (artificial) sweeteners include:

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# Frequently asked questions

**Q Why can I sell yoghurt, milk and custard (mostly reduced-fat) that contain intense (artificial) sweeteners but no other foods containing these sweeteners?**

A Milk, yoghurt and custard are excellent sources of calcium and studies have shown that Australian school children are not consuming enough calcium (DoHA 2008). By providing these products in the school canteen, if there is a demand for them, it will give Australian school children more opportunity to consume foods and drinks high in this important nutrient. Reduced fat options are best.

All other products containing intense (artificial) sweeteners are categorised as **RED**. This is because most products containing intense (artificial) sweeteners are 'dessert' type products or foods that are of low nutritional value, such as soft drinks.

**Q Why is the sale of coffee milk drinks restricted?**

A Coffee milk drinks may contain caffeine. At certain levels, caffeine is known to increase irritability and restlessness in some adults. Sensitivity to caffeine varies from person to person. However, there are no clear guidelines around maximum recommended amounts for children and caffeine is not necessary for growth and development. The NHSC *Guidelines* provides for the sale of coffee milk drinks to secondary school only with a maximum serve size of 375mL to limit the amount of caffeine consumed in one dose.

It can be difficult to tell the difference between a milk drink that contains coffee flavouring and one that contains caffeine. To avoid confusion, the NHSC *Guidelines* treats coffee flavoured milk drinks and milk drinks containing caffeine in the same way. Coffee-style drinks may be sold in secondary school, with a maximum serve size of 375mL.

**Q Can I sell milk drinks in a serve size larger than 375mL?**

A Milk is an excellent source of calcium (reduced fat options are best). The NHSC *Guidelines* do not limit the serve size of milk drinks, except in the case of coffee milk drinks (please see previous question). For all other milk drinks, we suggest a serve size of 375mL or less. A serve size of 250mL or less may be more appropriate for primary school children. However, larger sizes can be sold at the discretion of the canteen manager in both primary and secondary school.

**Q Why do the NHSC *Guidelines* focus on energy, saturated fat, sodium (salt) and dietary fibre?**

A Consuming foods and drinks high in saturated fat and low in dietary fibre may contribute to excess energy (kilojoules) being consumed, which can contribute to overweight and obesity as well as increase the risk of chronic disease later in life, such as heart disease, stroke and some types of cancers. Salt has also been identified as a nutrient that may contribute to chronic disease (in particular, high blood pressure) if consumed in large amounts. The NHSC *Guidelines* encourage consumption of foods categorised as **GREEN** as these foods contain a wide range of nutrients and are generally lower in saturated fat and salt.

**Q Why are full-fat dairy products categorised as AMBER and not GREEN?**

A Full-fat dairy products are a rich source of protein, calcium, vitamin A and some B vitamins. However, they are relatively high in saturated fat. The *2013 Australian Dietary Guidelines* recommend children 2 years of age and older choose reduced-fat varieties of dairy foods where possible. Reduced-fat dairy products provide similar quantities of calcium, protein and vitamins to the full-fat versions but they contribute far less saturated fat. Therefore, reduced-fat dairy products should be promoted as a healthier alternative to full-fat dairy products.

**Q Why is fruit juice categorised as AMBER and not GREEN?**

A Fruit juice contains some valuable nutrients. However, it is much lower in dietary fibre than fresh fruit. Drinking fruit juice can contribute to excess energy being consumed. The *2013 Australian Dietary Guidelines* recommend choosing whole fruit instead of fruit juice because it is higher in fibre and more filling. Fruit juices are also acidic and frequent consumption may increase risk of dental erosion. Therefore, fresh, canned (in natural juice) and frozen whole fruit should be promoted as a healthier alternative to juice.

Fruit juice should only be consumed occasionally.

**Q Why is dried fruit categorised as AMBER and not GREEN?**

A Dried fruit can be used but because it has a lower water content, it is more energy dense than fresh fruit. It is a good source of fibre and adds variety to the diet. If eaten in large amounts, dried fruit can easily contribute to excess energy being consumed. The *2013 Australian Dietary Guidelines* recommend that dried fruit should only be consumed only occasionally. Fresh, canned (with no added sugar) and frozen whole fruit should be promoted as a healthier alternative to dried fruit. Dried fruit sticks to the teeth and promotes tooth decay. The Australian Dental Association recommends dried fruit be eaten as part of a meal, not as a between-meal snack.

