



# **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.



Food and Drink Criteria Booklet



## 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

### Sandwiches

Cheese & tomato  
Ham & cheese  
Ham & salad  
Chicken & salad  
Tuna & salad  
Salad

### Hot food

Chicken burger  
Beef burger  
Chicken fried rice  
Pasta Bolognese  
Pasta Napolitana  
Thai Green Curry  
Hokkien noodles  
Garlic bread  
Sausage roll  
Meat pie  
Chicken nuggets

### Salad box

Greek salad  
Ham Caesar salad

### Snacks

Fruit cup  
Fruit slinky  
Seasonal fruit  
Muffin  
Vanilla yoghurt  
Strawberry yoghurt  
Banana bread  
Potato chips

- Honey soy chicken
- Salt & vinegar

### Snack combo deals

*Fruit cup + yoghurt*

### Drinks

Water 600mL  
Sparkling water 450mL  
Milk *300mL, 500mL*

- Plain
- Strawberry
- Vanilla
- Chocolate

Juice poppers 250mL

- Apple
- Orange

### Frozen snacks

Fruit juice tubes *x5*  
Ice cream cups

- Vanilla
- Chocolate

### Hot food specials

*Monday*

Beef lasagne

*Wednesday*

Grilled fish burger

*Friday*

Mexican rice

*New items:*

*Teriyaki chicken sushi*

*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  $\frac{3}{4}$  of your menu with a range of these healthy foods and drinks from the five food groups or meals made from them.



### OCCASIONAL FOODS AND DRINKS

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

Sugary drinks should not be sold in school canteens.

Alcohol is not part of a school environment.





# 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

**Appendix 3-  
Essentials Shopping list**

For information on how to use this shopping list, please refer to the accompanying document. The list is designed to be used as a guide and is not intended to be a definitive list. The list is based on a typical household with two adults and two children. It is not intended to be used as a replacement for a dietitian's advice. For more information, please refer to the accompanying document.

Buy	Amount
<b>Cereals</b>	<b>Buy</b>
<b>Grains</b>	<b>Buy</b>
<b>Spices and herbs</b>	<b>Buy</b>
<b>Condiments and sauces</b>	<b>Buy</b>
<b>Fats and oils</b>	<b>Buy</b>
<b>Spreads</b>	<b>Buy</b>
<b>Flavourings</b>	<b>Buy</b>
<b>Baking ingredients</b>	<b>Buy</b>

# 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 bolognaise, rissoles, burgers
- **Moderate use of cheese** on pasta, toasties, baked potatoes



Check out the *Healthy School Canteen* website for recipes  
<https://healthyschoolcanteens.nsw.gov.au/>

# Menu Ready Reckoner

## Appendix 2– Menu Ready Reckoner

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

 <b>Everyday cold foods</b> to fill your menu <span style="float: right;">3/4 </span>		
Food (examples)	Freshly prepared on site	Packaged
<b>Sandwiches/wraps/rolls</b> <b>Everyday</b> fillings e.g. lean meat, tuna, salmon, skinless roast chicken, cheese, salad/vegetables (fresh or roasted), egg, uncoated feta/cheese, 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-coated fruit bread and buns. Includes gluten-free varieties.	Use <b>Everyday</b> fresh unpackaged or packaged foods from the 5 food groups plus ingredients from the <i>Essentials Shopping List</i> .  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 <b>Everyday</b> cold foods.	Packaged versions of these foods may be provided.
<b>Sushi/rice paper rolls</b> <b>Everyday</b> fillings e.g. tuna, avocado, salmon, vegetables, tofu, uncoated lean meats.		
<b>Salads</b> e.g. garden, pasta, bean, couscous, quinoa, egg potato, coleslaw, tabouleh.		
<b>Frittata (no pastry)</b> <b>Everyday</b> fillings e.g. lean meat, tuna, salmon, roast chicken, cheese, vegetables.	There is no portion size restriction on these foods.	



