

TASMANIAN COOL CAP PRODUCT LIST SEPTEMBER 2011



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 National Healthy School Canteen Guidelines 2011 © **Please be aware that products are subject to change by the manufacturer and not all products which meet criteria are included on this list. Please use the list as a guide only and contact the TSCA if you have any product queries.**

FOOD	BRAND	SIZE	FLAVOURS	CLASSIFICATION
BREAD/WRAPPS				
Bread and rolls - white, wholemeal, multigrain and other	All	All		GREEN
Crumpets - white or wholemeal	All	All		GREEN
Mountain bread, wraps, tortillas, burritos, lavish, Lebanese, Bagels (unfilled)	All	All		GREEN
Fruit and raisin bread & buns	All	All		GREEN
Focaccia, Turkish, pide	All	All		GREEN
Scones, pancakes and pikelets - plain, savoury or fruit	All	All		GREEN
COLD FILLED ROLLS				
Cold filled rolls	Tas Bakeries		All varieties e.g. chicken salad pide, ham salad roll, vegetarian salad sandwich granary	GREEN
VEGETABLES				
Fresh and frozen vegetables	All	All		GREEN
Canned vegetables (choose salt reduced/no added salt)	All	All		GREEN
Instant potato	Maggi	4kg/7kg		GREEN

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FOOD	BRAND	SIZE	FLAVOURS	CLASSIFICATION
FRUIT				
All fresh fruit	All	All		GREEN
All frozen fruit	All	All		GREEN
Can/tubs fruit and fruit puree in natural juice	All	All		GREEN
Can/tub fruit in syrup	All	All		GREEN
Dried fruit - plain	All	All		AMBER
Fruit juices (see drinks section)				
DAIRY PRODUCTS				
CHEESE				
Reduced fat cheese - block, grated, sliced	All	All	Plain	GREEN
Kraft processed cheese sticks	Kraft	20g	Plain	AMBER
Bega Stringers - cheese stick snacks	Fonterra	20g	Original, Cheddar, Swiss	GREEN
Bega Stringers - cheese stick snacks	Fonterra	20g	Junior, Building Blocks, Puzzlers	AMBER
YOGHURT				
Reduced fat yoghurt - plain, fruit	All	All		GREEN
Full fat yoghurt - plain, fruit	All	All		AMBER
Reduced fat yoghurt tubes	Yoplait - Go Gurt	70g	All flavours	GREEN
Reduced fat yoghurt tubes	Yoplait - Smackers	70g	All flavours	GREEN
Squeezie yoghurts	Dairy Farmers	70g	All flavours	GREEN

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CUSTARD & DAIRY DESSERTS				
Pouring custard	Dairy Farmers	1kg	Vanilla	AMBER
Lite pouring custard	Dairy Farmers	1kg	Vanilla	GREEN
Pauls fresh custard	Pauls	600ml	Vanilla	AMBER
Pauls double thick custard	Pauls	1kg	French Vanilla	AMBER
Pauls low fat fresh custard	Pauls	600ml	Vanilla	GREEN
Snack pak	Foster Clarke	4x140g	Chocolate, Strawberry	AMBER
Custard cups 97% fat free	Foster Clarke	4x140g	Vanilla	GREEN
Smooth and creamy custard	Foster Clarke	1 L	Vanilla	AMBER
Custard UHT	Coles	1L	Vanilla	AMBER
Custard powder (made with reduced fat milk)	Four Roses, Foster Clarke	Variety	Vanilla	GREEN
Mousse (powder made with water)	Nestle	100ml	All flavours	AMBER
Mousse (powder made with water)	Edlyn	100ml	All flavours	AMBER
Fruche	National Foods	125g	Vanilla bean, Mango passion, Strawberry fields	AMBER
MEAT/FISH/POULTRY				
Fresh cooked unprocessed meat and poultry (roasted, steamed or boiled)	All			GREEN
Cooked and diced breast chicken meat	Steggles/Biadia	1kg		AMBER
Diced skinless oven roasted chicken meat	Steggles/Biadia	1kg		AMBER
Sliced oven roasted chicken meat	Steggles/Biadia	1kg		AMBER
Thinly sliced roast pork (Code: 1751)	Primo	100g		AMBER

