

Section 3: Foods Sold in the Canteen

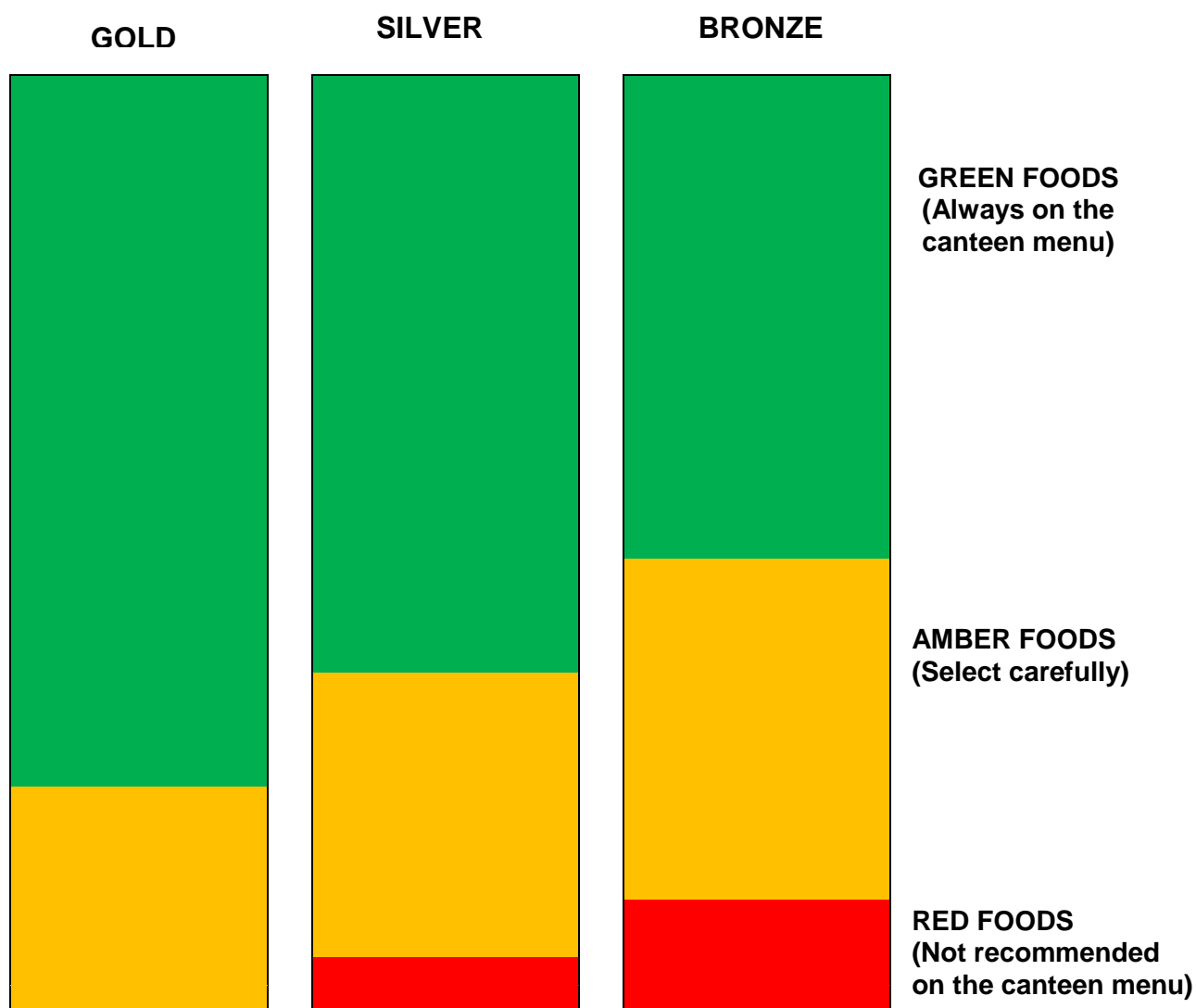
Introduction

In this section of Cool CAP, canteens can aim for one of three levels of accreditation. The levels are: –

- GOLD
- SILVER
- BRONZE

The level of accreditation achieved is determined by the ratio of GREEN, AMBER and RED foods and drinks available in the canteen. The diagram below shows the ratio of GREEN, AMBER and RED foods required to attain different levels of accreditation.

Cool Canteen Accreditation Levels



To move from BRONZE to SILVER accreditation or from SILVER to GOLD accreditation, the following menu changes need to be made:

- Increase the availability of GREEN foods and drinks (always on the canteen menu).
- Limit the number of AMBER foods and drinks (select carefully) on the canteen menu and where practical the addition of GREEN ingredients to these foods; and
- Remove all of the RED foods (not recommended on the canteen menu) for GOLD accreditation; and reduce the number of RED foods for SILVER and BRONZE accreditation.

This results in a canteen menu that provides:

- **More** snacks, meals and drinks that contain vegetables, fruit, low fat dairy products, breads, rice, pasta, lean meats, fish, poultry, eggs, legumes and water.
- **Less** snacks, meals and drinks that contain too much saturated fat, sodium (salt) and/or added sugar that are high in energy.