### 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**

**Healthy Kids Canteen Menu**  
 Waitara Primary School  
 Order online at [www.flexschools.com/au](http://www.flexschools.com/au)

**Sandwiches**  
(All sandwiches are made using wholemeal bread. No white bread or spreads unless specified or requested)

- Happy little Vegemite (with margarine) \$2.50
- Slap "cheese" \$3.00
- Ham \$3.00
- Reuben: Lettuce, carrot, tomato & cucumber \$4.00
- Egg, lettuce & mayo \$4.00
- Ham, lettuce & mayo \$4.00
- Chicken, lettuce & mayo \$4.50

**Wrap it up**

- Chicken, lettuce & mayo \$6.00
- Ham, lettuce & mayo \$6.00
- Tandoori chicken, yoghurt & lettuce \$6.00
- Reuben: lettuce, carrot, tomato & cucumber \$4.50

**Toasted sandwiches**

- Slap "cheese" \$3.00
- Tomato & cheese \$4.00
- Ham & cheese \$4.00
- Chicken & cheese \$4.50
- Ham, cheese & tomato \$4.80

**Salad boxes**

- Superhero salad: Lettuce, carrot, tomato, cucumber, corn & beetroot \$4.50
- 2 C's veggie pasta salad: Peas, carrot, capsicum, corn & mayo dressing \$5.00

**Add extras to your sandwiches or salad**

- Ham, chicken, tuna, egg, cheese \$1.20
- Gluten free bread or wrap \$1.20
- Lettuce, beetroot, carrot, cucumber or tomato \$2.00
- Mayo \$1.00

**Drinks**

- Water 500ml \$1.00
- Plain milk 200ml \$1.00
- Das Lab Flavoured milk 200ml (choc, strawberry) \$3.00
- Just Juice 200ml \$2.00
- Apple, orange, apple & blackcurrant \$2.00
- Das Sparkling Fruit Juice 250ml (tropical tang, blackcurrant burst, rock'n' raspberry) \$3.00
- Das 100% Sparkling Fruit Juice 250ml \$3.00
- Apple, blackcurrant, apple, raspberry, green grape \$3.00

**Salad specials**

**Monday: Sushi**

- Super sushi: veggie, tuna or chicken \$3.00

**Tuesday: Burgers & sushi**

- Angry birds burger: chicken, lettuce & mayo \$5.00
- Super sushi: veggie, tuna or chicken \$3.00

**Wednesday: Sushi**

- Super sushi: veggie, tuna or chicken \$3.00

**Thursday: Burgers & sushi**

- Angry birds burger: chicken, lettuce & mayo \$5.00
- Super sushi: veggie, tuna or chicken \$3.00

**Friday: Pizza**

- Pizza: Happy Hawaiana, Tandoori Treat or Vegemite \$6.00

**Hot meals - Everyday, canteen made**

- Mac 'n' cheese \$4.00
- Pasta bolognese (beef, chicken, veggie) \$5.00
- Fan fried rice (chicken, veggie) \$4.50
- Toasted UFOs with cheese (beef, chicken) \$6.00

**Snacks**

- Piece of seasonal fruit \$1.00
- Tasty fruit salad \$2.00
- Celery sticks & onony carrot sticks with dressing \$2.00
- Pepper corn \$1.00
- Jumper jello made with 100% juice \$1.50
- Crazy cup of custard \$1.50
- Chompin' choc cup (with Das Light Choc Milk) \$1.50
- Berry yummy yoghurt \$2.00
- Assorted English muffins \$2.50
- Chicken pile pocket rocket (sandwich, honey soy) \$2.00
- Cherry garlic pile pizza \$1.20
- Funky monkey banana bread \$1.50
- Red Rock Deli chips \$1.50

**Frozen**

- Quick salty sticks \$2.50
- Edible fruit sticks \$1.50
- Juicy (with berry, tropical, lemonade) \$2.00
- Bulk frozen yoghurt: 97% fat free (orange, strawberry) \$2.50
- Twisted frozen yoghurt (chocolate/strawberry, strawberry/strawberry, watermelon/mango) \$2.50