**Q Is it okay to use frozen or canned fruit and vegetables?**

A Choose in-season, locally grown produce, for the best flavour and value for money. If this isn't possible, frozen or canned vegetables and fruit can be a convenient alternative. Choose canned or frozen vegetables without added salt and added flavourings. Select fruit canned in natural juice (no added sugar).

**Q Why is white bread categorised as GREEN?**

A Bread is a good source of carbohydrate, protein, fibre and many vitamins and minerals. Different types of bread add variety to the diet. the *2013 Australian Dietary Guidelines* recognises all breads as a valuable source of nutrients, with wholemeal or wholegrain and/or high cereal fibre varieties being better choices within the bread category. The *NHSC Guidelines* are consistent with this message by stating that all breads are categorised as **GREEN** and suggesting higher fibre choices where possible.

## 'GREENing' the menu

Foods and drinks categorised as **GREEN** and **AMBER** may be sold through the school canteen. Think of these foods as sitting on a spectrum. The aim is for all foods and drinks sold in the school canteen to be as close to the '**GREEN**' end of the spectrum as possible.

<b>Making food in the canteen 'from scratch'</b>	Make sure most of the ingredients come from the list of foods categorised as <b>GREEN</b> .
<b>Criteria</b>	Compare products that meet the criteria. Choose the one with the least amount of saturated fat, sodium and energy, and the greatest amount of fibre.
<b>Promotion</b>	Foods categorised as <b>GREEN</b> should be the focus of meal deals. Foods that are promoted and are presented in an attractive way, at the correct temperature, are more likely to be purchased and eaten.
<b>Serve size</b>	Keep the serve size small, especially those foods categorised as <b>AMBER</b> .
<b>Sandwiches, rolls, wraps, burgers</b>	Choose wholegrain, wholemeal or multigrain bread. Add salad vegetables to sandwiches (for example: tomato, lettuce, shredded carrot). Each additional vegetable pushes the sandwich closer towards the ' <b>GREEN</b> ' end of the spectrum. Choose low or reduced-fat cheese.
<b>Cheese</b>	Choose low or reduced-fat cheese in the canteen. Low or reduced-fat cheese may still be high in saturated fat and/or salt. Use sparingly.
<b>Pasta</b>	Fresh tomato or vegetable-based sauces are the best choice with plenty of added vegetables. Choose low or reduced-fat cheese.
<b>Pizza</b>	Use pita bread as a base and top with lean meat and plenty of vegetables. Choose low or reduced-fat cheese.
<b>Muffins</b>	Reduce the amount of sugar used. Replace with pureed apple, mashed banana or berries. Replace half the flour with wholemeal flour.
<b>Milk drinks</b>	Choose low or reduced-fat milk when making up milkshakes and smoothies. Add low or reduced-fat yoghurt and/or fruit.
<b>Soups</b>	Choose low or reduced-salt stock. Flavour with herbs and spices instead of salt. Add plenty of vegetables and serve with plain wholemeal or wholegrain bread.
<b>Flavour</b>	Use herbs and spices instead of salt.
<b>Sauces, mayonnaises</b>	Choose products that are low or reduced-fat, low or reduced-salt or 'no added salt', and use sparingly.
<b>Breakfast cereal</b>	Serve with low or reduced-fat milk.

# Recipes

## Cottage Pie



### Ingredients

Serves	10	25	50
<b>Meat filling</b>			
lean beef mince	600g	1.5kg	3kg
frozen mixed veg (carrot, corn and peas)	300g	750g	1.5g
pasta sauce, reduced-salt (1 bottle)	700ml	1.8L	3.6L
tomato paste, reduced-salt	1 Tbsp	3 Tbsp	6 Tbsp
<b>Mashed potato topping</b>			
potatoes, peeled and quartered	5	12	24
milk, reduced-fat	½ cup	1 cup	2 cups
pepper to taste			
<b>To finish</b>			
shredded cheese, reduced-fat	300g	750g	1.5kg
small square foil containers and lids	10	25	50

### Method

#### Meat filling

Place meat in a microwave safe casserole dish. Cover and cook in the microwave oven on HIGH for 5 minutes. Remove from oven, take off lid and drain off fat. Using a fork, break up the mince until it resembles breadcrumbs. Stir in frozen mixed vegetables. Cover and continue to cook in the microwave on HIGH for a further 4–5 minutes, or until meat and vegetables are cooked. Drain off any remaining fat. Stir in the sauce and tomato paste and mix well. Cover and set aside.

