

## TASMANIAN COOL CAP PRODUCT LIST September 2009



The Cool CAP Product List assists Canteen Managers in selecting a range of foods for their school canteen. Used in conjunction with the Cool Canteen Accreditation Program it enables schools to plan their menu to provide a range of better food choices. The Cool CAP Product List encourages GREEN (everyday foods) as the main component of the canteen menu and limits the number of AMBER (Select Carefully foods). Many AMBER foods can be 'GREENED UP' by adding vegetables and fruit. Refer to the Cool CAP Suppliers List when ordering products. The Cool CAP Product List is currently based on the FOCiS nutrient criteria 2007 ©.

FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
<b>BREAD/WRAPPS</b>					
All plain bread	All	All	Plain bread	White, wholemeal, multigrain, fruit bread, crumpets, English muffins,	GREEN
Wraps, tortillas, burritos (unfilled)	All	All		Add at least 3 vegies to GREEN UP	GREEN
Crumpets	All	All	Plain varieties	Wholemeal varieties have more fibre	GREEN
<b>COLD FILLED ROLLS</b>					
Moroccan lamb wrap	Tas Bakeries	220g			GREEN
Vegetarian salad sandwich	Tas Bakeries	200g			GREEN
Mini gourmet roast beef	Tas Bakeries	100g			GREEN
Vegetarian dinner roll	Tas Bakeries	95g			GREEN
Mixed gourmet rolls	Tas Bakeries	100g			GREEN
Beef roll	Tas Bakeries	225g			GREEN
Roast beef salad sandwich	Tas Bakeries	220g			GREEN
Silverside salad sandwich	Tas Bakeries	236g			GREEN
Sweet chilli chicken wrap	Tas Bakeries	245g			GREEN
Tuna Sandwich	Tas Bakeries	175g			GREEN
Turkey Focaccia	Tas Bakeries	230g			GREEN
Vegetarian pide	Tas Bakeries	290g			GREEN
Chicken and avocado roll	Tas Bakeries	280g			GREEN
Chicken salad pide	Tas Bakeries	275g			GREEN
Chicken salad sandwich	Tas Bakeries	230g			GREEN
Egg and lettuce sandwich	Tas Bakeries	190g			GREEN

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FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
Ham, cheese and tomato s/wich	Tas Bakeries	175g			GREEN
Ham, cheese and tomato pide	Tas Bakeries	250g			GREEN
Ham salad roll	Tas Bakeries	250g			GREEN
<b>BREAKFAST CEREALS</b>					
Mini wheat	Kellogg's	All	All	Serve with reduced fat milk or make up small dried fruit & cereal packs	GREEN
Fruity bites	Uncle Toby's	All	All		GREEN
Weet-bix fruity	Sanitarian	All	Wild Berry, Sultana Bran & Apple, Apricot		GREEN
Sultana bran	Kellogg's	All		Serve with reduced fat milk	GREEN
Weetbix	Sanitarian	All	Plain		GREEN
Rice bubbles	Kellogg's	All		For a healthier breakfast serve with fresh, canned or stewed fruit.	AMBER
Cornflakes	Kellogg's	All			AMBER
<b>VEGETABLES</b>					
Fresh and frozen vegetables	All	All		Add to canteen made dishes such as fried rice, pasta, pizza, wraps, burgers, toasted sandwiches	GREEN
Canned vegetables (salt reduced)	All	All		Vegetables with added salt are AMBER	GREEN
Instant potato	Maggi	4kg/7kg			AMBER