Unit 21 at 30 Jun 2019

### **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

 <b>Occasional hot foods</b> to limit to ¼ of your menu <span style="float: right;">   </span>					
Manufacturer	New	Product	Pack Size	Product Code	Health Star Rating
<b>Hot potato products - oven-bake only</b>					<b>Occasional</b>
Maximum portion size 200g					
<b>McCain Foods</b> Nat 03 9544 4700 www.mccainfoodservice.com.au		Clear Cook Spirals	6 x 2kg	430292	3.5 stars
		Crinkle Cut 13mm Fries	3 x 5kg	203320	4.5 stars
		Hash Brown Nuggets	6 x 2kg	202513	4 stars
		Hash Brown Ovals	6 x 2kg	202510	4 stars
		Hash Brown Triangles	6 x 2kg	202511	4 stars
		Oven Fries - Straight Cut	3 x 5kg	203175	4.5 stars
		Potato Skin Shells	300 x 75g	MCO04773	4.5 stars
		Seasoned Wedges	6 x 2kg	203254	3.5 stars
		Sweet Potato Straight Cut Fries 10mm	6 x 1.13kg	1000004899	3.5 stars
		Sweet Potato Wedges	6 x 1.13kg	1000004898	4 stars
<b>Simplot Australia</b> Nat 03 9586 3100 NSW 02 9541 2800 foodservice.queries@simplot.com.au www.simplotfoodservice.com.au		Edgell Choice 10 x 13mm Straight Cut Chips	4 x 3.5kg	43084	4.5 stars
		Edgell Oval Hashbrowns	6 x 2kg	45190	4 stars
		Edgell Potato Gems	6 x 2kg	40360	4 stars
		Edgell Ready to Roast Rustic Cut Potato	6 x 2kg	47321	4 stars
		Edgell Super Crunch Ultrafast Chips	300 x 100g	40719	4 stars
		Edgell Triangle Hashbrowns	6 x 2kg	40270	4 stars
<b>Garlic bread/cheese and bacon rolls</b>					<b>Occasional</b>
Maximum portion size 75g					
<b>Good Tucker Bakery Pty Ltd</b> Nat 0428 761 342 enquiry@goodtucker.com.au www.goodtucker.com.au		B+C Breadroll - Bacon & Cheese	75g	G711	3.5 stars
		Go-Go Garlic Bread	24 x 75g	G712	3.5 stars
<b>Thompson's Pies</b> NSW 02 4947 1310 orders@thompsonspies.com www.thompsonspies.com		Cheese & Bacon Bread Roll	75g	e811	3.5 stars
		Garlic Bread 5' Individually Wrapped	75g	e850	3.5 stars
<b>Pies</b>					<b>Occasional</b>
Maximum portion size 280g (potato-top pies 250g)					
<b>Balfours Bakery Pty Ltd</b> Nat 1300 300 032 info@balfours.com.au www.balfours.com.au		Balfours Better Bite Beef Pie	280g	e816	3.5 stars
		Balfours Better Bite Junior Snack Beef Pie	90g	e802	3.5 stars
		Balfours Better Bite Party	140g	e800	3.5 stars
		Balfours Better Bite Pizza Pie	280g	e820	3.5 stars
		Balfours Better Bite Potato Pie	280g	e805	3.5 stars





# Healthy Food Finder

[www.foodfinder.health.nsw.gov.au](http://www.foodfinder.health.nsw.gov.au)

Welcome to the NSW Health

## Healthy Food Finder™

Register and sign in to find foods and drinks suitable for NSW school canteens and health facilities.

