GETTING TO KNOW THE NSW HEALTHY SCHOOL CANTEEN STRATEGY

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Today’s Session

1. Six key steps to meet the Strategy
2. Getting help – help, support and resources available to you
3. Questions – cover main questions
Learning Objectives

- Understand the steps to take to apply the Food and Drink Criteria to your menu.
- Be familiar with the services and resources available to help you.
- Understand how to use the tools and resources.
- Be inspired to start the process of transitioning to the Strategy!
The Healthy School Canteen Strategy

- Introduced in February 2017
- Partnership between Education and Health
- One of a suite of strategies to address childhood obesity
- All government school expected to transition by end of 2019
- Non-government schools encouraged to adopt the Strategy.
Six Key Steps

1. Remove sugar-sweetened drinks
2. Classify foods and drinks as EVERYDAY or OCCASIONAL
3. Check the Health Star Ratings
4. Apply Portion limits
5. Balance the menu with mostly EVERYDAY (>75%) food and drinks
6. Market and promote EVERYDAY choices
Before we start - develop your food and drink list

Include all:
- Flavours
- Sizes
- Specials
- Meal deals
- Foods and drinks placed on counters
- Online menus or items (e.g. Flexischool, My School Connect etc.)

### WINTER MENU

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Salad box</th>
<th>Drinks</th>
<th>Hot food specials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese &amp; tomato</td>
<td>Greek salad</td>
<td>Water 600mL</td>
<td>Monday</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>Ham Caesar salad</td>
<td>Sparkling water 450mL</td>
<td>Beef lasagne</td>
</tr>
<tr>
<td>Ham &amp; salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; salad</td>
<td></td>
<td>Milk 300mL, 500mL</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Tuna &amp; salad</td>
<td></td>
<td>- Plain</td>
<td>Grilled fish burger</td>
</tr>
<tr>
<td>Salad</td>
<td></td>
<td>- Strawberry</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Vanilla</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Chocolate</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot food</td>
<td></td>
<td>Juice poppers 250mL</td>
<td>Friday</td>
</tr>
<tr>
<td>Chicken burger</td>
<td></td>
<td>- Apple</td>
<td>Mexican rice</td>
</tr>
<tr>
<td>Beef burger</td>
<td></td>
<td>- Orange</td>
<td></td>
</tr>
<tr>
<td>Chicken fried rice</td>
<td></td>
<td></td>
<td>New items:</td>
</tr>
<tr>
<td>Pasta Bolognese</td>
<td></td>
<td></td>
<td>Tepiyaki chicken sushi</td>
</tr>
<tr>
<td>Pasta Napolitana</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thai Green Curry</td>
<td></td>
<td></td>
<td>Items on counter</td>
</tr>
<tr>
<td>Hokkien noodles</td>
<td></td>
<td></td>
<td>Popcorn</td>
</tr>
<tr>
<td>Garlic bread</td>
<td></td>
<td></td>
<td>Veggie sticks and dip</td>
</tr>
<tr>
<td>Sausage roll</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat pie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken nuggets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>Fruit cup</td>
<td>Frozen snacks</td>
<td></td>
</tr>
<tr>
<td>Fruit cup</td>
<td>Fruit slinky</td>
<td>Fruit juice tubes x5</td>
<td></td>
</tr>
<tr>
<td>Fruit slinky</td>
<td>Seasonal fruit</td>
<td>Ice cream cups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Muffin</td>
<td>- Vanilla</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vanilla yoghurt</td>
<td>- Chocolate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strawberry yoghurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Banana bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Potato chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Honey soy chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Salt &amp; vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack combo deals</td>
<td>Fruit cup + yoghurt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Items on counter:**
- Popcorn
- Veggie sticks and dip
1. Remove sugar sweetened drinks
What are sugar-sweetened drinks?

