Healthy School Canteen Strategy

*The Fresh Tastes Strategy* is changing canteens by limiting the sale of foods and drinks of poor nutritional value to two occasions per term. These foods fit into the RED segment of the *Canteen Menu Planner*. School canteens are encouraged to include as many choices as possible from the GREEN segment and to ‘Select carefully’ the menu choices from the AMBER segment.

<table>
<thead>
<tr>
<th>RED</th>
<th>AMBER</th>
<th>GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘OCCASIONAL’</td>
<td>‘SELECT CAREFULLY’</td>
<td>‘FILL THE MENU’</td>
</tr>
<tr>
<td>These foods:</td>
<td>These foods:</td>
<td>These foods:</td>
</tr>
<tr>
<td>• lack adequate nutritional value</td>
<td>• have some nutritional value</td>
<td>• Have excellent nutritional value</td>
</tr>
<tr>
<td>• are high in saturated fat, added sugar or salt</td>
<td>• have moderate levels of saturated fat, added sugar or salt</td>
<td>• Contain little/no saturated fat, added salt or sugar</td>
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<tr>
<td>• can contribute excess energy (kj)</td>
<td>• can contribute excess energy (kj) in large serves</td>
<td>• Help to avoid an intake of excess energy</td>
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</tbody>
</table>

- Confectionery
- Deep fried foods
- Crisps, chips and similar products
- Sweet pastries, croissants, doughnuts
- Chocolate coated and premium ice creams
- Cream-filled or iced buns/cakes/slices
- Large serves of cakes & muffins

*SUGAR SWEETENED DRINK BAN FOR NSW SCHOOLS*: - All sugar sweetened drinks (previously RED) with more than 300 kJs per serve and 100 mg sodium per serve can no longer be sold in school canteens. Includes soft drinks, energy/sports drinks, fruit drinks, flavoured mineral waters, cordials etc.

- Full fat dairy foods including milk, cheese and yoghurt
- Savoury commercial products
- Processed meats
- Fats, oils, spreads, sauces and gravies
- Some snack food bars
- Some savoury biscuits, popcorn, crispbreads
- Some cakes, muffins, sweet biscuits
- Some ice creams, milk based ice confections and dairy desserts
- Fruit juices (99%) – moderate serves only
- Breakfast cereals – refined with added sugar

- All types of breads, preferably wholegrain
- Cereal foods- wholegrain breakfast cereals, pasta, noodles, rice
- Fruits – fresh, frozen, dried, canned,
- Vegetables – fresh, frozen and canned
- Legumes – kidney beans, lentils, chick peas
- Lean meat, fish and poultry, canned salmon and tuna, eggs
- Reduced fat dairy products including plain and flavoured milks, cheese and yoghurt
- Fruit Juice (99%) - small serve only < 200 ml
- Water