[Sign in/Register](#)

**MAKE  
HEALTHY  
NORMAL**

# Healthy Food Finder - Search

Home > Products

Products

✕ lasagne



9 result(s) found

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

## Simple Search

- Primary Schools
- Secondary Schools

## Advanced Search

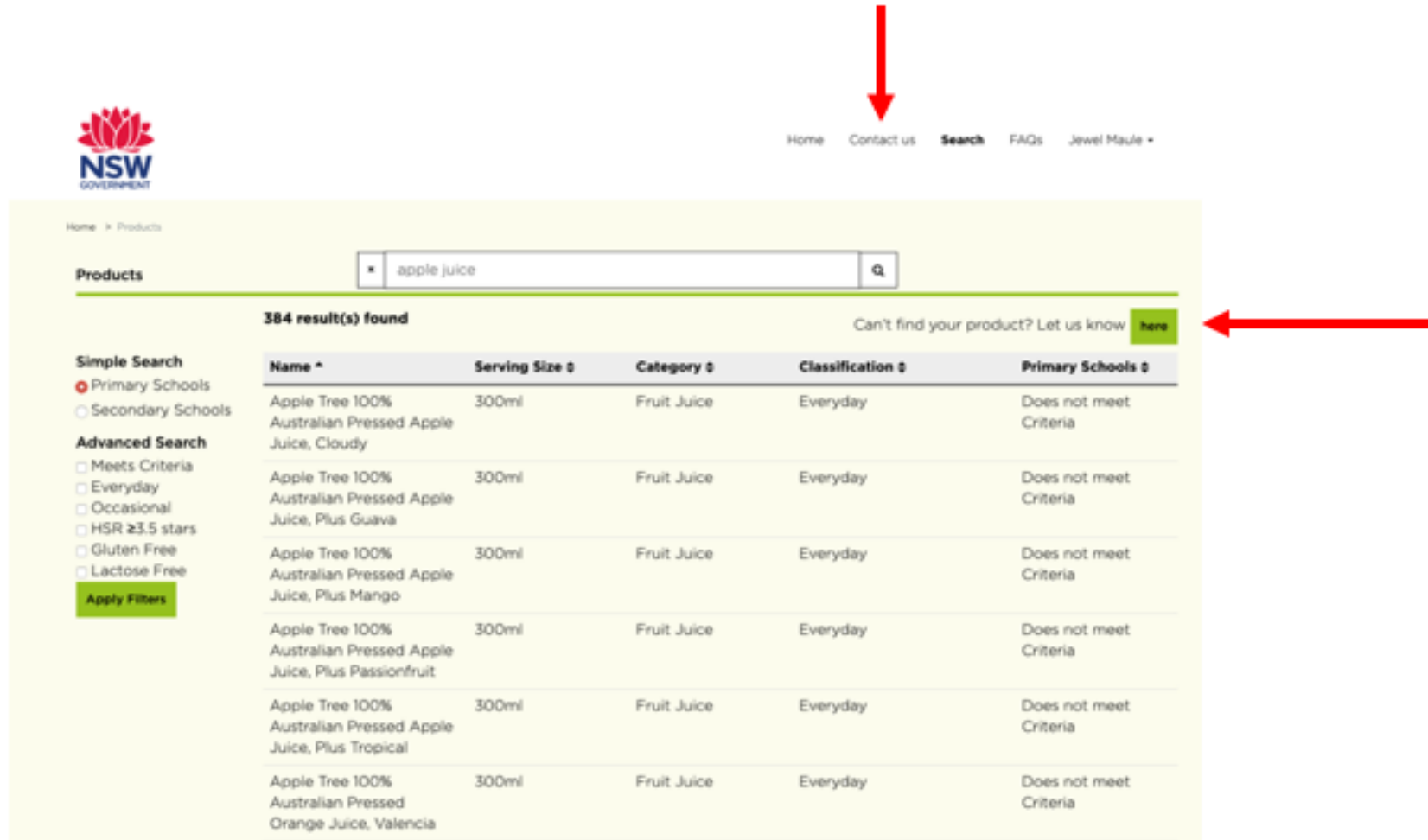
- Meets Criteria
- Everyday
- Occasional
- HSR ≥3.5 stars
- Gluten Free
- Lactose Free