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FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
<b>FRUIT</b>					
All fresh fruit	All	All	All types	Add to fruit smoothies, yoghurt cups	GREEN
All frozen fruit	All	All	All types	Add to fruit smoothies, yoghurt cups	GREEN
Can/tubs fruit and fruit puree (in natural juice)	All	All	All types	Fruits in syrup are AMBER	GREEN
Dried fruit	All	All	All types	This does not include fruit straps, fruit leathers and fruit bars. Serve dried fruit with fresh fruit and / or cheese. Provide small serves (approx 1 Tablespoon)	GREEN
Fruit juices (see drinks)					
<b>DAIRY PRODUCTS</b>					
<b>CHEESE</b>					
Reduced fat cheese (block/grated/sliced)	All	All	Plain	Look for less than 25g fat per 100g	GREEN
Bega Stringers - cheese stick	Fonterra		Natural cheese sticks		GREEN
<b>YOGHURT</b>					
Reduced fat plain yoghurt	All	All	Plain	Yoghurt is a great alternative to cream - try on fresh fruit, smoothies, wraps, potatoes in jackets, as a dressing	GREEN
Reduced fat flavoured yoghurt	Yoplait Lite	200g/1kg	Straw/Fruit Salad/ Rhubarb Custard /Mango/Van/French Van		GREEN
No fat flavoured yoghurt	Yoplait	200g/1kg	Van/Straw/Mango		GREEN
Reduced fat yoghurt tubes	Yoplait -Go gurt	70g	All flavours	Yoghurt can be frozen and used as a frozen yoghurt	GREEN
Reduced fat yoghurt tubes	Yoplait - Smackers	70g	All flavours		GREEN

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<b>CUSTARD &amp; DAIRY DESSERTS</b>					
Vanilla custard tubs (fresh)	Dairy Farmers	100g	Vanilla		GREEN
Low fat custard - RTE	Pauls	600ml, 1kg	Vanilla	To be GREEN these need to be less than 200g serves. Larger serves are AMBER	GREEN
Custard powder	Four Roses		Vanilla	Make according to directions with low fat milk. Serve with fruit.	GREEN
Chocolate mousse (powder made with water)	Nestle	100ml	Chocolate	Make according to directions with water	AMBER
Fruche	National Foods	180g	All flavours		AMBER
<b>MEAT/FISH/POULTRY</b>					
Fresh and frozen meat	All			Lean meat, skin free chicken and fish, (not crumbed)	GREEN
Ham	All			Choose lean (e.g.. Virginia ham, Champagne ham)	AMBER
Oven roasted chicken meat (sliced)	Steggles	1 kg			AMBER
Oven roasted chicken meat (unsliced)	Steggles	1 kg			
Diced free flow chicken meat	Ingham's	1 kg		These foods are a good source of protein but may contain added sodium (salt). Ensure low salt ingredients are added where possible. These can be used in sandwiches, hot rolls, and salads, on pizzas, in hot dishes and wraps.	AMBER
Chicken meat sliced skin free	Ingham's	1 kg		Add at least 3 vegetables or fruit to these products to 'GREEN UP' the menu.	AMBER
Cooked and diced chicken breast	Baiada	1 kg			AMBER
Diced skinless oven roasted chicken meat	Steggles	1 kg			AMBER
Free flow diced chicken meat	Baiada	1kg			
Roast beef	Prima				AMBER
Turkey breast	Steggles		Fillet Royale, Buffet Carve, Select Fillet		AMBER
Canned fish	All		Springwater only		GREEN
<b>SAUSAGES</b>					
Cocktail frank - reduced fat	Boss Hoggs	25g		Add at least 3 vegetables to these	AMBER
Reduced fat frank	Boss Hoggs	69g		products to 'GREEN UP' the menu	AMBER