#### Mashed potato topping

Cook the potatoes in boiling water until tender. Drain well. Add the milk and mash to a smooth consistency, adding more milk if necessary. Season with pepper to taste.

#### To finish

Spread the 10 foil containers onto a bench. Place ½ cup of the meat filling into each container. Spread 2 tablespoons of the mashed potato over the top of each. Sprinkle the top of each cottage pie with 1 tablespoon of shredded cheese. To finish, cook in a moderate oven for 10 minutes or until cheese has browned. If wanting to freeze, do not finish off in oven but place a lid on each container. Seal, label and date each container, then place into freezer.

Serves 10  
Submitted by Helen Morris, Seaview Downs Primary School

# Potato Slice



### Tips:

Fillings can be any combination e.g. mixed vegetables, spinach and onion, tomato and onion, bolognaise sauce (if thick).

When making pastry, you may find it easier to make multiple small quantities, rather than a large quantity all at once.

Serves 10

Submitted by Judy Havron, Epping Boys High School

## Method

### Pastry

Preheat oven to moderately hot.

Lightly spray lamington tin (30cm x 27cm).

Sift flours together into a bowl.

Melt margarine and stir in milk and egg.

Make a well in the centre of the flours and gradually stir in margarine mixture.

Use clean hands to bring pastry together.

Turn out onto a floured surface and roll out to fit tin.

Prick base and bake in the oven for 8–10 minutes.

Remove and set aside.

## Ingredients

Serves	10	25	50
<b>Pastry</b>			
plain flour	¾ cup	2 cups	4 cups
SR flour	¼ cup	¾ cup	1½ cups
margarine	1½ Tbsp	4 Tbsp	8 Tbsp
milk, reduced-fat	1½ Tbsp	80mL	160mL
egg, beaten	1	2	4
cooking spray			
<b>Topping</b>			
potatoes, scrubbed	4	10	20
lean ham, chopped	5 slices	12 slices	24 slices
spring onions, chopped	3	7	14
creamed corn	420g can	2 cans	4 cans
margarine, melted	1 Tbsp	2 Tbsp	4 Tbsp
milk, reduced-fat	¼ cup	¾ cup	1½ cups
egg, beaten	1	2	4
shredded cheese, reduced-fat	¾ cup	2 cups	4 cups

### Topping

Cook potatoes in boiling water until tender. Drain well.

Cool, then slice carefully.

Place half the sliced potato on pastry.

Mix together the ham, spring onions and corn. Spread mixture over first layer of potatoes.

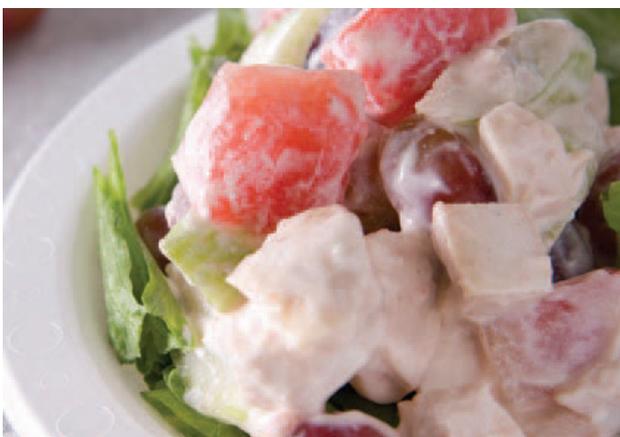
Top with remaining sliced potato.

In a bowl, combine margarine, milk and egg, then gently pour over potato slices.

Sprinkle with shredded cheese and bake in the oven for 30 minutes, or until cheese is golden brown.

Cut into 6cm x 6cm portions and serve with salad.