Apply Filters

Name ^	Serving Size †	Category †	Classification †	Primary Schools †
4 Seasons Instant Lasagne	4000g	Dried Pasta	Everyday	Meets Criteria
Allied Chefs Angus Beef Signature Lasagne	250g	Pasta Meals	Everyday	Meets Criteria
Allied Chefs Beef Lasagne	220g	Pasta Meals	Everyday	Meets Criteria
Allied Chefs Chicken Lasagne	200g	Pasta Meals	Everyday	Meets Criteria
Allied Chefs Vegetable Lasagne	200g	Pasta Meals	Everyday	Meets Criteria
Enrico's Beef Lasagne	220g	Frozen Dinners & Convenience Meals	Everyday	Meets Criteria
Melbourne Chef Lasagne Bolognese	250g	Frozen Dinners & Convenience Meals	Everyday	Meets Criteria
Romeo's Classic Fresh Chicken Lasagne	250g	Frozen Dinners & Convenience Meals	Everyday	Meets Criteria
Romeo's Classic Fresh Vegetable Lasagne	250g	Frozen Dinners & Convenience Meals	Everyday	Meets Criteria

# Request to Healthy Food Finder

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



The screenshot shows the NSW Government Healthy Food Finder interface. At the top, there is a navigation bar with links for Home, Contact us, Search, FAQs, and Jewel Maule. A red arrow points to the 'Search' link. Below the navigation bar, the NSW Government logo is on the left, and a search bar contains the text 'apple juice'. A red arrow points to the search bar. Below the search bar, the text '384 result(s) found' is displayed. To the right of this text is a link that says 'Can't find your product? Let us know here', with a red arrow pointing to it. On the left side of the results, there are filter options under 'Simple Search' and 'Advanced Search'. The 'Simple Search' options are 'Primary Schools' (selected) and 'Secondary Schools'. The 'Advanced Search' options include 'Meets Criteria', 'Everyday', 'Occasional', 'HSR ≥3.5 stars', 'Gluten Free', and 'Lactose Free'. Below these filters is a green 'Apply Filters' button. The main content area displays a table of search results for 'apple juice'.

Name ^	Serving Size †	Category †	Classification †	Primary Schools †
Apple Tree 100% Australian Pressed Apple Juice, Cloudy	300ml	Fruit Juice	Everyday	Does not meet Criteria
Apple Tree 100% Australian Pressed Apple Juice, Plus Guava	300ml	Fruit Juice	Everyday	Does not meet Criteria
Apple Tree 100% Australian Pressed Apple Juice, Plus Mango	300ml	Fruit Juice	Everyday	Does not meet Criteria
Apple Tree 100% Australian Pressed Apple Juice, Plus Passionfruit	300ml	Fruit Juice	Everyday	Does not meet Criteria
Apple Tree 100% Australian Pressed Apple Juice, Plus Tropical	300ml	Fruit Juice	Everyday	Does not meet Criteria
Apple Tree 100% Australian Pressed Orange Juice, Valencia	300ml	Fruit Juice	Everyday	Does not meet Criteria

# 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

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



***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

### 2019 Primary School Canteen Menu

#### BREAKFAST

- 1  Pikelets with honey
- 1  Cereal cup
- 1  Cheese toastie
- 1  Cheese & Tomato toastie
- 1  Cheese & Lean Ham toastie

5

#### COLD FOODS

- 1  Vegemite sandwich
- 1  Jam sandwich
- 1  Cheese sandwich
- 1  Cheese & Tomato Sandwich
- 1  Cheese & Lean Ham Sandwich
- 3  Salad – choice of Lean ham, chicken or tuna
- 1  Chicken Caesar wrap – Caesar sauce, grilled chicken, bacon, parmesan
- 3  Sushi – teriyaki chicken / tuna / avocado

