

# 'Go for your life' Healthy Canteen Kit

# at a glance food planner



## EVERYDAY FOODS

Foods and drinks in the Everyday category are the most suitable for school food services. They should be included as the main choices, promoted and encouraged.



<b>Breads and alternatives</b>
Bread/rolls – wholemeal, wholegrain, multigrain, high-fibre white, pita bread, English muffins, lavash bread, Lebanese bread, focaccia, bagels, crumpets. Raisin and fruit breads or fruit buns (no icing). Scones – plain, savoury or fruit, pikelets. Rice or corn cakes/crackers, crisp bread, wholemeal or grainy crackers
<b>Rice, grains, noodles and pasta</b>
Plain rice, pasta and noodles
<b>Breakfast cereals</b>
High-fibre, low-fat, no added sugar
<b>Fruit</b>
Fresh, frozen, canned (in natural juice), dried

<b>Vegetables</b>
Baked potatoes, corn on the cob, vegetable sticks and dip, cherry tomatoes
<b>Legumes</b>
Chickpeas, kidney beans and lentils, baked beans, lentil patties
<b>Salads</b>
All garden vegetable mixtures without excess dressing, bean mix, tabouli, rice salad
<b>Soups</b>
Canteen made, some canned and commercially prepared
<b>Dairy foods</b>
Low or reduced-fat yoghurt, low or reduced-fat cheese

<b>Meat/fish/poultry (not crumbed) and nuts</b>
Lean meats, for example roast beef, stir-fry strips, lean chicken meat (no skin), turkey, egg, fish, for example tuna or salmon in spring water, sardines, nuts*
<b>Pizza</b>
Muffin or pita-based vegetarian, homemade vegetarian
<b>Savoury snack foods</b>
Plain popcorn
<b>Drinks</b>
Water – plain, mineral, spring or sparkling Plain and flavoured low or reduced-fat milk Plain and flavoured reduced-fat soy drinks



## SELECT CAREFULLY FOODS

These foods and drinks contain some valuable nutrients but may also have some unhealthy ingredients. Some food types listed may fit into either the Select Carefully category or the Occasionally category.



<b>Rice, grains, noodles and pasta</b>
Commercially prepared pasta products, instant noodles and rice
<b>Breakfast cereals</b>
Refined cereals with added sugar and low fibre
<b>Legumes</b>
Falafel
<b>Salads</b>
Salads dressed with lots of oil, mayonnaise or salad dressing
<b>Soups</b>
Some canned and commercially prepared
<b>Dairy foods</b>
Full-fat yoghurt, milk and cheese. Low or reduced fat custards
<b>Meat/fish/poultry (not crumbed)</b>
Meat, chicken or fish patties (not crumbed), meat balls, chicken drumsticks and wings
<b>Processed meats</b>
Ham, corned beef/silverside, devon, chicken loaf/roll, lean bacon
<b>Crumbed or coated chicken, fish or vegetable products</b>
Chicken nuggets, chicken fillet wedges/strips, chicken patties, fish fingers, fish burgers, vegetable patties, sausages, frankfurts, hotdogs

<b>Oven-baked potato products</b>
Wedges, chips, hash browns, gems
<b>Pasta products</b>
Lasagna, spaghetti bolognese, macaroni cheese
<b>Pizza</b>
Commercially prepared, some homemade
<b>Savoury pastries/breads</b>
Meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas, garlic bread
<b>Spring rolls, chiko rolls and dim sims</b>
Spring rolls, chiko rolls and dim sims
<b>Sauces and gravies</b>
Tomato, sweet chilli, BBQ, soy, satay*, pickles, chutneys and gravies
<b>Fats and oils</b>
Mayonnaise and dressings, margarine and oil

<b>Spreads</b>
Peanut butter and other nut spreads* Jam/fruit spread, honey, Vegemite/yeast spreads, meat pastes
<b>Cakes, muffins, sweet pastries, slices, biscuits</b>
Cakes, muffins, sweet pastries, slices, biscuits
<b>Ice-creams, milk-based ice confections and dairy desserts</b>
Reduced and low-fat ice-creams and milk-based ice confections, dairy desserts
<b>Ice blocks, water-or fruit-based ice confections, ice crushes</b>
Ice blocks, water- or fruit-based ice confections, ice crushes based on 100% fruit juice
<b>Savoury snack foods</b>
Flavoured popcorn, savoury biscuits
<b>Snack food bars</b>
Cereal-based, fruit, breakfast
<b>Drinks</b>
Plain and flavoured full-fat milk, artificially sweetened drinks Plain and flavoured full-fat soy drinks Fruit juices (100%), sports waters



## OCCASIONALLY FOODS

Foods and drinks in this category are the least suitable for school food services. Schools should limit the availability of these foods to two occasions per term.



