



Nutrition Snippets

"Fresh Tastes @ School-Canteen Menu Planner" for NSW School Canteens

A simple food selection system has been developed to translate the Dietary Guidelines for Children and Adolescents into suitable menu choices. This system will assist those responsible for canteen food selection in this change process.

The NSW government's "Fresh Tastes @ school- Canteen Menu Planner" for School Canteens' categorises foods across the spectrum; 'Fill the Menu' Green, 'Select Carefully' Amber or 'Sell Occasionally' Red, based on their nutritional value.

Green or 'Fill the menu' foods are drawn from the basic five foods groups and are low in saturated fat, sugar and/or salt and rich in nutrients. These foods should feature prominently on the menu. Foods that fit this category include fruit, vegetables, wholegrain or high fibre bread and cereals, reduced fat milk, cheese and yoghurt, lean meat, fish and poultry, eggs and nuts.

Amber or 'Select Carefully' foods are moderate in saturated fat, sugar and/or salt and moderately high in energy. They are not in the red category because they do contribute a range of nutrients. These foods should be provided in balance with the green foods. Serving sizes should also be moderate and not large. A broad range of commercial food products are also available that have been modified to meet specific nutrient criteria. Examples include reduced fat; pies, lasagne, pasta dishes, chicken products, noodles, pizzas and snack foods.

Red or 'Sell Occasionally' foods are those that lack adequate nutrients and are high in saturated fat, sugar and/or salt and can contribute to excess kilojoule intake. They will not be sold in canteens or vending machines on a daily or regular basis from the commencement of the 2005 school year. One or more of these foods can be made available through the canteen no more than twice per term, making them "occasional foods" consistent with the Dietary Guidelines. Some of the foods that fit within this category include; confectionary, soft drinks, deep fried foods, high fat/sodium pies, pastries, cakes and chips.

What foods can we sell?

As members of the NSW School Canteen Association we in a great position to know about healthy menu items as we already receive the "Canteen Buyers' Guide" which lists hundreds of



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