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<b>BURGERS</b>					
Vegetable burger	Colonial Farm	100g			GREEN
Flame grilled gourmet burger	Colonial Farm	90g			AMBER
Flame grilled beef burger	Colonial Farm	50g		For a healthier meal serve burgers with salad or add vegetables. Burger in a roll with at least 3 salad ingredients	AMBER
Flame grilled large beef rissole	Colonial Farm	100g			AMBER
Char grilled chicken breast	Ingham	84g		Burger served with stir fry noodles and vegetables	AMBER
School chicken burger	Ingham	83g			AMBER
Supreme breast fillets	Ingham	100g			AMBER
Chicken breast subs	Steggles			Place in long roll or wrap and at least 3 salad vegetables to 'GREEN UP'	AMBER
Crumbed chicken burgers	Baiada	95g			AMBER
Chicken pattie	Ingham	100g			AMBER
Crumbed chicken breast fillets	Steggles	85g			AMBER
<b>NUGGETS</b>					
Premium chicken nuggets	Baiada	23g		When using these products oven bake	AMBER
Tempura chicken nuggets	Baiada	22g			AMBER
Tempura chicken breast nuggets	Steggles			Serve in small quantities to keep kilojoule intake down Serve with 3 vegetables to 'GREEN UP' the menu	AMBER
Staycrisp chicken breast nuggets	Steggles	100g			AMBER
School nugget	Ingham	100g			AMBER

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FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
<b>OTHER CRUMBED PRODUCTS</b>					
Original chicken footys	Baiada	22g			AMBER
Tempura chicken breast crackles	Baiada	20g		When using these products oven bake	AMBER
Original chicken breast goujons	Baiada	20g			AMBER
Classic crumbed chicken tenderloins	Ingham	100g		Reduce the number of lines of these products on the menu	AMBER
Yummy dummies	Ingham	50g			AMBER
Chicken wedges	Baiada	32g		Serve with 3 vegetables to GREEN UP	AMBER
School sweet chilli chick tenders	Ingham	55g		the menu	AMBER
Lemon chicken tenderbites	Baiada	58g			AMBER
Natural chicken tenderbites	Baiada	58g			AMBER
Chicken and corn roll	Ingham	100g			AMBER
Dodstar chicken and veg snack	Baiada	100g			AMBER
Darsham croquettes - beef	International Foods P/L	105g	Beef , Chicken, Vege	Serve croquettes with salad, fried rice or vegetable and noodles	AMBER
Sweet chilli chicken strips	Steggles	60g			AMBER
Chicken pops	Steggles	20g			AMBER
Chicken Dino snacks	Steggles	20g			AMBER
Chicken Fairy snacks	Steggles	20g			AMBER
<b>FISH PRODUCTS</b>					
Battered fish	Seaways	71g			AMBER
Sea shanty	I&J Simplot	35g			AMBER
Fish fillet tempura	I&J Simplot	115g			AMBER
Savoury fish cakes	I&J Simplot	100g		Serve with 3 vegetables to 'GREEN UP'	AMBER
Select tempura (fish)	I&J Simplot	85g		a meal or roll	AMBER
Captains catch oven crispy fish	I&J Simplot	71g			AMBER
Captain catch crumbed	I&J Simplot	110g			AMBER
Fish fingers	I&J Simplot	25g			AMBER
Squid rings crumbed	I&J Simplot	10g			AMBER
Oven baked fish fillets	Birds Eye	71g	Original; Lightly battered		AMBER

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FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
<b>OVEN BAKED POTATO PRODUCTS</b>					
Choice chips	Edgells	170g			AMBER
Oven baked chips	Birds Eye	100g	Straight Cut, Crinkle Cut, French Fries, Chunky Steakhouse		AMBER
Wedges	Edgells	100g	Super Crunch		AMBER
Hash brown nuggets	Mc Cains	100g		Oven bake only	AMBER
Hash brown triangles	Mc Cains	100g			AMBER
Hash brown ovals	Mc Cains	100g			AMBER
Chunky onion hash rounds	Mc Cains	100g		Serve in small quantities	AMBER
Potato smiles	Mc Cains	100g			AMBER
Food service oven fries	Mc Cains	100g			AMBER
<b>PASTA &amp; RICE PRODUCTS</b>					
Blasta Pasta lasagna	Ingham	200g		Serve with a salad of at least 3 vegies to	AMBER
Blasta Pasta spaghetti bolognaise	Ingham	200g		'GREEN UP' these products.	AMBER
Beef lasagna	Sara Lee	2kg		Avoid large serve sizes	AMBER
Beef ravioli	Latina				AMBER
Beef ravioli	San Remo				AMBER
Easy Mac cheese	Kraft	195g		Add at least 3 vegies to this macaroni cheese to 'GREEN UP'	AMBER
Beef lasagna	Enrico				AMBER
Beef lasagna	Mc Cains	2kg		AMBER if serve size no greater than 200g	AMBER
Vegetarian lasagna	Coles	500g	Vegetarian	GREEN as it contains over 1/3 vegetables	GREEN
Darshan Stir fried noodles	Aust International	200g			GREEN
Darshan fried rice	Aust International Foods P/L	200g	Bacon, Vegetarian	Great choice as these products have at least 4 vegetables	GREEN

