Gloucester Public School Canteen Menu Feedback

Dear Lisa,

Good for Kids is available to support your school in working towards a Fresh Tastes @ School Healthy Canteen. As requested, we have reviewed your school canteen menu and provided some suggestions for achieving a healthier menu. This Canteen Menu Feedback is based on the canteen menu received Term 3 2014.

School canteen menus should aim to have >50% GREEN, <50% AMBER, 0% RED and 0% BANNED items.

How GREEN is Your School Menu?

**Term 1 2014**
- Green: 46%
- Amber: 11%
- Red: 43%

**Term 4 2014**
- Green: 56%
- Amber: 2%
- Red: 42%
Sugar Sweetened Drinks

A ‘Sugar Sweetened Drink Ban’ was introduced in Term 1, 2007. This means that drinks with more than 300kJ per serve or more than 100mg sodium per serve are BANNED from sale. Your school menu was found to have 0 BANNED drinks, which represents 0% of your canteen menu items. This is great, keep up the good work!

The Fresh Tastes @ School Strategy outlines that RED menu items should be sold ‘Occasionally’; that is no more than 2 occasions per term.

Your menu was found to contain 2 RED foods which represents 11% of your canteen menu items.

The RED items that would need to be removed or modified to help you meet the Fresh Tastes @ School policy are listed below.

Please note: If the menu you supplied for feedback does not list all foods/ drinks that are sold in your canteen you would need to check those individual items against the Occasional Food Criteria outlined on page 13 of the Canteen Menu Planning Guide.

<table>
<thead>
<tr>
<th>RED foods</th>
<th>Why is this a RED food?</th>
<th>How to choose an alternative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll</td>
<td>Hebby’s Bakery Sausage Rolls fall into the “Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice &amp; noodles” category, which must have less than 1000kJ, 5g saturated fat &amp; 400mg sodium (per 100g) to be included on the menu. This product is RED as it contains 1362kJ and 550mg sodium per 100g.</td>
<td>Replace with Healthy Kids Association approved sausage roll. For a list of options refer to the ‘Healthy Kids’ Products, School Canteen Buyers Guide. Make sure you check all menu items against the “Occasional Food Criteria Table” on page 13 of the Canteen Menu Planning Guide.</td>
</tr>
<tr>
<td>Salt &amp; Vinegar</td>
<td>Jumpy’s fall into the “Savoury snack foods &amp; biscuits” category which must have less than 600kJ, 3g saturated fat and 200mg sodium per serve to be sold within the school canteen. This product is RED as it contains 229mg of sodium per 18g serve.</td>
<td>Replace with Healthy Kids Association approved savoury snack foods. For a list of options refer to the ‘Healthy Kids’ Products, School Canteen Buyers Guide. Make sure you check all menu items against the “Occasional Food Criteria Table” on page 13 of the Canteen Menu Planning Guide.</td>
</tr>
</tbody>
</table>
The Fresh Tastes @ School Strategy outlines that AMBER ‘Select Carefully’ menu items should not dominate the menu. Schools should be aiming for <50% of their menu being AMBER items.

Approximately 42% of your canteen menu is made up of AMBER items. This is great, keep up the good work! Whilst there is no restriction on these foods being sold, it is recommended that they do not dominate the menu as they still contain moderate levels of saturated fat, sugar and salt.

Here are some tips to reduce AMBER items on the menu:

- Try removing some of your less popular AMBER foods and drinks to provide a more nutritious and balanced food service, you can save on food wastage and staff time as they won’t need to prepare as many foods. E.g. Instead of selling Grainwaves, JJ’s and Jumpy’s, consider only selling the most popular option
- You could consider serving AMBER items with some GREEN products through meal deals. E.g. a ‘Chicken Burger Meal Deal’ could include a chicken burger, a piece of fruit and a bottle of water or by serving a mini quiche with salad and a low fat flavoured milk
- Consider only serving AMBER foods and drinks in small serving sizes
- Sell AMBER items at a higher price than GREEN items

The Fresh Tastes @ School Strategy outlines that GREEN menu items should ‘Fill the Menu’. Schools should be aiming for >50% of their menu being GREEN items.

Approximately 56% of your canteen menu is made up of GREEN items. Here are some tips to increase GREEN items on the menu and ensure they get sold:

- Use low fat cheese, mayonnaise and salad dressings
- Keep your juice to 99% (or more) and less than 200ml
- Introduce more low-fat dairy products, such as reduced fat yoghurt and custard
- Introduce more GREEN snack items such as raisin toast, wholegrain cereal in bags, vegetable sticks with low fat vegetable dip, fruit smoothies, mini cheese rolls, rice crackers and frozen reduced fat flavoured milk
- Introduce more GREEN lunch menu options such as canteen made fried rice, vegetable pasta, and burgers
- Price GREEN items more competitively than AMBER items
- Display GREEN items more prominently over AMBER items
A Reminder about Fresh Tastes @ School

In Term 1, 2005 DEC introduced the Fresh Tastes @ School Strategy. This Strategy is the NSW Healthy Canteen Strategy that aims to provide school children with a healthy and nutritious canteen food service, consistent with The Australian Dietary Guidelines for Children and Adolescents and The Australian Guide to Healthy Eating. The Fresh Tastes @ School Strategy is mandatory in DEC Schools and strongly supported in Catholic and Independent Schools.

