

'Go for your life' Healthy Canteen Kit

at a glance food planner



EVERYDAY FOODS

Foods and drinks in the Everyday category are the most suitable for school food services. They should be included as the main choices, promoted and encouraged.



Breads and alternatives
Bread/rolls – wholemeal, wholegrain, multigrain, high-fibre white, pita bread, English muffins, lavash bread, Lebanese bread, focaccia, bagels, crumpets. Raisin and fruit breads or fruit buns (no icing). Scones – plain, savoury or fruit, pikelets. Rice or corn cakes/crackers, crisp bread, wholemeal or grainy crackers
Rice, grains, noodles and pasta
Plain rice, pasta and noodles
Breakfast cereals
High-fibre, low-fat, no added sugar
Fruit
Fresh, frozen, canned (in natural juice), dried

Vegetables
Baked potatoes, corn on the cob, vegetable sticks and dip, cherry tomatoes
Legumes
Chickpeas, kidney beans and lentils, baked beans, lentil patties
Salads
All garden vegetable mixtures without excess dressing, bean mix, tabouli, rice salad
Soups
Canteen made, some canned and commercially prepared
Dairy foods
Low or reduced-fat yoghurt, low or reduced-fat cheese

Meat/fish/poultry (not crumbed) and nuts
Lean meats, for example roast beef, stir-fry strips, lean chicken meat (no skin), turkey, egg, fish, for example tuna or salmon in spring water, sardines, nuts [#]
Pizza
Muffin or pita-based vegetarian, homemade vegetarian
Savoury snack foods
Plain popcorn
Drinks
Water – plain, mineral, spring or sparkling Plain and flavoured low or reduced-fat milk Plain and flavoured reduced-fat soy drinks



SELECT CAREFULLY FOODS

These foods and drinks contain some valuable nutrients but may also have some unhealthy ingredients. Some food types listed may fit into either the Select Carefully category or the Occasionally category.



Rice, grains, noodles and pasta
Commercially prepared pasta products, instant noodles and rice
Breakfast cereals
Refined cereals with added sugar and low fibre
Legumes
Falafel
Salads
Salads dressed with lots of oil, mayonnaise or salad dressing
Soups
Some canned and commercially prepared
Dairy foods
Full-fat yoghurt, milk and cheese. Low or reduced fat custards
Meat/fish/poultry (not crumbed)
Meat, chicken or fish patties (not crumbed), meat balls, chicken drumsticks and wings
Processed meats
Ham, corned beef/silverside, devon, chicken loaf/roll, lean bacon
Crumbed or coated chicken, fish or vegetable products
Chicken nuggets, chicken fillet wedges/strips, chicken patties, fish fingers, fish burgers, vegetable patties, sausages, frankfurts, hotdogs

Oven-baked potato products
Wedges, chips, hash browns, gems
Pasta products
Lasagna, spaghetti bolognese, macaroni cheese
Pizza
Commercially prepared, some homemade
Savoury pastries/breads
Meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas, garlic bread
Spring rolls, chiko rolls and dim sims
Spring rolls, chiko rolls and dim sims
Sauces and gravies
Tomato, sweet chilli, BBQ, soy, satay [#] , pickles, chutneys and gravies
Fats and oils
Mayonnaise and dressings, margarine and oil

Spreads
Peanut butter and other nut spreads [#] Jam/fruit spread, honey, Vegemite/yeast spreads, meat pastes
Cakes, muffins, sweet pastries, slices, biscuits
Cakes, muffins, sweet pastries, slices, biscuits
Ice-creams, milk-based ice confections and dairy desserts
Reduced and low-fat ice-creams and milk-based ice confections, dairy desserts
Ice blocks, water-or fruit-based ice confections, ice crushes
Ice blocks, water- or fruit-based ice confections, ice crushes based on 100% fruit juice
Savoury snack foods
Flavoured popcorn, savoury biscuits
Snack food bars
Cereal-based, fruit, breakfast
Drinks
Plain and flavoured full-fat milk, artificially sweetened drinks Plain and flavoured full-fat soy drinks Fruit juices (100%), sports waters



OCCASIONALLY FOODS

Foods and drinks in this category are the least suitable for school food services. Schools should limit the availability of these foods to two occasions per term.



