

GUIDELINES

CANTEEN, NUTRITION AND HEALTHY EATING

Responsibility of: School Support Services
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Target Audience: Staff, parents and community

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This document should be read in conjunction with [Canteen, Nutrition and Healthy Eating](#) policy.

1. INTRODUCTION

Poor diets in the short term have a direct effect in children's performance in school and can contribute to lower achievements and behavioral problems. ⁱ

The Department is utilising the food categories from the *Department of Health and Ageing's, National Healthy School Canteens, Guidelines for healthy foods and drinks supplied in school canteens*. Foods and drinks have been classified according to the amount of nutrients they provide and are based on the Australian Guide to Healthy Eating.

School canteens, vending machines, nutrition education, fundraising, excursions, school sport events, school nutrition, breakfast and afterschool programs involving food and drinks must comply with the food and drink categories.

This classification system for healthy foods and drinks applies to all Northern Territory government schools that sell or provide food and drinks to students. It does not apply to food or drinks supplied from home, including birthday cakes, Middle School *Home Economics* lessons, Senior School *Food and Hospitality* lessons or Vocational Education and Training (VET) *Hospitality* Courses. In addition, schools may provide food and drinks from the **RED** - NOT ON THE MENU category at special whole school events e.g. school fete, international celebration or disco.

Whilst the foods and drinks categories are recommended, Senior School **only** campuses (years 10-12), in consultation with their School Councils, students, canteens and staff may determine whether to comply with the policy in their respective school setting.

Staff only vending machines and fridges are not required to comply with the foods and drinks categories, however school staff are encouraged to support the policy by not consuming **RED** - NOT ON THE MENU category products in front of students.

2. DEFINITIONS

School canteen is the facility that provides food to students and staff. This includes traditional school canteens in urban settings, rural and remote provision of breakfast, snacks, lunches, and private providers supplying food and drink to school students.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. ⁱⁱ

Nutrition Education is the Northern Territory Curriculum Framework outcomes which support the development of students' knowledge, skills, values and attitudes contributing to healthy food choices and health enhancing behaviours.

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Fundraising is an activity that staff, students or the school community co-ordinate inside or outside school hours to raise funds for the school.

Excursion is an educational/sporting/cultural trip by students inside or outside the Northern Territory, under the direction of teachers and authorised by DoE including camps.

School Sport Event is any sporting event that staff, School Sport Coordinators, School Sport NT or the school community co-ordinate inside or outside school hours.

School Nutrition and Breakfast Programs are breakfast and/or lunch services for school-aged children which aim to support better school attendance and to help with learning and engagement in education.

Afterschool Programs are programs provided for school-aged children after school which are coordinated by the school or operated by outside providers on school grounds.

Classroom Rewards are incentives provided to whole classes or individual students as a form of positive reinforcement.

3. ROLES AND RESPONSIBILITIES

It is the **Principal's** responsibility to ensure that:

- All members of the school community, including the school council, are made aware of and are familiar with this policy and guidelines
- School canteen implements the policy
- Parents are provided with regular canteen policy updates through the school newsletter/website
- Nutrition education is taught to primary and middle school students as part of the Northern Territory Curriculum Framework (NTCF) through the Health and Physical Education learning area
- Canteen Managers maintain currency of knowledge in relation to the Canteen, Nutrition and Healthy Eating policy
- Student centered fundraising activities are consistent with the policy
- All catering and food supply contracted through the school comply with the policy.

It is the **School Council's** responsibility to ensure that all catering and food supply contracted through the school comply with the policy.

It is the **Canteen Manager's** responsibility to ensure that:

- They implement the policy
- They maintain currency of knowledge in relation to the Canteen, Nutrition and Healthy Eating policy
- All canteen staff and volunteers implement the policy.

It is the **Classroom Teacher's** responsibility to ensure that:

- Nutrition Education is taught to primary and middle school students as part of the NTCF through the Health and Physical Education learning area
- All education related activities involving food comply with the policy, including camps/excursions/sporting events
- Food is not used as a reward in the school setting.

4. GUIDELINES

The food and drink categories outlined below the types of food and drink that can/cannot be provided in schools:

GREEN - ALWAYS ON THE MENU

A large variety of these foods and drinks must be available every day and be the main choices on the menu.