10

#### HOT FOODS

- 1  Chicken Burger (250g) – Using Ingham Flame Grilled Chicken Breast
- 1  Beef Burger (250g) – Using Good Food Hero Beef Burger Patties
- 1  Lasagne (Canteen-made – 250g)
- 1  Butter Chicken & Rice (Canteen-made – 250g)
- 1  Gogo Garlic Bread – Good Tucker Bakery (75g)
- 1  Sausage Roll – Mrs Mac's Lite'n Up Sausage Roll (120g)

6

Total = 50

#### DRINKS

- 2  Mount Franklin Water (350ml & 600ml)
- 1  Mount Franklin Lightly Sparkling Water, Lemon (250ml)
- 2  Orchy No Added Sugar Juice – Apple Juice / Orange Juice (250ml)
- 1  Norco Fresh Milk (300ml)
- 3  Dairy Farmers Flavoured Milk (300ml) – Chocolate, Strawberry, Banana
- 1  Milo (250ml)

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#### SNACKS

- 1  Air Popped Popcorn
- 1  Vanilla Yoghurt
- 1  Yoghurt with oats and berries
- 1  Custard cup
- 1  Fruit salad cup
- 1  Pieces of seasonal fruit
- 1  Red Rock Deli – Sea Salt Chips (28g)
- 4  Koala popcorn – Chicken / BBQ / Sweet Chili / Sweet & Salty (25g)

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#### FROZEN

- 1  Frozen flavoured milk (300ml)
- 4  Berri Quelch Fruit Sticks – Tropical / Pineapple / Mango / Orange
- 2  Twisted frozen yoghurt (120ml) – Raspberry & Coconut / Chocolate & Vanilla
- 1  Weis Frozen Dessert Bar – Strawberry & Milk flavour

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# 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 =  $0.78 \times 100$

= **78% Everyday**

### 2019 Primary School Canteen Menu

BREAKFAST		DRINKS	
1	<input type="checkbox"/> Pancakes with honey	2	<input type="checkbox"/> Mount Franklin Water (350ml & 600ml)
1	<input type="checkbox"/> Cereal cup	1	<input type="checkbox"/> Mount Franklin Lightly Sparkling Water, Lemon (250ml)
1	<input type="checkbox"/> Cheese toastie	2	<input type="checkbox"/> Orby No Added Sugar Juice - Apple Juice / Orange Juice (250ml)
1	<input type="checkbox"/> Cheese & Tomato toastie	1	<input type="checkbox"/> Norco Fresh Milk (300ml)
1	<input type="checkbox"/> Cheese & Lean Ham toastie	3	<input type="checkbox"/> Dairy Farmers Flavoured Milk (300ml) - Chocolate, Strawberry, Banana
<b>COLD FOODS</b>		1	<input type="checkbox"/> Milo (250ml)
1	<input type="checkbox"/> Vegemite sandwich	<b>SNACKS</b>	
1	<input type="checkbox"/> Jam sandwich	1	<input type="checkbox"/> Air Popped Popcorn
1	<input type="checkbox"/> Cheese sandwich	1	<input type="checkbox"/> Vanilla Yoghurt
1	<input type="checkbox"/> Cheese & Tomato sandwich	1	<input type="checkbox"/> Yoghurt with oats and berries
1	<input type="checkbox"/> Cheese & Lean Ham Sandwich	1	<input type="checkbox"/> Custard cup
3	<input type="checkbox"/> Salad - choice of Lean ham, chicken or tuna	1	<input type="checkbox"/> Fruit salad cup
1	<input type="checkbox"/> Chicken Caesar wrap - Caesar sauce, grilled chicken, bacon, parmesan	1	<input type="checkbox"/> Pieces of seasonal fruit
3	<input type="checkbox"/> Sushi - Teriyaki chicken / tuna / avocado	1	<input type="checkbox"/> Red Rock Deli - Sea Salt Chips (28g)
<b>HOT FOODS</b>		4	<input type="checkbox"/> Koala popcorns - Chicken / BBQ / Sweet Chili / Sweet & Salty (25g)
1	<input type="checkbox"/> Chicken Burger (250g) - Using Ingham Flame Grilled Chicken Breast	<b>FROZEN</b>	
1	<input type="checkbox"/> Beef Burger (250g) - Using Good Food Hero Beef Burger Patties	1	<input type="checkbox"/> Frozen flavoured milk (300ml)
1	<input type="checkbox"/> Golegole (Canteen made - 250g)	4	<input type="checkbox"/> Berrl Querkh Fruit Sticks - Tropical / Pineapple / Mango / Orange
1	<input type="checkbox"/> Butter Chicken & Rice (Canteen-made - 250g)	2	<input type="checkbox"/> Twisted frozen yoghurt (120ml) - Raspberry & Coconut / Chocolate & Vanilla
1	<input type="checkbox"/> Gogo Garlic Bread - Good Tucker Bakery (75g)	1	<input type="checkbox"/> Weis Frozen Dessert Bar - Strawberry & Milk Flavour
1	<input type="checkbox"/> Sausage Roll - Mrs Mac's Lite'n Up Sausage Roll (120g)		