In Term 3, 2011 DEC introduced a Nutrition in Schools Policy. It states that “All schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. School canteens are required to implement the Fresh Tastes @ School – NSW Healthy School Canteen Strategy”. This policy is a useful support resource to assist school canteens with working towards Fresh Tastes @ School.

Fresh Tastes @ School involves categorising canteen menu items as “GREEN”, “AMBER”, “RED” or “BANNED”.

- **RED ‘OCCASIONALLY’**
  RED foods are not to be sold on more than two occasions per term. These food items contribute excess energy, saturated fat, sodium and/or sugar to the diet, therefore should be limited in consumption.

- **AMBER ‘SELECT CAREFULLY’**
  AMBER foods can be sold every day, but should not dominate the menu. These foods have some nutritional value and should be used in small portions due to moderate levels of saturated fat, sugar and salt.

- **GREEN ‘FILL THE MENU’**
  Green foods should fill the menu as they contain essential nutrients, limit the intake of excess energy and contain less saturated fat, sugar and salt.
Where do BANNED drinks fit in?

A ban on all sugar-sweetened drinks was introduced in schools in Term 1 2007. This ban was a result of the findings of the ‘Schools Physical Activity and Nutrition Survey’ which reported children and young people are consuming an excessive amount of high sugar drinks. The ban is an extension of the Fresh Tastes @ School Strategy. All of the drinks which were previously classified as RED are now BANNED and can no longer be sold in school canteens at all. Plain and flavoured milks, soy drinks, water and 99% fruit juices are not included within this ban and do not have to be assessed against the ‘occasional’ food criteria.

More about juice?

99% fruit juice does not have to meet the criteria for energy and sodium, but canteens are encouraged to keep serve sizes to 300ml or less. 99% fruit juice up to 200ml is classified as GREEN. 99% fruit juice 200 - 300ml is AMBER. 99% juice over 300ml is not a BANNED item, but is discouraged for sale within NSW School Canteens due to the high energy (kJ) content. If the juice is less than 99% make sure it has less than 300kJ and less than 100mg sodium per serve.

Menu analysis

Good for Kids menu feedback includes classification of menu items against the Fresh Tastes @ School spectrum, ready reckoner (located in the Canteen Menu Planning Guide) as well as professional nutrition experience in canteens. Each menu item was categorised as BANNED, RED, AMBER or GREEN, according to the Fresh Tastes @ School Strategy criteria.

Product information was obtained from: the Good for Kids canteen menu analysis tool which includes the nutritional information for over 1000 products, the Healthy Kids Registered Products School Canteen Buyers Guide, food manufacturers/suppliers and the Calorie King Australia website. A number of assumptions were made to ensure all menus were analysed in the same way and to reduce the burden on canteen managers to provide further information.

Further information

If you have any questions regarding this Canteen Menu Feedback please contact:

Katie Roberston
Project Officer
Good for Kids. Good for Life
(02) 49246385

For more information on the Fresh Tastes @ School Strategy you can contact:

Healthy Kids Association
Appendix One: Colour Coded Menu

**DRINKS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Drink Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Milk, Juice, Water</td>
</tr>
<tr>
<td>10:00</td>
<td>Apple Juice, Orange Juice</td>
</tr>
<tr>
<td>11:00</td>
<td>Pineapple Juice, Tomato Juice</td>
</tr>
<tr>
<td>12:00</td>
<td>Water, Club Soda, Cola</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Snack Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Cheese Cracker, Ham Stick, Apple, Carrot Stick</td>
</tr>
<tr>
<td>10:30</td>
<td>Cheese Stick, Ham Roll, Apple, Carrot Stick</td>
</tr>
<tr>
<td>11:30</td>
<td>Cheese Cracker, Ham Roll, Apple, Carrot Stick</td>
</tr>
<tr>
<td>12:30</td>
<td>Cheese Cracker, Ham Roll, Apple, Carrot Stick</td>
</tr>
</tbody>
</table>

**RECESS GOODIES**

- **Milk & Juice**: 9:30
- **Sliced Apple**: 9:30
- **Banana**: 9:30
- **Fruit Salad**: 9:30
- **Cucumber Stick**: 9:30

**SUPER SALAD BAR**

- **Cucumber Stick**: 9:30
- **Red Bell Pepper**: 9:30
- **Grape**: 9:30

**AWESOME WRAPS**

<table>
<thead>
<tr>
<th>Wraps</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie Wrap</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese Wrap</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Wrap</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

**TOASTED SANDWICHES**

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken &amp; Cheese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tuna &amp; Cheese</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

**HOT FOOD**

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Rice</td>
<td>$5.00</td>
</tr>
<tr>
<td>Spaghetti &amp; Meatballs</td>
<td>$5.50</td>
</tr>
<tr>
<td>Lasagna</td>
<td>$6.00</td>
</tr>
</tbody>
</table>

**QUESTIONS?**

If you would like to place an order or provide feedback, please contact us at 1300 657 197.