Food	Examples
Drinks	Low or reduced-fat milk and soy drinks, plain and flavoured. <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners • Suggested 375ml serve size or less Water: plain (tap, spring, mineral or sparkling), with nothing added
Bread and alternatives	Bagels, wrap style breads, crumpets, English muffins, focaccia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white. Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns. Plain and savoury scones, pikelets and pancakes.
Breakfast cereals	Wholegrain, wholewheat flakes, wholegrain puffed cereals, porridge, wholewheat biscuits, low in added sugar, higher in fibre and without added confectionary.
Rice, grains and pasta	Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous. Plain air-popped popcorn with nothing added.
Yoghurt, custard and cheese (including soy alternatives)	Low or reduced-fat cheese without added confectionery. Low or reduced-fat plain or fruit yoghurt and custard without added confectionery. <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners.
Fruit	Fresh, in-season is the best choice. Frozen, pureed or canned in natural juice (does not include dried fruit).
Vegetables (including legumes)	Fresh, in-season is the best choice. Frozen or canned without added flavourings. Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).
Lean meat, fish, poultry and alternatives	Unprocessed lean beef, chicken, lamb, pork, turkey, fish. Canned tuna, salmon, sardines. Eggs, nuts* (un-salted, un-roasted, dry roasted). *Check your school policy regarding the use of nuts and products containing nuts.

AMBER - SELECT CAREFULLY

These foods and drinks must be assessed carefully against the Nutrient Criteria Tables and must not dominate the menu.

Food	Examples
Drinks	Full-fat milk and soy drinks, plain and flavoured. <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners • Suggested 375ml serve size or less

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	<ul style="list-style-type: none"> Coffee-style milk drinks (including flavoured) may only be sold in Middle/Senior Schools (maximum 375ml serve size) <p>Fruit and vegetable juice.</p> <ul style="list-style-type: none"> At least 99%fruit/vegetable juice, including sparkling varieties, no added sugar (maximum 250ml serve size)
Breakfast cereals	Higher in added sugar and lower in fibre.
Yoghurt, custard and cheese (including soy alternatives)	Full-fat cheese without added confectionery. Full-fat plain or fruit yoghurt and custard without added confectionery. <ul style="list-style-type: none"> May contain intense (artificial) sweeteners.
Dried fruit, fruit leathers	All types. Fruit leathers must be 100% fruit. Keep the serve size small.
Fruit ice blocks, fruit jelly desserts, ice crushes and slushies	At least 99% fruit juice and no added sugar. <ul style="list-style-type: none"> Ice slushies and fruit jellies (maximum 200ml serve size) Fruit ice blocks (maximum 125ml serve size)
Meat products and alternatives	Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and not crumbed), stews, casseroles and curries. Lean processed luncheon meats, fritz, devon, chicken loaf, free flow chicken, cured meats (for example: ham, bacon). Chicken drumsticks and wings.
Savoury hot food items	Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes.
Sweet and savoury snack foods	Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut * and seed bars, sweet or savoury biscuits. *Check your school policy regarding the use of nuts and products containing nuts.
Un-iced cakes, muffins and sweet pastries	Some un-iced cakes and muffins that are small in serve size or have been modified to reduce the amount of saturated fat and/or sugar or with added fibre.
Ice creams, milk-based ices and dairy desserts	Low or reduced-fat ice creams (not chocolate-coated), milk-based ices, custards and dairy desserts. <ul style="list-style-type: none"> Milk must be listed as the first ingredient
Fats and oils	Choose polyunsaturated and monounsaturated oils and spreads and use sparingly (for example: sunflower, safflower, corn, soya bean, olive, canola).
Spreads, dips, relishes	Nut * spreads, fish/chicken/meat pastes, yeast spreads, dips, salsa, relishes. Use Sparingly. *Check your school policy regarding the use of nuts and products containing nuts.
Sauces	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay. Choose low or reduced-salt products and use sparingly.
Toppings, syrup, jam, honey	Small amounts, use sparingly.

RED - NOT ON THE MENU

These foods and drinks must not to be sold or provided in schools, unless part of a special whole school event.

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Food	Examples
Drinks	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters.
Intense (artificial) sweeteners*	Any product containing intense (artificial) sweeteners* with the exception of flavoured milk, fruit yoghurts and custards.
Caffeine and guarana	Any products containing guarana. Coffee-style products (including flavoured), mocha, latte, cappuccino or similar. Coffee-style milk drinks over 375ml serve size.
Fruit/vegetable juice	Less than 99% juice and/or added sugar and/or greater than 250ml serve size.
Jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar and/or greater than 200ml serve size.
Icy-poles and fruit ice blocks	Less than 99% fruit juice and/or added sugar and/or greater than 125ml serve size.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes.
Confectionery	All types: sold separately or added to products including: boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, copha, ghee, lard.