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<b>PIZZA</b>					
Ham and pineapple singles	Mc Cains	100g		Select those with vegetable toppings	AMBER
Supreme pizza singles	Mc Cains	100g			AMBER
Ham and pineapple pockets	Mc Cains	100g		Add extra fruit or vegetables to top of pizza's to 'GREEN UP' the menu	AMBER
Supreme pockets	Mc Cains	100g			AMBER
Kornet Pizza	Kornet	38g / 75g	Salad, vegetarian, turkey, chicken supreme	Contains more than 3 vegetables	GREEN
Kornet Pizza	Kornet	38g / 75g			AMBER
<b>SAVOURY PASTRIES</b>					
Sweet potato & feta - orange one	Tri - Pies P/L	100g			AMBER
Spicy pea & potato - red one	Tri - Pies P/L	100g			AMBER
Beef - Green one	Tri - Pies P/L	100g			AMBER
Curried lamb & potato - blue one	Tri - Pies P/L	100g			AMBER
Lentil bolognese - purple one	Tri - Pies P/L	100g			AMBER
Curried lentil & tomato - yellow one	Tri - Pies P/L	100g			AMBER
Good Eating sausage roll	Mrs Mac	120g			AMBER
Good Eating beef pie	Mrs Mac	120g		Reduce the number of pastry lines on	AMBER
Good Eating beef pie	Mrs Mac	200g		the menu and offer small serves	AMBER
Cruizer lite beef and cheese pie	Mrs Mac	180g			AMBER
Cruizer lite beef pie	Mrs Mac	180g			AMBER
Good Eating snack pie	Mrs Mac	60g			AMBER
Good Eating potato top beef pie	Mrs Mac	180g			AMBER
Four'N Twenty aussie meat pie	Patties Foods	175g		Add salad or vegetables where possible	AMBER
Four'N Twenty traveller pie	Patties Foods	160g		to GREEN UP these products	AMBER
Four'N Twenty aussie sausage roll	Patties Foods	100g			AMBER
Four'N Twenty snack pie	Patties Foods	120g			AMBER

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<b>SAVOURY PASTRIES cont</b>					
Lite party sausage roll	Patties Foods	57g			AMBER
Lite party pies	Patties Foods	43g			AMBER
Good pie	Tas Bakeries	150g			AMBER
Smarty party pie	Tas Bakeries	75g			AMBER
Potato pie	Tas Bakeries	110g			AMBER
Good sausage roll	Tas Bakeries	120g			AMBER
Potato heads	Tas Bakeries	145g			AMBER
<b>INSTANT NOODLES</b>					
Cup super noodles 98% fat free	Maggi				AMBER
<b>SOUPS &amp; STOCKS</b>					
Simply Stock with natural ingredients, salt reduced	Continental	375ml	Vegetable, Beef, Chicken	Add at least 3 vegies to 'GREEN UP'	AMBER
Cup a Soup, 99% fat free	Continental	250ml	Tomato, Chicken Noodle		AMBER
Gluten free soup mix	Maggi	serve size 200ml	Chicken & Sweet Corn; Chunky Vege; Rich Tomato; Veg & Chicken		GREEN
Soup mix	Maggi		Asparagus; Farmhouse Stockpot; Minestrone; Beef & Veg; Thick Veg; Tomato & Veg; Scotch Broth		GREEN