# Chicken Salad



## Ingredients

Serves	10	25	50
<b>Pastry</b>			
seedless grapes, washed and drained	300g	750g	1.5kg
watermelon, cubed	300g	750g	1.5kg
chicken, cooked and cubed	1½ cups	4 cups	8 cups
celery, chopped	3 stalks	7 stalks	14 stalks
natural yoghurt, low-fat	1 cup	2½ cups	5 cups
pepper to taste			
lettuce, shredded	4 cups	6 cups	12 cups
small wholegrain bread roll	10	25	50
<i>containers for serving</i>			

## Method

In a large bowl, combine grapes, watermelon, chicken, celery and yoghurt. Season to taste.

In the base of each container, place approximately ⅓ cup of lettuce then top with ¾ cup of salad mixture.

Serve with bread roll.

Serves 10

Submitted by Alison Le Bis, Rosetta Primary School

## Very Vegie Pasta Sauce



### Ingredients

Serves	10	25	50
canola oil	1 Tbsp	2 Tbsp	3 Tbsp
onion, chopped	2	4	8
leek, sliced	1	2	4
celery, chopped	1 stalk	2 stalks	4 stalks
zucchini, chopped	2	4	8
red capsicum, chopped	2	4	8
sweet potato, peeled and chopped	1	2	4
pasta sauce	700mL	1.8L	3.6L
water	1½ cups	3 cups	6 cups
<i>cooked pasta to serve</i>			
<i>grated reduced-fat cheese, optional</i>			

### Method

In a large stockpot, heat oil and sauté onion, leek, celery, zucchini and capsicum. Stir well, then cover and cook for 2 – 3 minutes.  
 Add sweet potato, cover and continue to cook for a further 2 – 3 minutes.  
 Stir in pasta sauce and water.  
 Cover and simmer for 20 – 30 minutes, or until vegetables are tender.  
 Remove from heat and allow to cool slightly.  
 Using a hand blender, blend until smooth.  
 Add cooked pasta to the sauce and stir gently.  
 Serve in containers and top with a little grated cheese if desired.

#### Tips:

This pasta sauce freezes well.  
 Cooked chicken or drained tuna can be added to the pasta sauce for variety.

Serves 10  
 Submitted by Alison Le Bis,  
 Rosetta Primary School

## Lamb and Pasta Soup



### Ingredients

Serves	10	25	50
canola oil	1 Tbsp	2 Tbsp	3 Tbsp
lean lamb, cubed	300g	750g	1.5kg
onion, finely chopped	2	4	8
carrots, chopped	2	4	8
celery, chopped	3 stalks	6 stalks	12 stalks
crushed tomatoes, reduced-salt	425g can	3 cans	6 cans
beef stock, reduced-salt	1.5L	4L	8L
pepper to taste			
small macaroni	1 cup	3 cups	6 cups
<i>chopped parsley for serving</i>			

### Method

In a large stockpot, heat the oil and brown the lamb. Drain on greaseproof paper.  
 Add onion to the stockpot and sauté for 2 minutes.  
 Stir in carrots, celery and tomatoes.  
 Return lamb to the pot and add stock. Season to taste.  
 Cover, bring to the boil, then reduce heat and simmer for 15 minutes.  
 Add macaroni to the pot, stir and simmer uncovered for a further 15 minutes, or until pasta is cooked.  
 Serve in heatproof cups, sprinkle with parsley if desired. Remember to include a spoon.  
 Serve with a small wholemeal bread roll.

Serves 10  
 Submitted by Alison Le Bis, Rosetta Primary School

# Pizza Dough



## Method

### Bases

Sift the flour into a bowl.  
 Rub in the ricotta cheese until the mixture resembles breadcrumbs.  
 Slowly stir in the milk until a soft dough is formed.  
 Turn out dough onto a floured board and knead for 5 minutes until it is smooth and elastic.  
 Wrap in greaseproof paper and allow to stand for 1 hour.  
 Using a lightly floured rolling pin, roll out to fit a 45cm x 33cm oven tray.  
 Place dough onto a lightly greased tray.  
 With a sharp knife, cut dough into 10 rectangle mini pizza bases.  
 If wanting to freeze at this point, cover pizza bases well with cling wrap, and place into the freezer for at least 1 hour, or preferably overnight.  
 Remove each pizza base and wrap in greaseproof paper.  
 Store frozen bases in a container in the freezer until ready to use.