*Code number and prescribed name for intense (artificial) sweeteners include: 950 (acesulphame potassium), 951 (aspartame), 952 (calcium cyclamate or sodium cyclamate or cyclamate), 953 (isomalt), 954 (saccharin or calcium saccharin or sodium saccharine or potassium saccharine), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol and maltitol syrup or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol).

Nutrient Criteria Tables

Nutrient Criteria for foods categorised as **AMBER** - SELECT CAREFULLY

If the food item being assessed has **less than or equal** to the numbers specified in the energy, saturated fat or sodium column, and **more than or equal** to the number specified in the fibre column in Tables 1 and 2, it may be sold or provided in the school. These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat and/or sugar and/or sodium (salt) and serve sizes should be kept small to limit the energy (kilojoules) being consumed.

If the food being assessed is **over** the threshold for energy or saturated fat or sodium or **under** the threshold for fibre (if any criterion is **not** met) –the food is categorised as **RED** - NOT ON THE MENU and **these foods and drinks must not be sold or provided in schools, unless part of a special whole school event.**

Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crisp breads and crisps	600kJ or less	2g or less	200mg or less	-
Energy must be 1800kJ or less per 100g				
Ice creams, milk-based ices and dairy deserts	600kJ or less	3g or less	-	-
Milk must be listed as first ingredient				
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

National Healthy Schools Canteen Project (2010), National Healthy Schools Canteen Trainer's Manual, Australian Government Department of Health and Ageing.

Confectionery

All types of confectionery are categorised as **RED** - NOT ON THE MENU and must not be sold or provided in schools, unless part of a special whole school event.

Fundraising

Student centered fundraising activities undertaken during the year must comply with the foods and drinks categories. Any food or drinks categorised as **RED** - NOT ON THE MENU must not be used in fundraising, with the exception of special whole school events e.g. school fete, international celebration or disco.

Excursions

All excursions including camps undertaken during the year must comply with the foods and drinks categories. A large variety of foods and drinks from the **GREEN** - ALWAYS ON THE MENU category must be available every day and be the main choices on the menu. Any food or drinks categorised as **RED** - NOT ON THE MENU must not be sold or provided to students.

School Sport Events

All school sport events undertaken during the year must comply with foods and drinks categories. A large variety of foods and drinks from the **GREEN** - ALWAYS ON THE MENU category must be available every day and be the main choices on the menu. Any food or drinks categorised as **RED** - NOT ON THE MENU must not be sold or provided to students, unless part of a special whole school event.

School Nutrition and breakfast programs

All school nutrition and breakfast programs undertaken during the year must comply with the foods and drinks categories. A large variety of foods and drinks from the **GREEN** - ALWAYS ON THE MENU category must be available every day and be the main choices on the menu. Any food or drinks categorised as **RED** - NOT ON THE MENU must not be sold or provided to students.

Afterschool programs

All afterschool programs which are coordinated by the school or operated by outside providers on school grounds must comply with the foods and drinks categories. A large variety of foods and drinks from the **GREEN** - ALWAYS ON THE MENU category must be available every day and be the main choices on the menu. Any food or drinks categorised as **RED** - NOT ON THE MENU must not be sold or provided to students.

Food Rewards

Food **must not** be used as a reward.

Sweet foods that are high in energy (kilojoules), particularly appeal to children and are frequently used as a tool to change children's behaviour. This practice can have negative consequences on students. Research shows that when children eat nutritious foods, they perform better at school and learn more effectively. Children should be given consistent messages about food from all adults. It is still important to reward children for positive behaviour, and this can be done using non-food rewards.

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Resources

A range of resources to support schools to implement the policy include:

- National Healthy School Canteens, Guidelines for healthy foods and drinks supplied in school canteens
- Power Point Presentation: Canteen, Nutrition and Healthy Eating Policy 2013
- Frequently Asked Questions
- Newsletter Inserts
- Creating a Healthier Menu
- Recipe Checklist
- Healthy Alternatives to Sausage Sizzles
- Ideas for Fundraising
- Healthy Food Based Fundraising
- Sporting Events and Fundraising Ideas
- School Camp Ideas and BBQ Catering
- Tips for Parents

The supporting resources are publicly available through the Department's website:

<https://education.nt.gov.au/education/policies/canteen-nutrition-and-healthy-eating>

ACKNOWLEDGEMENTS

ⁱ National Healthy Schools Canteen Project (2010), National Healthy Schools Canteen Trainer's Manual Pg. 5, Australian Government Department of Health and Ageing.

ⁱⁱ Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.

Food and Drink Categories and Nutrient Criteria Tables reflect the National Healthy School Canteen Guidelines and supporting materials

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>