

Canteen, Nutrition and Healthy Eating Policy

Recipe Checklist

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 that is low in saturated fat and salt.
- Contain healthy carbohydrates such as pasta, rice, couscous or wholegrain bread
- Uses small amounts of mono unsaturated or poly unsaturated oil in cooking eg. Olive/canola oil and margarine
- Contain 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 mono unsaturated/ 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:

- Contain fruit: These can be fresh, tinned (in natural juice), frozen or dried
- Contain low or reduced-fat dairy such as yoghurt and milk or soy milk
- Contain eggs
- Contain healthy carbohydrates such as wholemeal bread, wholemeal flour, oats, breakfast cereals (school approved)
- Contain nuts – unsalted and unroasted *
- Uses small amounts of poly unsaturated or mono unsaturated oil in cooking such as canola oil or olive oil

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: $\frac{1}{4}$ - $\frac{1}{2}$ cup of sugar in a recipe that makes 12 muffins would be ok. Fruit juice (99%) can be used to sweeten recipes.

** Please refer to the schools own policy on provision of nuts to students*