

School Nutrition and Healthy Eating Policy and Guidelines

Creating a Healthier Menu

Foods and drinks categorised as **GREEN** 'ALWAYS ON THE MENU' and **AMBER** 'SELECT CAREFULLY' may be sold through the school canteen. Think of these foods as sitting on a spectrum from 'Healthy' to 'Never to be sold'. The aim is for all foods and drinks sold in the canteen to be as close to the "Healthy" end of the spectrum as possible.

Making food in the canteen 'from scratch'	Make sure most of the ingredients come from the list of foods categorised as GREEN 'Always on the menu'
Criteria	Compare products that meet the criteria. Choose the one with the least amount of saturated fat, sodium and energy, and the greatest amount of fibre.
Promotion	Foods categorised as GREEN 'Always on the Menu' should be the focus of meal deals and any marketing to students. Foods that are promoted and are presented in an attractive way, at the correct temperature, are more likely to be purchased and eaten.
Serve size	Keep the serve size small, especially for foods categorised as AMBER 'Select carefully'
Sandwiches, rolls, wraps, burgers	Choose wholegrain, wholemeal or multigrain bread. Add vegetables to sandwiches (for example: tomato, lettuce, shredded carrot). Each additional vegetable pushes the sandwich closer towards the 'Healthy' end of the spectrum. Choose low or reduced fat cheese.
Cheese	Choose low and reduced-fat cheese.
Pasta	Fresh tomato or vegetable based sauces are the best choice with plenty of added vegetables. Choose low or reduced-fat cheese.
Pizza	Use pita bread as a base and top with lean meat and plenty of vegetables. Choose low or reduced-fat cheese.
Muffins	Reduce the amount of sugar used. Replace with pureed apple, mashed banana or berries. Replace half of the flour with wholemeal flour.
Milk drinks	Choose low or reduced-fat milk when making up milkshakes and smoothies. Add low or reduced-fat yoghurt and/or fruit.
Soups	Choose low or reduced-salt stock. Flavour with herbs and spices instead of salt. Add plenty of vegetables and serve with wholemeal or wholegrain bread.
Flavour	Use herbs or spices instead of salt.
Sauces, mayonnaises	Choose products that are low or reduced-fat, low or reduced-salt or 'no added salt', and use sparingly.
Breakfast cereal	Serve with low or reduced-fat milk.

Reference: National Healthy School Canteens Guidelines for healthy foods and drinks supplied in school canteens, Australian Government 2010.