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<b>SWEET SNACK FOODS</b>					
Muffin - Mervin blueberry	Sara Lee	60g	Blueberry		AMBER
Low fat muffin 97% fat free	Sara Lee	80g	Apple & blueberry		AMBER
Munchables milk protein bars	Fonterra Brands	30g	Straw / Van / Choc /Honey		AMBER
Milo energy snack bar	Nestle food service	24g			AMBER
Ski D'Light cereal bar	Nestle food service	24g	Apple & Cinnamon/Apple & Pear/Apple & Strawberry		AMBER
Yorgi bars	Young Organics	35g	Rolled Oats & Apricot		AMBER
Yorgi bars	Young Organics	25g	Sorghum & Honey		AMBER
Yorgi bars	Young Organics	25g	Puffed Grain & Cocoa		AMBER
A + fruit and honey bars	Aussie Health Snax	25g	Original/ Honey		AMBER
Snack right	Arnott's		Apple & Sultana; Berry		AMBER
K time twists	Kellogg's Aust	37g	Straw & Blueberry /Straw & Yoghurt / Rasp & Apple / Apple & Cinnamon		AMBER
<b>SAVOURY SNACK FOODS</b>					
Bread sticks	Hullabaloo		Prune / Apple Sunflower/Pawpaw		GREEN
Water crackers	Captain Table	125g pkt	Plain		GREEN
Water crackers	Home brand	125g pkt	Plain		GREEN
Water crackers	Nabrisco	125g pkt	Plain		GREEN
Water crackers	Carrs	125g pkt	Plain		GREEN
Water crackers	Arnott's	125g pkt	Plain		GREEN
Savoy light 97% fat free	Arnott's	180g pkt	Plain		GREEN
Rice cakes	Sunrice	22g	Chicken/BBQ		AMBER
Ajitas vege chips	The Vege Chip Co		BBQ/ Sweet & Sour / Natural/Tasty Cheese		AMBER
Popcorn	Real McCoy snack food	25g	Salted/Chick/Nacho Cheese/Butter		AMBER

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FOOD	BRAND	SIZE	FLAVOURS	COMMENTS	CLASSIFICATION
100% air popped popcorn	Hullabaloo		Natural		GREEN
Popcorn	Koala	25g	Lightly Salted		AMBER
Sakata minis	Sakata	15g	BBQ/Chicken		AMBER
Sakata snackata	Sakata	25g	BBQ/Chicken		AMBER
Bite sized rice crackers	Fantastic	15g & 100g pkt	BBQ/BBQ Chicken		AMBER
Vita- weat grain snacks sticks	Arnott's	60g and 170g pkt			AMBER
Vita- weat grain snacks	Arnott's	170g pkt			AMBER
Rice rounds	Kids Care	25g	Original / BBQ / Cheese & bacon		AMBER
Rice wheels	Kids Care	18g	BBQ/ Cheese/ Sour cream& chives		AMBER
Popcorn and fruit bars	Go Natural	35g	Apple, sultana & cranberry / Apple, apricot & banana		AMBER
Piranha snack combo	Tixana Pty Ltd	28g	Sweet chilli lime/ BBQ/ Cheese/ Salt and vinegar / Sour cream & chives		AMBER
Piranha vege crackers	Tixana Pty Ltd	25g	Honey soy/ BBQ cheese/ Salt and vinegar/ Italian supreme		AMBER
Piranha double shot	Tixana Pty Ltd	25g	Honey soy BBQ/ Tomato & herb/ French onion/ Lemon lime rikki/ Sunday roast		AMBER

