**School 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, gravy or stock 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: ¼-½ 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*