## Ingredients

Serves	10	25	50
<b>Bases</b>			
SR flour	500g	1.25kg	2.5kg
ricotta cheese, reduced-fat	250g	625g	1.25kg
milk, reduced-fat	250mL	625mL	1.25L
greaseproof paper			
cooking spray			
<b>Toppings</b>			
<b>Ham &amp; Pineapple</b>			
shredded ham, reduced-fat	200g	500g	1kg
tomato paste, reduced-salt	3 Tbsp	7 Tbsp	14 Tbsp
fresh tomatoes, diced	2	5	10
crushed pineapple in natural syrup, well drained	220g can	2 cans	4 cans
shredded cheese, reduced-fat	2 cups	5 cups	10 cups
<b>Chicken &amp; Mushroom</b>			
cooked chicken, diced	200g	500g	1kg
BBQ sauce	3 Tbsp	7 Tbsp	14 Tbsp
button mushrooms, sliced	2 cups	5 cups	10 cups
green capsicum, chopped	1	3	6

## To finish

Top each pizza base with plenty of vegetables and lean meat. Use cheese sparingly.  
 Bake in moderately hot oven for 20 – 30 minutes or until bases are cooked and cheese has melted.

Serves 10

Submitted by Helen Morris, Seaview Downs Primary School

# Hot Chocolate



## Ingredients

Serves	10	25	50
milk, reduced-fat	1.5L	4L	8L
chocolate powder	¾ cup	4 cups	8 cups

## Method

Preheat an air pot by filling it with hot water and leave to stand.  
 Place milk and powder in a large saucepan.  
 Warm the mixture on a slow heat, stirring until the powder has dissolved and the milk has heated sufficiently. Use a thermometer to check the temperature is between 45°C – 50°C degrees.  
 Tip the water out of the air pot.  
 Using a jug, transfer the mixture into the air pot.  
 Use foam cups and fill them to ¾ full as students order them.

Serves 10

Submitted by Helen Morris, Seaview Downs Primary School

### Tips:

For student's safety, do not boil the milk or make it too hot.

# Vegetable Hot Pot



Ingredients			
Serves	10	25	50
canola oil	1 Tbsp	2 Tbsp	3 Tbsp
garlic cloves, crushed	2	4	6
onions, chopped	3	7	14
carrots, sliced	3	7	14
celery stalks, sliced	4	10	20
large red capsicum, sliced	1	3	6
water	500mL	1L	2L
ground coriander	1 tsp	2 tsp	3 tsp
ground tumeric	1 tsp	2 tsp	3 tsp
ground cumin	1 tsp	2 tsp	3 tsp
vegetable stock power, reduced-salt	2 tsp	4 tsp	6 tsp
4 bean mix, drained and rinsed	420g can	2 cans	4 cans
corn kernels, drained	270 can	2 cans	4 cans

## Method

In a large saucepan, heat oil and sauté garlic, onion, carrots, celery and capsicum for 4–5 minutes. Add water, then stir in coriander, tumeric, cumin and stock powder. Bring to the boil, then reduce heat and stir in beans and corn. Simmer for 10–12 minutes, or until vegetables are tender.

Serves 10  
Submitted by Helen James, Brisbane State High School

# Apple Cinnamon Muffins



Ingredients		
Serves	12	24
wholemeal plain flour	¾ cup	1¼ cups
SR flour	¾ cup	1¼ cups
baking powder	¼ tsp	½ tsp
ground cinnamon	1 tsp	2 tsp
brown sugar	¼ cup	½ cup
egg	1	2
milk, reduced-fat	¾ cup	1 ½ cups
vanilla essence	½ tsp	1 tsp
canola oil	⅓ cup	⅔ cup
pie apples, tinned (roughly chopped)	220g can	2 cans
cooking spray		
paper patty pans		

## Method

Preheat oven to moderately hot. Place a paper patty pan in each muffin case and lightly spray. Sift flours and baking powder together into a bowl. Mix through cinnamon and sugar. In a jug, whisk together egg, milk, vanilla essence and oil. Make a well in the centre of the flour mixture and pour in egg mixture. Stir gently, then fold in apples. Place mixture into patty pans. Bake in oven for 20 – 25 minutes.

Makes 12 muffins  
Submitted by Alison Le Bis, Rosetta Primary School

## Pikelets



### Tips:

You can substitute half the SR flour with wholemeal SR flour, but you may need to add a little more milk. Sultanas can be added for variety.