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<b>ICE CREAMS</b>					
Miniz	Nestle	38g	Milo		AMBER
Miniz	Nestle	37g	Banana/ Choc		AMBER
Miniz	Nestle	34g	Straw /Apple		AMBER
Vanilla cup	Nestle	48g	Vanilla		AMBER
Vanilla Light and creamy slices	Nestle	46g	Vanilla		AMBER
Peters Original - reduced fat ice cream	Peters	4L , 5 L	Vanillia, Neapolitan	Use a small serve size (1 scoop - 45g)	AMBER
Frozen yoghurt	Nestle	48g	Straw		AMBER
Billabong	Nestle	70g	Chocolate / Choc Caramel		AMBER
Milo smooth stick	Nestle	72g	Milo		AMBER
Vanilla party cup (98% fat free)	Nestle	50g	Vanilla		AMBER
Paddle pops	Streets	80g	MOO, Chocolate, Rainbow, Banana		AMBER
Paddle pop mini milks	Streets	26g	Chocolate, Strawberry, Vanilla		AMBER
Frozen yoghurt	Streets	70g	Strawberry		AMBER
Frozen yoghurt, 97% fat free	Bulla	70g stick	Raspberry, Strawberry, Passionfruit		AMBER
Frozen yoghurt, 97% fat free	Bulla	100g tub	Raspberry, Strawberry, Passionfruit		AMBER
<b>ICE BLOCKS</b>					
Berri quelch fruit sticks	National Foods	70ml	All flavours	Choose 99% fruit juice and small serves	GREEN
Berri quelch fruit combo	National Foods	70ml	All flavours		GREEN
Icy bites	Bevco	70ml	All flavours		GREEN
Juicy fruit sticks	Golden Circle	70ml	All flavours		GREEN
<b>SLUSHIES</b>					
Whitty's, 99% fruit slushie	Whitties	150ml	All flavours	use 150ml serve sizes	AMBER

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<b>CONFECTIONARY</b>				<b>Confectionary is of minimal nutritional value and is not recommended for sale in the school canteen</b>	
<b>MILK DRINKS</b>					
Plain reduced fat milks	All Brands	All sizes	Plain	All full fat milks are AMBER	GREEN
Jive reduced fat (bottle)	Betta	300ml / 600ml	Straw / choc / honeycomb		GREEN
Classic reduced fat (carton)	National Foods	375ml	Strawberry/ chocolate		GREEN
Classic reduced fat (bottle)	National Foods	500ml	Choc honeycomb, banana, strawberry/ chocolate		GREEN
Big M Edge (bottle)	National Foods	500ml	Chocolate/ Banana malt		GREEN
Big M reduced fat (carton)	National Foods	300 & 600ml	Straw/ Choc/ Banana/ Iced coffee		GREEN
UHT Big M reduced fat	National Foods	250ml	Strawberry/ Chocolate		GREEN
UHT Big M (bottle)	National Foods	500ml	Strawberry/ Chocolate		GREEN
UHT Big M LIGHT (bottle)	National Foods	500ml	Light Choc		GREEN
Reduced fat flavoured milk	Nippys	375ml	Ice Van Malt / Iced Ban / Straw / Honeycomb / Choc		GREEN
Reduced fat flavoured milk	Nippys	250ml	Straw / Honeycomb / Choc		GREEN
So Good bliss reduced fat	Sanitarian	250ml	Straw/ Choc		GREEN
Up & Go liquid breakfast	Sanitarian	250ml	All flavours		GREEN
Moojuice	Play	250ml	Chocolate, Straw		GREEN
Smoothies	Play	250ml	Mixed Berry, orange		GREEN
Calci Yum - reduced fat flavoured milk	Fonterra/Browns	250ml, 1L	Choc, Straw		GREEN
Reduced fat flavoured milk	Moove	500ml	Choc, Straw		GREEN