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MEAT/FISH/POULTRY (continued)				
Canned tuna, salmon, sardines	All brands			GREEN
Diced roast sliced chicken meat	Ingham (Chickadee)	1kg		AMBER
Short sliced roasted chicken meat	Ingham (Chickadee)	1kg		AMBER
Sliced roasted chicken breast strips	Ingham (Chickadee)	1kg		AMBER
Turkey breast healthy select	Ingham (Chickadee)	1.7-2kg		AMBER
Hans 97% fat free champagne leg ham (pre-sliced)	Hans	1kg		AMBER
Champagne leg ham 97% fat free sodium reduced	KR Castlemaine	100g		AMBER
Virginian ham 97% fat free sodium reduced	KR Castlemaine	100/200g		AMBER
Honey leg ham 97% fat free sodium reduced	KR Castlemaine	100/200g		AMBER
Roast chicken 97% fat free sodium reduced	KR Castlemaine	80g		AMBER
Sliced Reduced Salt Leg Ham	Primo	200g		AMBER
Hot dog 97% fat free	Hans	62g		AMBER
CHICKEN, BEEF, VEGETABLE BURGERS				
Eat smart vegetable burger	Colonial Farm	100g		AMBER
Flame grilled gourmet burger	Colonial Farm	90g		AMBER
Flame grilled beef burger	Colonial Farm	50g		AMBER
Flame grilled large beef rissole	Colonial Farm	100g		AMBER
School burger (chicken)	Ingham	100g		AMBER
Chickadee chicken breast fillet - char grilled	Ingham/Chickadee	84g		AMBER

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CHICKEN, BEEF, VEGETABLE BURGERS (continued)				
Crunchy chicken breast royales	Steggles/Biadia	100g		AMBER
Crumbed chicken burgers	Steggles/Biadia	95g		AMBER
NUGGETS (oven baked)				
Premium breast chicken nuggets	Steggles/Biadia	23g		AMBER
Tempura chicken nuggets	Steggles/Biadia	22g		AMBER
Tempura chicken breast nuggets	Steggles/Biadia	22g		AMBER
Staycrisp chicken breast nuggets	Steggles/Biadia	15g		AMBER
Dino Snacks - chicken breast nuggets	Steggles/Biadia	20g	1kg pack	AMBER
School chicken nuggets	Ingham/Chickadee	22g		AMBER
Tempura breast nuggets	Ingham/Chickadee	22g	1 kg pack	AMBER
OTHER CRUMBED PRODUCTS				
Tempura chicken breast crackles	Steggles/Biadia	20g	1kg pack	AMBER
Original chicken breast goujons	Steggles/Biadia	20g	1kg pack	AMBER
Chicken breast wedges	Steggles/Biadia	32g	1kg pack	AMBER
Tempura breast goujons	Ingham/Chickadee	15g		AMBER
Yummy drummies	Ingham/Chickadee	100g serve		AMBER
Chicken and corn rolls	Ingham/Chickadee	67g		AMBER