Rice, grains, noodles and pasta
Commercially prepared and instant noodles and rice
Dairy foods
Custard and dairy desserts, cream
Processed meats
Pastrami, salami, bacon
Crumbed or coated chicken, fish or vegetable products
Chicken nuggets, chicken fillet wedges/strips, chicken patties, fish fingers, fish burgers, vegetable patties, sausages, frankfurts, hotdogs, crumbed or battered saveloys/sausages
Oven-baked potato products
Wedges, chips, hash browns, gems

Pasta products
Lasagna, spaghetti bolognese, macaroni cheese
Pizza
Commercially prepared
Savoury pastries/breads
Meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas, garlic bread, savoury croissants
Spring rolls, chiko rolls and dim sims
Spring rolls, chiko rolls and dim sims
Spreads
Chocolate spreads, syrups and toppings

Cakes, muffins, sweet pastries, slices, biscuits
Cakes, muffins, sweet pastries, slices, biscuits, croissants, donuts, chocolate cakes and slices, danishes, cream buns, meringues.
Ice-creams, milk-based ice confections and dairy desserts
Chocolate-coated and premium, reduced and low-fat ice-creams and milk-based ice confections, dairy desserts
Ice blocks, water-or fruit-based ice confections, ice crushes
Ice blocks, water or fruit-based ice confections, ice crushes
Savoury snack foods
Flavoured popcorn, crisps and chips, savoury biscuits
Snack food bars
Cereal-based, fruit, breakfast
Drinks
Sports waters, fruit-flavoured drinks, cordial, sports drinks

From 2007 high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content. Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009. From 2009 no confectionery should be supplied through school food services.



How to identify foods and drinks in the Occasionally category

The following tables list a set of nutrient criteria** for certain types of foods and drinks that may fall under the Occasionally category of the 'Go for your life' Healthy Canteen Kit – Food Planner.

These nutrient criteria** are a useful tool to help schools determine if a particular food product fits into either the Select Carefully category or the Occasionally category and if it should be included sometimes on the menu or reserved only for occasional events.

There are only nutrient criteria for two types of food groupings:

- hot foods
- snack foods and drinks

Food types such as fruit and vegetables do not require assessing against nutrient criteria as these foods are usually in the Everyday category. The nutrient criteria have been developed specific to each category's characteristics.

Nutrient criteria for Occasionally foods

If the food item you are considering has more than the number specified in the energy or saturated fat, or sodium column or less than the number in the fibre column, it is an Occasionally food.

Hot food items (assessed per 100 g)

Food	Energy (kJ) per 100 g	Saturated fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed coated foods, frankfurts, sausages	>1000 kJ	>5 g	>700 mg

Note: All types of deep-fried foods fit into the Occasionally category and are not recommended for supply in schools as they are too high in kilojoules and fat.

Snack foods and drinks (assessed per serve)

Food or drink	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-sweetened drinks and ices [#]	>300 kJ		>100 mg	
Snack food bars and sweet biscuits	>600 kJ	>3 g		<1.0 g
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg	
Ice-creams, milk-based ice confections, dairy desserts	>600 kJ	>3 g		
Cakes, muffins, sweet pastries	>900 kJ	>3 g		<1.5 g

Note: [#]The sweetened drinks and ices category applies to cordials, fruit-flavoured drinks, sports drinks, sports waters, ice blocks and ice confections.

**Nutrient criteria developed by NSW Health as part of Fresh Tastes@School, NSW Healthy School Canteen Strategy

[#]Food allergies are the most common triggers for anaphylaxis (severe allergic reactions) in children. Eight foods cause 90 percent of food allergies: peanuts, cows milk, egg, wheat, soybean, tree nuts (e.g. cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.