Total = 50  
Every day = 39



## 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:

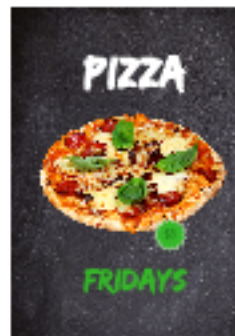
- specials
- meal/snack deals
- on specials boards
- school websites
- social media
- school newsletters





# 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

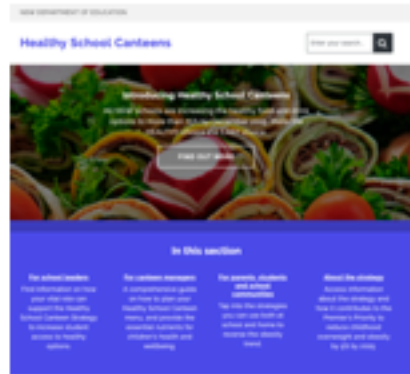
# Where to get help

- **Primary Schools**
  - Local Health Promotion Officers
  - <https://healthyschoolcanteens.nsw.gov.au/contact-us>
- **Secondary schools**
  - NSW School Canteen Secondary School Support Service
  - Phone: (02) 9876 1300 (TOLL FREE)



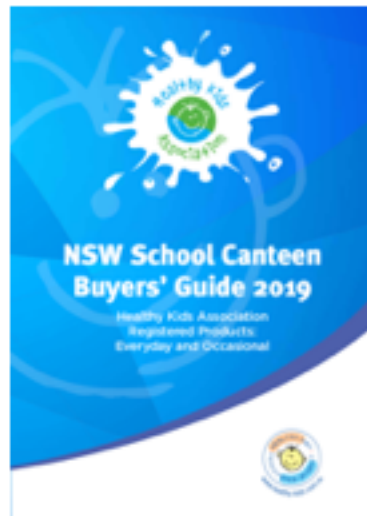
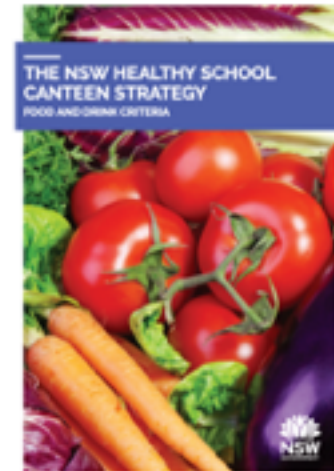


# Websites



NSW Healthy School Canteens:  
[www.healthyschoolcanteens.nsw.gov.au](http://www.healthyschoolcanteens.nsw.gov.au)

Healthy Kids NSW: [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



Healthy Kids Association: [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

# 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?**