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OTHER CRUMBED PRODUCTS (continued)				
Chicken goujons	Ingham/Chickadee	17g		AMBER
School sweet chilli tender	Ingham/Chickadee	100g serve		AMBER
Chickadee crumbed chicken tenderloin - classic	Ingham/Chickadee	100g serve		AMBER
Yummy dummies	Ingham/Chickadee	100g serve		AMBER
Lemon flavoured chicken tenderbites	Steggles/Biadia	58g		AMBER
Southern style natural tenderbites	Steggles/Biadia	58g		AMBER
Chickadee chicken and corn roll	Ingham/Chickadee	100g		AMBER
Darsham croquettes - beef	International Foods P/L	105g	Beef , Chicken, Vege	AMBER
Chiko rolls - original type		2kg	Cooking instructions:OVEN BAKE ONLY	AMBER
Corn jacks		1.4kg	Cooking instructions:OVEN BAKE ONLY	AMBER
Sweet chilli chicken tenders	Steggles/Biadia	60g	1kg pack	AMBER
FISH PRODUCTS				
Savoury fish cakes	I&J Simplot	100g		AMBER
Captains catch crunchy crumbed fish	I&J Simplot	110g/140g		AMBER
Captains catch lightly seasoned lemon pepper	I&J Simplot	2.4kg		AMBER
Captains catch oven crispy fish	I&J Simplot	84g		AMBER
Sea shanties	I&J Simplot	35g	3.5kg pack	AMBER
Salmon cakes	Colonial Farm	100g		AMBER
Oven baked fish fillets	Birds Eye	71g	Original, Lightly battered, Lemon, Baramundi	AMBER

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POTATO PRODUCTS (oven baked)				
Oven baked chips	Birds Eye	100g	Straight cut, Crinkle cut, French fries, Chunky steakhouse	AMBER
Golden crunch super wedges	Birds Eye	750g		AMBER
Golden crunch hash browns	Birds Eye	375g/800g		AMBER
Golden crunch potato gems	Birds Eye	800g		AMBER
Sweet potato fries	Mc Cains	450g	Straight, Crinkle cut	AMBER
Crunch potato fries & super fries	Mc Cains	750g	All types e.g. Mums cut, Straight cut, Shoe string, Crinkle cut etc.	AMBER
Hot bandito potato wedges	Mc Cains	100g		AMBER
Food service oven fries	Mc Cains	100g		AMBER
PASTA, NOODLE & RICE PRODUCTS				
Blasta pasta	Ingham/Chickadee	200g	Lasagne, Spaghetti bolognese, Mac cheese	AMBER
Noodle cups	Fantastic	75g	ONLY: MI Goreng, Oriental, Chicken, Chicken Chow Mein flavours	AMBER
Butter chicken	Culinary Select			AMBER
Chilli con carne	Culinary Select	1.5kg		AMBER
Filled pasta	Latina	1.5kg	Beef ravioli, Veal tortellini	AMBER
Filled pasta	San Remo	various	Beef ravioli, Spinach & ricotta agnolotti, Cheese & spinach	AMBER
Fresh beef lasagne	Ready Chef	2kg		AMBER
Easy mac cheese	Kraft	75g	Chicken, Cheese	AMBER
Beef lasagna (frozen)	Mc Cains	2kg		AMBER
Hakka fried rice	Hakka Pty Ltd	200g	BBQ, Pork	AMBER
Darshan fried rice	Aust International Foods P/L	200g	Bacon, Vegetarian	AMBER

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PIZZA				
Pizza singles	Mc Cains	100g	Ham/pineapple, Supreme, Cheese/bacon, Meat lovers	AMBER
Pizza pockets	Mc Cains	100g	Ham/pineapple, Cheese/bacon	AMBER
Pizza slices	Mc Cains	100g	Ham/pineapple, Cheese/bacon	AMBER
Chickadee roundas - bread pockets	Ingham/Chickadee	130g	Pizza	AMBER
SAVOURY PASTRIES including pies				
Good eating sausage roll	Mrs Mac	120g		AMBER
Good eating beef pie	Mrs Mac	120g		AMBER
Good eating cruiser beef & cheese pie	Mrs Mac	180g		AMBER
Good eating cruiser beef pie	Mrs Mac	180g		AMBER
Good eating snack pie	Mrs Mac	50g		AMBER
Mini potato top pie	Mrs Mac	55g		AMBER
Good eating potato top beef pie	Mrs Mac	180g		AMBER
Four'N twenty lite aussie meat pie	Patties Foods	175g		AMBER
Four'N twenty traveller pie	Patties Foods	160g		AMBER
Four'N twenty aussie sausage roll	Patties Foods	100g		AMBER
Four'N twenty traveller pie chicken & vegetable	Patties Foods	160g		AMBER
Patties lite party pies	Patties Foods	43g		AMBER
Good pie	Tas Bakeries	150g		AMBER
Good sausage roll	Tas Bakeries	120g		AMBER
Smarty pies	Tas Bakeries	67g		AMBER

