

Appendix 3– Essentials Shopping list

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

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

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

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

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

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

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

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



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