### Ingredients

Serves	10	25	50
SR flour	$\frac{3}{4}$ cup	2 cups	4 cups
castor sugar	1 Tbsp	2 Tbsp	4 Tbsp
egg, beaten	1	2	4
milk, reduced-fat	125mL	310mL	620mL
margarine, melted	1 Tbsp	3 Tbsp	6 Tbsp
canola oil	1 Tbsp	2 Tbsp	4 Tbsp
100% fruit spread	3 Tbsp	7 Tbsp	14 Tbsp

### Method

Sift flour into a bowl and stir in sugar.

Combine eggs, milk and margarine.

Add to flour and mix to a smooth batter.

In a frypan, heat the oil and drop dessert spoons of the mixture onto the pan.

Cook until bubbles rise on the surface, then turn over and cook for 2 minutes on the other side.

Serve with fruit spread, or a thin scrape of margarine.

Serves 10

Submitted by Helen James, Brisbane State High School

## Scones



### Ingredients

Serves	10	25	50
cooking spray			
SR flour	2 cups	5 cups	10 cups
margarine	1½ Tbsp	3 Tbsp	6 Tbsp
milk, reduced-fat	$\frac{3}{4}$ cup	1¾ cups	3¾ cups

### for brushing

extra milk  
egg, beaten

### Method

Preheat oven to hot.

Lightly spray oven tray with cooking spray.

Sift flour into a bowl and rub in margarine until mixture resembles breadcrumbs.

Add milk and mix to a soft dough.

Turn out onto a lightly floured board and roll out to 2cm thickness.

Cut into rounds using a floured scone cutter or small glass.

Place nearly touching on oven tray.

Mix together the extra milk and beaten egg, and brush over tops of scones.

Bake for 10 –12 minutes or until golden on top.

Serve with 100% fruit spread, reduced-fat cream cheese, or thin scrape of margarine.

Makes 10

Canteen Cuisine, WASCA

### Tips:

You can substitute half the SR flour with wholemeal SR flour, but you may need to add a little more milk. Sultanas can be added for variety.

# Food allergy and food intolerance

## Food allergy

Some people are allergic to the protein in common foods. Contact with the food can be life threatening and induce what is called an anaphylactic reaction, usually within minutes of exposure. The most common triggers of anaphylaxis are:

- peanuts
- tree nuts (cashews, walnuts etc.)
- cow's milk
- egg
- wheat
- soy, and
- fish and shellfish.

Food allergy should be diagnosed by a specialist. Strict avoidance of the food is extremely important. Some schools may have a 'nut policy' in place. Canteen staff need to be aware of the school's policy regarding nuts and, if necessary, remove products containing nuts from the menu.

## Food intolerance

Some people are intolerant to some of the chemicals found in foods (for example: salicylate, amines, glutamate, preservatives and artificial colours). These chemicals can be naturally present or added by food manufacturers (glutamates, for example). The one you might be most familiar with is MSG (monosodium glutamate, also represented by the number 621 on food packaging labels). This chemical occurs naturally in certain foods such as aged cheese, tomato sauce and mushrooms, **or** it can be added during processing to enhance flavour in savoury snack foods such as flavoured crisps and two-minute noodles.

Unlike food allergy, food intolerance is difficult to diagnose. Not all chemicals will be a problem for people who are sensitive and even if an intolerance is diagnosed, the individual may be able to tolerate small amounts with no symptoms. Symptoms will vary for each individual and may take several days to appear. The most common symptoms being hives, swellings, headaches and behavioural changes (for example: irritability and hyperactivity). (See table 4 on page 43 for a list of the additives most likely to cause problems.)

## More information

### Food Authority NSW

[www.foodauthority.nsw.gov.au/industry/food%2Dbusiness%2Dissues/allergies%2Dand%2Dintolerances](http://www.foodauthority.nsw.gov.au/industry/food%2Dbusiness%2Dissues/allergies%2Dand%2Dintolerances)

### Food Standards Australia New Zealand

<http://www.foodstandards.gov.au>

### Royal Prince Alfred Hospital Allergy Unit

[www.sswahs.nsw.gov.au/rpa/allergy](http://www.sswahs.nsw.gov.au/rpa/allergy)

### The Australian Society of Clinical Immunology and Allergy

[www.allergy.org.au](http://www.allergy.org.au)