Drinks that include a form of sugar-based sweetener:

- Soft drinks, flavoured mineral waters, sports drinks
- Fruit drinks (less than 99% fruit juice)
- Cordials, slushies with less than 99% fruit juice
- Energy drinks
- Ice blocks made with less than 99% fruit juice
- Sugar-sweetened Jelly

Task:
On your list / menu, remove all sugar-sweetened drinks and energy drinks and replace (optional) with mainly Everyday drinks.
2. Classify foods and drinks as EVERYDAY or OCCASIONAL
Background Information

THE AUSTRALIAN GUIDE TO HEALTHY EATING

EVERYDAY FOODS AND DRINKS

• Foods to eat every day
  Fill at least ½ of your menu with a range of these healthy foods and drinks from the five food groups or meals made from them.

OCCASIONAL FOODS AND DRINKS

• Foods to eat only sometimes and in small amounts. Mostly foods high in saturated fat, sugars and/or salt and often with little nutritional value. They are not needed as part of a healthy diet.
  • Provide only the healthiest choices in school canteens – those with a Health Star Rating of 3.5 stars and above – and limit them to no more than ¼ of the menu.

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

Source: National Health and Medical Research Council, 2013
Everyday Foods and Drinks

Five Food Groups

1. Vegetables
2. Fruit
3. Grains
4. Dairy/Alternatives
5. Meat/ Alternatives

+ Water
Everyday Hot and Cold Food

**Hot Food**
both canteen-made and packaged except where noted below

- Toasties, open melts
- Pizza (*canteen-made only*)
- Pasta
- Jacket potato
- Garlic bread (*canteen-made only*)
- Rice and noodle dishes
- Indian and Asian style dishes
- Mexican style dishes without corn chips or hard taco shells.
- Burgers, patties and rissoles
- Oven baked crumbed chicken, fish, vegetable, falafel (*canteen-made only*)
- Soups

**Cold Food**
both canteen-made and packaged

- Sandwiches /rolls/ wraps
- Sushi / rice paper rolls
- Frittata
- Salads
## Everyday Snack Foods and Drinks

### Snacks
- canteen-made and packaged
  - Fruit - fresh, canned, dried, pureed
  - Vegetables – raw, cooked, canned
  - Cheese – hard and soft varieties
  - Yoghurt and custard – plain and flavoured
  - Plain crackers
  - Scones, pikelets, pancakes, un-iced buns
  - Vegetable muffins
  - Plain air-popped popcorn (unsalted)
  - Plain unsalted legume snacks
  - Vegetable dips

### Drinks
- canteen made and packaged
  - Water – including sparkling
  - Milk – plain and flavoured
  - Milk shakes and smoothies—no ice-cream, gelato or sorbet
  - 99% fruit and vegetable juices - including sparkling
  - Frozen milk ice blocks
Only canteen-made versions are Everyday foods

- **Garlic bread** – use a small amount of margarine and garlic, no added salt, on wholemeal or white bread/rolls /English muffin - then heat/toast.

- **Crumbed/coated products** – use bread crumbs, egg wash, and a light spray of healthy oil - then **oven bake**.

- **Pizza** – thin crust or muffin/pita base with lean meat, vegetable, pineapple and reduced fat cheese

  *Commercial packaged versions are Occasional*
Everyday becomes Occasional if you...

- **Add processed meat** (excludes lean ham)
  - add bacon to a toastie
  - sausage to a casserole
  - salami to a canteen-made pizza

- **Shallow fry a canteen-made crumbed/coated product**
  e.g. if you crumb your own chicken breast and then shallow fry
Occasional Hot and Cold Food

Hot and cold meals
canteen-made and packaged except where noted below

- Ready to eat pizza (commercial only)
- Crumbed / coated chicken, fish, and vegetable (commercial only)
- Garlic bread (commercial only)
- Toasties, open melts, sandwiches, rolls and wraps with Occasional fillings
- Sushi, rice paper rolls, frittata, baked potato, pasta and salads with Occasional fillings
- Instant flavoured noodles

- Mexican dishes with corn chips or hard taco chips
- Pies, sausage rolls, quiches and savoury pastries
- Hot chips, wedges, gem scallops, etc.

