

Recipe checklist – information for canteen managers and teachers

The School nutrition and healthy eating policy and guidelines¹ have been developed to ensure all students have access to healthy foods and drinks and a consistent approach to the availability and sale of food and drinks in Northern Territory Government schools.

This checklist can be used to help decide whether a recipe is suitable for sale.

Savoury recipes

A healthy recipe will meet many of these criteria:

- contains plenty of vegetables – these can be fresh, frozen or canned
- uses lean meat such as lean red meat with visible fat trimmed, premium mince, chicken with no skin, leg ham, fish such as tuna and salmon or a meat alternative such as egg, tofu, lentils, legumes and beans
- uses a sauce, gravy or stock that is low in saturated fat and salt
- contains healthy carbohydrates such as pasta, rice, couscous or wholegrain bread
- uses small amounts of monounsaturated or poly unsaturated oil in cooking, for example olive or canola oil and margarine
- contains a reduced fat dairy product such as low or reduced fat milk or cheese:
 - ricotta and cottage cheese are low in fat and great to use in cooking
 - white sauce can be made with low or reduced fat milk and monounsaturated or polyunsaturated oils.

Recipes that contain these products are not suitable:

- added salt
- fatty meats such as salami, fritz and full fat sausages
- butter
- cream or coconut milk
- pastry, unless filo.

Sweet recipes

Homemade cakes, biscuits, bars, muffins, pancakes and snack foods that are reduced fat and reduced sugar can be sold.

A healthy recipe will meet many of these criteria:

- contains fruit – these can be fresh, tinned in natural juice, frozen or dried
- contains low or reduced fat dairy such as yoghurt and milk or soy milk

¹ <https://education.nt.gov.au/policies/health-safety/school-nutrition-and-healthy-eating>

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- contains eggs
- contains healthy carbohydrates such as wholemeal bread, wholemeal flour, oats, breakfast cereals that are school approved
- contain nuts, unsalted and unroasted*
- uses small amounts of poly unsaturated or monounsaturated oil in cooking such as canola oil or olive oil.

* Please refer to the school's own policy on provision of nuts to students.

Recipes that contain these products are not suitable:

- confectionary such as chocolate pieces and lollies
- cream
- butter
- pastry, unless filo
- icing.

Recipes can contain a small amount of added sugar, for example $\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar in a recipe that makes 12 muffins.

Fruit juice at 99% can be used to sweeten recipes.