<b>Rice, grains, noodles and pasta</b>
Commercially prepared and instant noodles and rice
<b>Dairy foods</b>
Custard and dairy desserts, cream
<b>Processed meats</b>
Pastrami, salami, bacon
<b>Crumbed or coated chicken, fish or vegetable products</b>
Chicken nuggets, chicken fillet wedges/strips, chicken patties, fish fingers, fish burgers, vegetable patties, sausages, frankfurts, hotdogs, crumbed or battered saveloys/sausages
<b>Oven-baked potato products</b>
Wedges, chips, hash browns, gems

<b>Pasta products</b>
Lasagna, spaghetti bolognese, macaroni cheese
<b>Pizza</b>
Commercially prepared
<b>Savoury pastries/breads</b>
Meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas, garlic bread, savoury croissants
<b>Spring rolls, chiko rolls and dim sims</b>
Spring rolls, chiko rolls and dim sims
<b>Spreads</b>
Chocolate spreads, syrups and toppings

<b>Cakes, muffins, sweet pastries, slices, biscuits</b>
Cakes, muffins, sweet pastries, slices, biscuits, croissants, donuts, chocolate cakes and slices, danishes, cream buns, meringues.
<b>Ice-creams, milk-based ice confections and dairy desserts</b>
Chocolate-coated and premium, reduced and low-fat ice-creams and milk-based ice confections, dairy desserts
<b>Ice blocks, water-or fruit-based ice confections, ice crushes</b>
Ice blocks, water or fruit-based ice confections, ice crushes
<b>Savoury snack foods</b>
Flavoured popcorn, crisps and chips, savoury biscuits
<b>Snack food bars</b>
Cereal-based, fruit, breakfast
<b>Drinks</b>
Sports waters, fruit-flavoured drinks, cordial, sports drinks

From 2007 high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content. Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009. From 2009 no confectionery should be supplied through school food services.



### How to identify foods and drinks in the Occasionally category

The following tables list a set of nutrient criteria\*\* for certain types of foods and drinks that may fall under the Occasionally category of the 'Go for your life' Healthy Canteen Kit – Food Planner.

These nutrient criteria\*\* are a useful tool to help schools determine if a particular food product fits into either the Select Carefully category or the Occasionally category and if it should be included sometimes on the menu or reserved only for occasional events.

There are only nutrient criteria for two types of food groupings:

- hot foods
- snack foods and drinks

Food types such as fruit and vegetables do not require assessing against nutrient criteria as these foods are usually in the Everyday category. The nutrient criteria have been developed specific to each category's characteristics.

#### Nutrient criteria for Occasionally foods

If the food item you are considering has more than the number specified in the energy or saturated fat, or sodium column or less than the number in the fibre column, it is an Occasionally food.

#### Hot food items (assessed per 100 g)

Food	Energy (kJ) per 100 g	Saturated fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed coated foods, frankfurts, sausages	>1000 kJ	>5 g	>700 mg

Note: All types of deep-fried foods fit into the Occasionally category and are not recommended for supply in schools as they are too high in kilojoules and fat.

#### Snack foods and drinks (assessed per serve)

Food or drink	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-sweetened drinks and ices*	>300 kJ		>100 mg	
Snack food bars and sweet biscuits	>600 kJ	>3 g		<1.0 g
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg	
Ice-creams, milk-based ice confections, dairy desserts	>600 kJ	>3 g		
Cakes, muffins, sweet pastries	>900 kJ	>3 g		<1.5 g

Note: \*The sweetened drinks and ices category applies to cordials, fruit-flavoured drinks, sports drinks, sports waters, ice blocks and ice confections.

\*\*Nutrient criteria developed by NSW Health as part of Fresh Tastes@School, NSW Healthy School Canteen Strategy

\*Food allergies are the most common triggers for anaphylaxis (severe allergic reactions) in children. Eight foods cause 90 percent of food allergies: peanuts, cows milk, egg, wheat, soybean, tree nuts (e.g. cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.