Occasional fillings include

- processed meat (excluding lean ham) – salami, bacon, sausage
- commercial crumbed /coated products - chicken tender, fish finger
- canteen-made crumbed /coated products that are shallow fried
Occasional Snack Foods and Drinks

Snack foods
canteen made and packaged

- Cakes and sweet pastries
- Sweet biscuits
- Sweet muffins
- Fruit bread e.g. banana bread
- Confectionery
- Desserts
- Muesli /snack bars /balls
- Salty snacks

Drinks
canteen made and packaged

- Diet soft drinks and other diet drinks
- Milkshakes, thickshakes and smoothies with ice cream, gelato or sorbet added
- Coffee, including packaged versions (only for secondary schools)
Everyday and Occasional foods and drinks don’t meet the criteria if they:

- contain **confectionery** of any kind
- are **deep-fried**

**Confectionery** includes: chocolate (including chocolate chips; spreads; topping or coating, such as in lamingtons and chocolate crackles), cocoa, icing, sugar based toppings or fillings (such as in coconut ice, peppermint and caramel), lollies, 100s and 1000s, fruit gummies and jelly sticks, carob, carob coating, yoghurt-type confectionery or yoghurt coating.
Fridge and pantry basics

Not classified as Everyday or Occasional if they are used to make other foods and not eaten on their own.

- Fats and oils
- Spreads, salad dressings and mayonnaise
- Herbs, spices, condiments
- Marinades and seasonings
- Stocks and sauces
- Chutneys, pickles, relishes
- Flavourings and syrups
- Baking ingredients
Hints for making healthier versions

- Use wholegrain/wholemeal flour and breads and cereals
- Use salt-reduced sauces, stocks, marinades and soups
- Use healthier fats in cooking and as spreads - mono or polyunsaturated margarine and oils e.g. made with canola, sunflower, olive, grapeseed, corn, soybean
- Use reduced-fat dairy – milk, cheese, yogurt
- Oven bake rather than frying
- Add vegetables to soups, pasta sauce, casseroles
- Use lean meat in bolognese, rissoles, burgers
- Moderate use of cheese on pasta, toasties, baked potatoes

Check out the Healthy School Canteen website for recipes
Menu Ready Reckoner

Appendix 2–Menu Ready Reckoner
Meals, snacks and drinks that meet the Food and Drink Criteria to help with menu planning.

Everyday cold foods to fill your menu

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

Freshly prepared on site

Use Everyday fresh unpackaged or packaged foods from the 5 food groups plus ingredients from the Essentials Shopping List.

For an extra health boost include 1-2 types of different salad/vegetables (not including potatoes).

The healthiest sandwiches and salads will have a lean protein choice such as skinless chicken breast, salmon or tuna, lean ham, egg, tofu, beans/legumes, hummus or reduced-fat cheese with some salad or vegetables. Note: Lean ham may be included in Everyday cold foods.

There is no portion size restriction on these foods.
Step 2: Classify all food and drink as Everyday or Occasional

Task:
On your list / menu, mark an **E** next to any item that is Everyday and an **O** next to any item that is Occasional or use a different colour highlighter for Everyday and Occasional items
3. Check the Health Star Ratings
What is the Health Star Rating?

Occasional packaged food and drink and Everyday cereal for sale in the school canteen should have a health star rating of 3.5 stars or above

Finding the Health Star Rating

• Check the front of pack of packaged Occasional food and drinks & Everyday cereals
• Check in the Buyers Guide
• Check in the Healthy Food Finder
HKA Buyers Guide