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SAVOURY PASTRIES including pies (continued)				
Potato heads	Tas Bakeries	145g		AMBER
SunLo pie	Sunrise Bakery	170g		AMBER
SunLo pastie	Sunrise Bakery	180g		AMBER
Beef roll	Hakka Pty Ltd	200g	Oven bake pastry roll	AMBER
SWEET SNACK FOODS				
(Please Note: the AMBER rating for foods in this category is based on the serve size specified e.g. 2 biscuits or 35g. A larger serve size may mean the food may be classified as RED.)				
Muffin - mervin blueberry	Sara Lee	60g	Blueberry	AMBER
Lite bakes - muffin, slice & cake range	Sara Lee	60g	Blueberry, Choc, Banana, Apple slice, Fruit cobbler, Banana, Carrot, Choc vanilla cake	AMBER
Muesli cookies	Heather Brae	22g	220g packet	AMBER
Milo energy snack bar original	Nestle food service	21g		AMBER
Body wise range (weight and digestive)	Nestle food service	23-35g	All	AMBER
A + fruit and honey bars	Aussie Health Snax	25g	Original, Honey	AMBER
Snack Right	Arnotts	2 biscuits	Apple & sultana pillows, Wild berry pillows, Fruit slice sultana	AMBER
Popcorn and fruit bars	Go Natural	35g	Apple, Sultana & cranberry, Apple, Apricot & banana	AMBER
Tiny Teddy	Arnotts	25g 13 biscuits	Choc, Honey	AMBER
K time twists	Kellogg's Aust	37g	Straw & blueberry, Straw & yoghurt, Rasp & apple, Apple & cinnamon	AMBER

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SAVOURY SNACK FOODS				
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Water crackers	Coles	4 biscuits	Original, Cracker pepper	AMBER
Vita-Weat crackers	Arnotts	6 biscuits	Multigrain, Sesame & Poppy Seed	AMBER
Country cheese	Arnotts	3 biscuits		AMBER
Crackers	Ryvita	2 biscuits	Original	AMBER
Crackers	Premium	4 biscuits	98% fat free	AMBER
Vita-Weat	Arnotts	4 biscuits	Original, 9 Grain	AMBER
Cruskits	Arnotts	2 biscuits	Original, Light	AMBER
Rice cakes	Sun Rice	4 biscuits	Rice & Corn thins, Original rice cakes	AMBER
Rice cakes	Coles	2 biscuits	Original thick rice cakes	AMBER
Corn thins	Real Foods	2 biscuits	Original, Multigrain, Soy & Linseed, Organic Sesame	AMBER
Rice crackers	Fantastic	14 biscuits	Original, Barbecue, Seaweed, Oriental Teryaki	AMBER
Gourmet bites	Sakata	24 biscuits	ONLY: Sweet chilli and sour cream	AMBER
Rice crackers	Sakata	14 biscuits	Original, Cheddar Cheese, Sour Cream & Chives, Italian Roast Tomato & Balsamic, BBQ, Classic BBQ, Cheddar & Sweet Chilli, Greek Feta & Herb	AMBER
Wholegrain rice crackers	Sakata	13 biscuits	Original, Cheddar & Chives, Smokey Barbeque, Sweet Chilli, Lemon & Black Pepper, Parmesan Herb & Garlic	AMBER
Rice crackers	Coles	13 biscuits	Plain, Cheese	AMBER
Rice wheels	Healtheries - Kids Care	18g	Roast Chicken, Burger, Cheese	AMBER
Potato stix	Healtheries - Kids Care	20g		AMBER

