

FAQs from the webinar

Is a milkshake that contains syrup considered a sugar-sweetened drink?

No. You can add a small amount (1 level tablespoon per portion) of syrup, milk flavouring or powder to milk to make milkshakes – this is classified as an EVERYDAY drink. However if you add ice cream, sorbet or gelato to the milkshake it becomes OCCASIONAL.

What about hot chocolate? Is it classified as Everyday?

Yes, a hot chocolate made with cocoa powder is classified as EVERYDAY. Use no more than 1 level tablespoon of cocoa powder per portion.

Is it okay to have chocolate crackles at a special event such as Halloween?

The Strategy only applies to foods and drinks sold within the canteen on usual school days. A school may choose to invite the canteen manager or P&C to cater for a special event, such as a school fair Halloween or carnival day. The food and drink options available on that day will be at the discretion of the principal. It could be expected that some healthy food options would be available at every school event where there is catering.

Does all foods and drinks need to be made on site in the canteen?

No. Foods and drinks can be canteen made, bought in packaged products or products bought from a local supplier (e.g. pies from the local bakery) or a combination of all three.

How do I find out who my local health promotion officer is?

Go to the [More Support](#) page of the NSW Healthy School Canteen Strategy website and click on **Health Promotion Officer** under 'Primary and K-12 Schools'. The table lists the name of the Local Health Service (LHD) and the phone and email details of the local contact person. If you are not sure what LHD your school falls under, check by local government area in the last column of the table.

Any recommendations for interesting Everyday snacks?

Yes, you can find some Everyday snack ideas [here](#).

If pies and sausage rolls are made in the canteen using lean meat and made with pastry are they Everyday or Occasional?

All pastry-based foods are OCCASIONAL. This includes pies and sausage rolls even if they are made in the canteen. If you buy in packaged pies/sausage rolls they should have a Health Star Rating of 3.5 stars or above.

If you chooses to purchase these products from a local bakery, it is unrealistic to expect that a local supplier will be able to calculate the Health Star Rating of the product and as such the product does

not need to have a Health Star Rating. It does however still need to meet the portion size limit which is 180 gram for pies and 120 gram for sausage rolls.

We currently get our pies and sausage rolls from a bakery that make lite pies and s/rolls and give us a Health Star Rating of 3.5 stars so are they classified as Everyday food?

As stated above, all pastry-based items are OCCASIONAL. It is unusual to find a local bakery that has had their pies and sausage rolls analysed and can provide a Health Star Rating. Just remember that they still need to meet the portion size limit which is 180 gram for pies and 120 gram for sausage rolls.

Are we allowed to cook food at home and bring it in to sell in the canteen? e.g. pumpkin soup

If you prepare, cook or store food at home for later sale in the canteen your home is considered a food business. As a food business, there are specific requirements that need to be met. For details refer to the NSW Food Authority website: <http://www.foodauthority.nsw.gov.au/retail/home-based-mixed-businesses>

Do you recommend Occasional food be sold on set days?

No, you can choose the days you want to sell Occasional foods – just make sure that your daily menu has at least ¾ EVERYDAY foods and drinks and that you don't promote or market any OCCASIONAL foods and drinks.

Are air fryers allowed? I know that deep frying is not allowed, but not sure about air fryers.

Air fryers can be used in school canteens for preparing food. The air fryer cooking method is preferable to deep frying as it typically only uses small amounts of oil. Everyday foods that are air fried will remain Everyday and Occasional foods that are air fried will remain Occasional