- Comes out beginning of each year and a copy is sent to all schools in NSW

- Available online on the HKA website

- All Occasional commercial products listed in the Buyers Guide have a Health Star Rating of 3.5 stars or above
Healthy Food Finder

www.foodfinder.health.nsw.gov.au
## Healthy Food Finder - Search

### Products

<table>
<thead>
<tr>
<th>Name</th>
<th>Serving Size</th>
<th>Category</th>
<th>Classification</th>
<th>Primary Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Seasons Instant Lasagne</td>
<td>4000g</td>
<td>Dried Pasta</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Allied Chefs Angus Beef Signature Lasagne</td>
<td>250g</td>
<td>Pasta Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Allied Chefs Beef Lasagne</td>
<td>220g</td>
<td>Pasta Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Allied Chefs Chicken Lasagne</td>
<td>200g</td>
<td>Pasta Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Allied Chefs Vegetable Lasagne</td>
<td>200g</td>
<td>Pasta Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Enrico's Beef Lasagne</td>
<td>220g</td>
<td>Frozen Dinners &amp; Convenience Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Melbourne Chef Lasagne Bolognese</td>
<td>250g</td>
<td>Frozen Dinners &amp; Convenience Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Romeo's Classic Fresh Chicken Lasagne</td>
<td>250g</td>
<td>Frozen Dinners &amp; Convenience Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
<tr>
<td>Romeo's Classic Fresh Vegetable Lasagne</td>
<td>250g</td>
<td>Frozen Dinners &amp; Convenience Meals</td>
<td>Everyday</td>
<td>Meets Criteria</td>
</tr>
</tbody>
</table>
Request to Healthy Food Finder

How to request a Health Star Rating be determined on a product

<table>
<thead>
<tr>
<th>Name</th>
<th>Serving Size</th>
<th>Category</th>
<th>Classification</th>
<th>Primary Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Tree 100% Australian Pressed Apple Juice, Cloudy</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
<tr>
<td>Apple Tree 100% Australian Pressed Apple Juice, Plus Guava</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
<tr>
<td>Apple Tree 100% Australian Pressed Apple Juice, Plus Mango</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
<tr>
<td>Apple Tree 100% Australian Pressed Apple Juice, Plus Passionfruit</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
<tr>
<td>Apple Tree 100% Australian Pressed Apple Juice, Plus Tropical</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
<tr>
<td>Apple Tree 100% Australian Pressed Orange Juice, Valencia</td>
<td>300ml</td>
<td>Fruit Juice</td>
<td>Everyday</td>
<td>Does not meet Criteria</td>
</tr>
</tbody>
</table>

Can't find your product? Let us know [here](#).
Health Star Rating

Task:
Check that all packaged Occasional food and drinks and all Everyday cereal has a Health Star Rating of at least 3.5 stars.

Swap those with less than 3.5 stars with:
- an Occasional product that meets criteria or
- an Everyday item
4. Apply portion limits
Portion control

‘Portion-distortion’ can lead to weight gain

• Portion limits apply to all Occasional food and drinks

• Portion limits apply to Everyday hot meals and 99% fruit juice and flavoured milks
Portion limits – Occasional foods

<table>
<thead>
<tr>
<th>Menu item</th>
<th>Maximum portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot potato products – wedges, hash browns, skins</td>
<td>100g</td>
</tr>
<tr>
<td>Crumbed or coated products – chicken fillets, nuggets, tenders, schnitzels, burgers, veggie burgers</td>
<td>140g</td>
</tr>
<tr>
<td>Garlic bread and cheese/bacon rolls</td>
<td>½ English muffin/pita, or 1 slice bread, or 75g</td>
</tr>
<tr>
<td>Pies</td>
<td>180g</td>
</tr>
<tr>
<td>Potato-top pies</td>
<td>250g</td>
</tr>
<tr>
<td>Sausage rolls</td>
<td>120g</td>
</tr>
<tr>
<td>Commercial pizza</td>
<td>250g (primary), 350g (secondary)</td>
</tr>
<tr>
<td>Salty snacks – chips, flavoured rice snacks and crackers, pretzels, flavoured popcorn, noodle snacks</td>
<td>30g</td>
</tr>
<tr>
<td>Muesli and snack bars</td>
<td>50g</td>
</tr>
<tr>
<td>Cakes and sweet pastries</td>
<td>80g</td>
</tr>
<tr>
<td>Sweet biscuits</td>
<td>50g</td>
</tr>
<tr>
<td>Ice cream and frozen yoghurt</td>
<td>125ml</td>
</tr>
</tbody>
</table>