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<b>ADDITIONS TO MILK</b>					
Sippah milk flavoured straws	Unistraw		All flavours	GREEN when made with reduced fat milk	GREEN
Mais iced straws	Unistraw		Cap/ Espresso/ Mocha		GREEN
Nesquick	Nestle Food Service	250g/ 500g/ 1.5 kg		GREEN when made with reduced fat milk	GREEN
Nestle rich and creamy	Nestle Food Service		Hot chocolate		GREEN
Nestle complete mix	Nestle Food Service		Hot chocolate		GREEN
Malted milk powder	Nestle Food Service	All sizes			GREEN
Milo	Nestle Food Service	All sizes			GREEN
<b>FRUIT JUICES (100%)</b>					
Mountain Maid juice	Hartz	300ml	Apple / Apple & Guava / Apple & Blackcurrant / Orange		GREEN
100% popper juice tetra pack	Golden Circle	125ml / 250ml	Apple BC / Tropical/ Apple / Apple mango / Orange		GREEN
Original Juice Co. juiceman 100% juice	Golden Circle	250ml	Apple / Apple BC		GREEN
Original Juice Co. Portion Control Fresh fruit cups	Golden Circle	110ml	Orange / Apple / Pine		GREEN
Daily Juice	National Foods	300ml	Orange		GREEN
Berri Juice	National Foods	250ml / 300ml	Apple / Multi V / Orange		GREEN
Berri Juice	National Foods	300ml	Apple & BC / Apple, Ban & Mango		GREEN
Just Juice	National Foods	150ml	Apple & Pear / Fruit cup		GREEN
Just Juice	National Foods	250ml	Paradise punch		GREEN

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<b>FRUIT JUICES (100%) cont</b>					
Just Juice	National Foods	250ml & 2L	Orange / Orange & Mango		GREEN
Just Juice	National Foods	150ml / 250ml & 2L	Apple/ Apple & Black currant		GREEN
Daily Juice	National Foods	500ml	Orange/ Apple /Apple & Blackcurrant		AMBER
Berri Juice	National Foods	400ml	Apple / Multi V / Orange / Apple & BC / Pine		AMBER
Original Juice Co. 100% fresh juice	Golden Circle	500ml	Orange Passionfruit / Orange Mango		AMBER
100% Self Stable juice	Golden Circle	350ml	Pine / Orange / Apple / Apple BC / Apple Mango & Ban		AMBER
Original Juice Co. (fruite smoothies)	Golden Circle	350ml	Apple, Straw & Apricot / Breakfast / Apple Ban Berries		AMBER
100% chilled juice	Golden Circle	500ml	NAS - Orange / Apple / Breakfast / Orange Passionfruit		AMBER
Original Juice Co. (black label 100% fresh juice)	Golden Circle	600ml	Orange, Apple		AMBER
Original Juice Co. (single serve 100% fresh juice)	Golden Circle	500ml	NAS - Orange		AMBER
Original Juice Co. (classic 100% juice)	Golden Circle	350ml	Orange / Apple / Apple BC / Trop / Pine / A Cranberry / Apple, Mango & Ban		AMBER

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<b>OTHER DRINKS</b>					
Plain bottled water (no flavours, not fortified with vitamins /minerals)	All brands	All sizes	Plain only		GREEN
Twist springwater with a hint of mandarin juice	Spring Valley	600ml	Mandarin		AMBER
Simpsons springwater	Aussie O Beverages	325ml	Lemon Lime/Rasp		AMBER
Elmos water	Aussie O Beverages	250ml	Rasp/ Blackcurrant		AMBER
Grover's water	Aussie O Beverages	250ml	Straw		AMBER
Cookies Monsters water	Aussie O Beverages	250 ml	Lemon Lime		AMBER
Aqua fruits Quench	Slades Beverages	350ml	Apple rasp/ Blue heaven/ Apple black currant/ Cola / Tropical/ Orange/ Lemon lime/ Portello/ Lemonade/ Lemon		AMBER
Aroona spring fruits	Aroona Valley Springs	350ml	All flavours		AMBER
Fruit water	Play	500ml	Lemon Lime/ Apple Rasp/Dragon Fly/Berry Kiwi		AMBER
Play bubbles	Play	350ml	Rasp, Cola		AMBER