

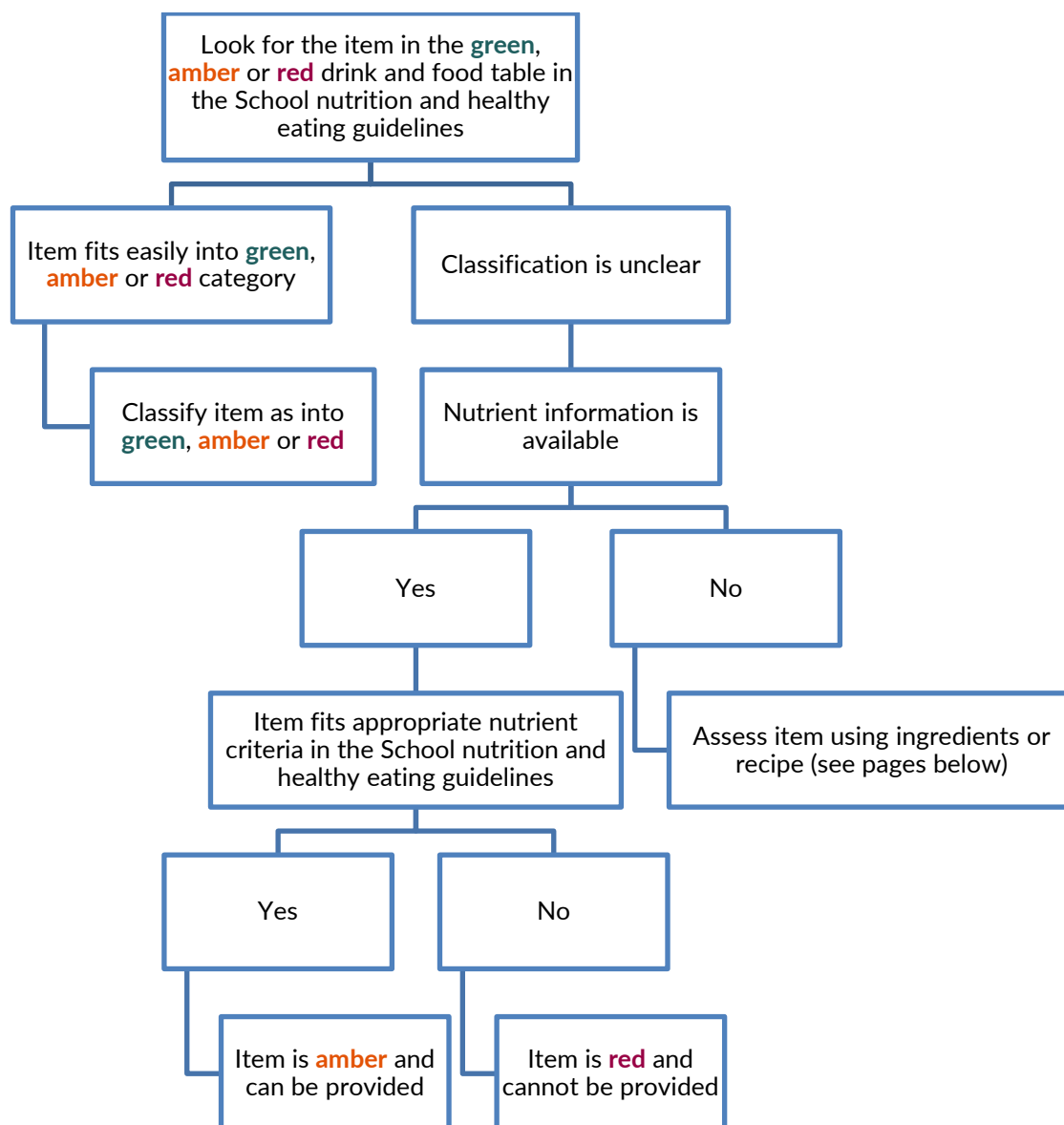
Suitable foods and drinks in school – information for schools

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.

How to decide if a food or drink is suitable

Whether a food or drink fits into the **green**, **amber** or **red** category

Use the flowchart to decide whether a food or drink fits into the **green**, **amber** or **red** category.



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

Classifying foods and drinks using major and minor ingredients

It is not possible to classify a food or drink as **green**, **amber** or **red** using the food or drink table or the nutrient criteria tables in the School nutrition and healthy eating guidelines if:

- nutrient information is not available, for example foods and drinks prepared on site
- nutrient information is available, but the item does not fit in a category in the nutrient criteria tables.

In these situations, foods and drinks should be classified based on the nutrition content of their ingredients.

Information about ingredients is available from ingredients lists on food labels or from recipes.

Use the following process to classify foods and drinks according to their ingredients:

1. Identify major ingredients and minor ingredients using the food tables in the School nutrition and healthy eating guidelines
 - major ingredients make up the majority of an item, all ingredients are considered major except those that are provided in very small amounts
 - minor ingredients make up only a small proportion of the item, some examples of minor ingredients are dressings, sauces, spreads, garnishes and oils.
2. Classify all major and minor ingredients as **green**, **amber** or **red**.
3. Use the information in Information table 1 to determine whether the overall food or drink is in the **green**, **amber** or **red** category.

| Information table 1 | |
|---------------------|---|
| Category | Criteria |
| Green | Option 1: All ingredients are green . Option 2: Ingredients are a mix of green or amber . Items must meet the following conditions: <ul style="list-style-type: none"> • two minor ingredients are amber and all major ingredients are green. |
| Amber | One or more major ingredients are amber and no ingredients are red , minor or major. |
| Red | If the recipe contains any red ingredients, it cannot be provided. |
| Extra criteria | A thin spread of margarine in sandwiches or a dash of oil for frying off ingredients does not alter the classification of meals or snacks. |

Example: crumbed chicken patty burger

A burger made with an oven baked crumbed chicken patty includes:

- major ingredients are bread bun, oven baked chicken patty, onion and lettuce
- minor ingredients are mayonnaise, regular fat.

| Information table 2 | | | | | |
|---|--------------------------|-------|-------|-----|------------------------|
| Food item: crumbed chicken patty burger | | Green | Amber | Red | Overall classification |
| Major ingredients | Bread bun | X | | | Amber |
| | Oven baked chicken patty | | X | | |
| | Onion | X | | | |
| | Lettuce | X | | | |
| Minor ingredients | Mayonnaise, regular fat | | X | | |

Acknowledgement

This guide was developed by the Northern Territory Department of Health and is based on the Victorian healthy choices food and drink classification guide.