See the Menu Ready Reckoner for a complete list of portion limits
Portion limits – Occasional drinks and frozen ice snacks

- Milkshakes / thickshakes / smoothies - **300ml** (primary) and **500ml** (secondary).
- Coffee – **500ml** secondary school only
- Diet soft drinks and other diet drinks - **250ml** (primary) or **500ml** (secondary).
Portion limits – Everyday hot meals

- Everyday hot meals have a portion limit of:
  - 250g - primary school
  - 350g - secondary school
Portion limits – Everyday drinks

• 99% fruit juices have a portion limit of **250ml** for primary and secondary.

• All flavoured milks, milkshakes and smoothies have a portion limit of **300ml** (primary) and **500ml** (secondary).
Portion sizes

Task:
Ensure the following foods and drinks on your list do not exceed the recommended portion sizes:

- All Occasional foods
- All Occasional drinks and frozen ices
- Everyday hot meals
- Everyday drinks – 99% juice and flavoured milk
5. Fill the menu with mostly (75%) Everyday food and drink
Counting tips

Make sure you count...

- every flavour, variety and size of a product as a separate item
- each sandwich filling only once

Don’t count......

- any item toasted that has already been counted non-toasted
- condiments and extra fillings
- any food or drink repeated on the menu
Doing the maths

- Count all the Everyday foods and drinks (E) on the menu
- Divide E by the T
- Multiply this number by 100. This gives % of Everyday choices.

Worked example:

50 foods and drinks in total  \( T = 50 \)

39 Everyday foods and drinks  \( E = 39 \)

\( E \div T = 39 \div 50 = 0.78 \)

Multiply by 100  = 0.78 x 100

= 78% Everyday
If your menu is less than 75% Everyday

- Swap some Occasional food and drink with Everyday alternatives
- Remove less popular Occasional items
- Reduce flavours and varieties of Occasional items
- Increase flavours /varieties of Everyday items
Congratulations – you are nearly there!

Your menu has:

✓ No sugar-sweetened drinks, ice-blocks or energy drinks

✓ All items correctly classified as Everyday or Occasional

✓ Only packaged Occasional foods and drinks that have a health star rating of 3.5 stars or above

✓ Portion controls on all Occasional food and drinks, and selected Everyday meals drinks

✓ At least 75% comprises Everyday choices and not more than 25% Occasional choices
6. Market and promote healthier choices
What is promotion and marketing?

4Ps of marketing
- Product
- Price
- Placement
- Promotion

- Good promotion and marketing can increase sales of Everyday choices

Criteria: Only display, promote and advertise Everyday foods and drinks.
Promotion of products

Only **Everyday** foods or drinks should be promoted including in:

- specials
- meal/snack deals
- on specials boards
- school websites
- social media
- school newsletters
Specials and meal/snack deals

- A ‘special’ is any item on the menu or on a specials board that is:
  - promoted, highlighted or called a special or
  - advertised at a special /cheaper than the usual canteen price

- A meal / snack deal is when one or more items are bundled together for sale. These may also be promoted, or sold at a reduced price.
Placement of products

- For over the counter service, only **Everyday** food or drinks are placed on the counter and at eye-level in fridges or freezers.

- Look out for branding or signage where students can see it. For example on fridges or signs/posters.
Promotion of products – Top Tips

- Trial new products with students before putting them on the menu
- Ensure the food displayed on the counter is attractive
- Use packaging that allows students to see their food
- Use meal deals to add value and sell food and drinks
- Ensure only Everyday food and drinks are promoted in specials, meal deals, and on special boards
Getting Help
Where to get help

• Primary Schools
  - Local Health Promotion Officers

• Secondary schools
  – NSW School Canteen Secondary School Support Service
  – Phone: (02) 9876 1300 (TOLL FREE)
Websites


Menu Check Service

- The NSW School Canteen Menu Check Service reviews your menu against the Food and Drink Criteria.

- Can be found in the Resource Centre on the Health School Canteens website: https://healthyschoolcanteens.nsw.gov.au
Questions?