**Table 4: Additives most likely to be a problem**  
**Note: not all additives are a problem for sensitive individuals**

Artificial colours		
Yellows	102, 107, 110	<p>ADDED to colour foods, drinks and medicines although various colours are banned in some countries particularly in Europe.</p> <p>Found in a wide variety of foods, including lollies and sweets, cakes and cake icing, buns and biscuits, custard mixes, sauces, commercial mint jelly, jellies, savoury snacks, cordials and ice cream, to enhance the colour to make pale products look richer and creamier.</p>
Reds	122–129	
Blues	131, 132	
Greens	142	
Blacks	151	
Browns	154, 155	
Natural colours		
Cochineal	120	NATURAL red dye from a female Mexican scale insect that lives on a cactus plant – true allergy reactions (even anaphylaxis) can occur.
Annatto – natural	160b	NATURAL reddish yellow dye from seeds of a Central American native plant.
Annatto – added		ADDED to cereals, snack foods, dairy foods (including yoghurt), ice cream and cheeses.
Preservatives are a varied group of compounds		
Sorbates	200–203	ADDED to cheese spreads, cottage cheese, sliced cheese, dried fruit, fruit drinks, fruit juices, yoghurts with fruit or nuts, licorice, low-sugar jams, soft drinks and some juices.
Benzoates – natural	210–218	NATURALLY present in berries and other fruits but low compared to added amounts.
Benzoates – added		ADDED to cordials, fruit flavoured drinks and juices, soft drinks and marinades.
PABA		ADDED to cosmetics, skin creams and sunscreens.
Sulphites (labelling mandatory)	220–228	<p>Produced NATURALLY in fermented grape products (wine and vinegar) and found in all foods containing wine, wine products and vinegar.</p> <p>May be ADDED to wines, particularly cask wine, to ensure appropriate fermentation.</p> <p>ADDED to dried fruits that brown during processing (e.g. apricots, pears, peaches and apples), potato products, dried coconut, sausages, all crustaceans (prawns, lobsters and crab), dessert toppings, cordials etc.</p>
Nitrates, Nitrites	249–252	ADDED as a colour fixative (pink colour) for cured meats (ham, salami and corned beef) and to inhibit dangerous germs growing in these meats. Also used in cheeses in low levels.
Propionates	280–283	<p>NATURALLY produced in the large intestine as a by-product of digestion of dietary fibre.</p> <p>ADDED to breads, bread crumbs, dressings and fruit and vegetable juices to stop fungal and mould growth.</p>
Antioxidants		
Antioxidants – natural		NATURAL antioxidants are found in many foods and essences can be added as a natural product. For example rosemary is added to baby rice cereals. Of all the natural antioxidants tested to date, rosemary has been found to have the highest antioxidant capacity.
Gallates	310–312	<p>ADDED to chewing gum, bubble gum, butter blends, cereal desserts such as rice pudding, soft sweets, dried vegetables, nuts (particularly walnuts and pecans), seeds, seasoning for instant noodles, powdered soup mixes, flaked cereals, grains, meat, baked goods that contain fat, snack foods, dehydrated potatoes and oils for deep-fried foods (chips, battered fish and doughnuts).</p> <p>ADDED to animal feeds (even those labelled hypoallergenic), cosmetics, rubber products and petroleum products. Many plastic packaging materials incorporate BHT.</p>
TBHQ	319	
BHA	320	
BHT	321	
Flavour Enhancers		
Natural glutamates		NATURAL glutamates occur in high levels in strong cheeses (parmesan, camembert, brie and gruyere), soy sauce, oyster sauce, black bean sauce, tomato sauce, miso, TVP, HVP, yeast extracts, mushrooms, plums and spinach.
Monosodium glutamate (MSG)	621	ADDED glutamates and similar compounds are flavour enhancers and salts. They are added to nearly all savoury snack foods such as flavoured crisps, biscuits and two-minute noodles.
Similar flavour compounds	620, 622, 623, 627–635	

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## References

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## The National Healthy School Canteens Project Team

### Flinders University, South Australia

Lynne Cobiac (Project Manager)

John Coveney

Claire Drummond

Lynn Field (Project Officer)

Gwyn Jolley

Jane Scott

### Southern Adelaide Health Service

Elizabeth Kellett

### Flinders Partners

Julie Gardner

Nozomi Yamada