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SAVOURY SNACK FOODS (continued)				
Popcorn	Cool Pak	20g (10 pk)	Original	AMBER
Popcorn	Koala	25g	Lightly Salted, BBQ, Sweet chilli, Chicken, Cheese	AMBER
Corn thins	Real foods	1 biscuit	Tasty Cheese	AMBER
Potato skinns	Potato skinns	20g	Honey sweet chicken, Tomato sauce	AMBER
Piranha vege crackers - gluten free (only this type)	Tixana Pty Ltd	25g	Honey soy, BBQ cheese, Salt and vinegar, Italian supreme	AMBER
Ajitas		25g	Natural, BBQ, Sweet and sour, Tasty cheese	AMBER
Wasabi flavoured peas	Savour	4 serves per 100g pkt		AMBER
Spicy broad beans	Savour	4 serves per 100g pkt		AMBER
ICE CREAMS				
Light and creamy - slices	Nestle	46g	Classic vanilla	AMBER
Peters original	Peters	46g (1 scoop)	Vanillia, Neapolitan	AMBER
Billabong cups	Nestle	50g	Choc vanilla, Strawberry vanilla, Choc banana	AMBER
Billabong	Nestle	61-66g	Vanilla Choc, Choc, Caramel	AMBER
Milo smooth stick	Nestle	66g	Milo	AMBER
Paddle pops	Streets	80g	Chocolate, Rainbow, Banana, Caramel	AMBER
Exotic fruits mango passion	Streets	74g	Mango	AMBER
Paddle pops MOO	Streets	80g	Choc vanilla	AMBER

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ICE CREAMS (continued)				
Frozen yoghurt, 97% fat free	Bulla	100g	Strawberry	AMBER
Frozen yoghurt, 97% fat free	Bulla	59g sticks	Variety pack, Selection pack	AMBER
Icecream cups 97% fat free	Bulla	100g	Vanilla	AMBER
ICE BLOCKS				
Berri quelch fruit sticks	National Foods	70ml	All flavours	AMBER
Berri quelch fruit combo	National Foods	70ml	All flavours	AMBER
Icy bites	Bevco	70ml	All flavours	AMBER
Juicy fruit sticks	Golden Circle	70ml	All flavours	AMBER
FROZEN FRUIT SLUSH				
Whitty's, 99% fruit slush	Whitties	180ml	All flavours	AMBER
MILK DRINKS				
Reduced fat milk	All Brands	All sizes	Plain (less than 2% fat)	GREEN
Full fat milk	All Brands	All sizes	Plain	AMBER
Flavoured reduced fat milk	All Brands	Rec 375ml		GREEN
Flavoured full fat milk	All Brands	All sizes		AMBER

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ADDITIONS TO REDUCED FAT MILK				
Sippah milk flavoured straws	Unistraw		All flavours	GREEN
Mais iced straws	Unistraw		High Schools ONLY: Cap, Espresso, Mocha	GREEN
Nesquick	Nestle Food Service	250g/ 500g/ 1.5kg	Chocolate, Strawberry	GREEN
Nestle rich and creamy	Nestle Food Service		Hot chocolate	GREEN
Nestle complete mix	Nestle Food Service		Hot chocolate	GREEN
Milo	Nestle Food Service	All sizes		GREEN
FRUIT JUICES and DRINKS				
Fruit Juice 99% fruit	All Brands	up to 250ml	All flavours	AMBER
99% fruit juice carbonated	All Brands	up to 250ml		AMBER
OTHER DRINKS				
Plain bottled water - no flavours, not fortified with vitamins /minerals	All brands	All sizes	Plain only	GREEN