When considering whether a food and drink is suitable to be available in a school canteen, the TSCA uses nationally recognised criteria (National Healthy School Canteen Guidelines - NHSC). Foods and drinks are categorised as GREEN, AMBER or RED based on their nutritional quality.



Categories for food and drinks sold in Cool CAP school canteens

GREEN foods & drinks = Always on the canteen menu

These foods and drinks are consistent with the *Dietary Guidelines for Children and Adolescents in Australia, 2003* and are based on the five food groups shown on the *Australian Guide to Healthy Eating* 'plate'. These foods and drinks are in line with the National Healthy School Canteen (NHSC) Guidelines.

These foods and drinks are the best choices as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).

AMBER foods & drinks = Select carefully

These foods and drinks contain some valuable nutrients but may also contain higher levels of saturated fat, and/or sugar and/or sodium (salt). Cool CAP approved lines of these foods and drinks are consistent with the NHSC Guidelines.

If these foods and drinks are consumed regularly they can contribute to excess energy (kilojoules) being consumed. These foods and drinks should be:

- limited on the canteen menu
- available in smaller serve sizes
- served with GREEN foods where possible.

RED foods & drinks = Not recommend on the canteen menu

These foods and drinks are not consistent with the *Dietary Guidelines for Children and Adolescents, 2003* and cannot be sold in a GOLD canteen which meets the NHSC guidelines. These foods and drinks have limited nutritional value and can be high in saturated fat and/or added sugar and/or sodium (salt) and can contribute to excess energy (kilojoule) intake. These foods and drinks are not in line with the NHSC Guidelines.

These foods cannot be 'greened up' by adding fruit or vegetables.

These foods and drinks are not recommended for sale in a healthy school canteen.

What are GREEN, AMBER and RED foods and drinks?

GREEN foods & drinks = Always on the canteen menu

These foods and drinks are the best choices and should fill the canteen menu.

GREEN foods and drinks include;

- breads and cereals, rice, pasta and noodles
- whole grain breakfast cereals lower in added sugar and high in fibre
- vegetables and salad vegetables including frozen and tinned varieties
- fresh, frozen and tinned fruit (in natural juice)
- reduced fat plain and flavoured milk, yoghurt, custard and cheese
- lean meat and poultry, fish, eggs, nuts (unsalted) and legumes
- water

AMBER foods & drinks = Select carefully

These foods and drinks should be limited on the canteen menu, served in smaller serve sizes and served with GREEN foods where possible.

AMBER foods and drinks include;

- full fat milk, cheese, custard and yoghurt with no added confectionary, may contain intense (artificial) sweeteners
- at least 99% fruit or vegetables juices (maximum serve of 250ml) includes carbonated and sparking varieties
- breakfast cereals which are higher in added sugar and lower in fibre
- commercial ready to eat hot dishes - pasta, rice and noodle dishes
- reduced fat and salt pastry items - pies, pastries, sausage rolls and quiches
- oven baked potato products - wedges, chips, hash browns and other formed products
- spring rolls and dim sims (steamed, baked or grilled)
- commercial meat and meat alternative products - reduced fat and salt burgers, patties, nuggets, saveloys, ham, bacon, free flow chicken
- un-iced cakes, muffins and slices
- sweet snack food, bars and biscuits
- savoury snack food, biscuits, crisp breads, crackers and crisps
- reduced fat ice creams and dairy desserts
- dried fruit and 100% fruit leathers
- at least 99% fruit juice frozen fruit sticks and blocks (maximum serve size of 125ml)
- at least 99% fruit juice slushies and jelly (maximum serve size of 200ml)
- spreads, dips, sauces and relish
- toppings, syrup, jam and honey

All food and drinks assessed as AMBER require assessment by the TSCA team using the NHSC guidelines.



RED foods & drinks = Not recommended on the canteen menu

These foods and drinks are not recommended for sale in a healthy school canteen.

RED food and drinks include;

- any food that does not meet the NHSC GREEN or AMBER guidelines
- deep fried foods
- confectionary
- sweetened and artificially sweetened drinks - soft drinks, sports drinks, cordial, flavoured mineral water, sweetened waters and energy drinks
- less than 99% fruit juices and/or added sugar and/or serve size greater than 250 mL
- cakes and slices - iced cakes and slices, doughnuts, Danish pastries and cream filled buns or cakes
- less than 99% fruit juice slushies and jelly and/or added sugar and/or greater than 200ml serve size
- less than 99% fruit juice frozen fruit sticks and blocks and/or added sugar and greater than 125ml serve size
- ice creams - chocolate coated, premium desserts
- fats - cream, coconut cream, coconut milk, butter, copha, ghee and lard



Making healthier choices

When considering whether a product is suitable to include on the canteen menu or to make a better choice within a product range, it is important to assess its nutritional value. The TSCA uses the NHSC guidelines nutrient criteria to assess a product, see page 11 of the NHSC guidelines for further information.

Breakfast cereals

- Choose higher fibre and low added sugar varieties

Pasta and simmer sauces

- Choose low saturated fat and sodium varieties

Commercially prepared soups (condensed and instant)

- Choose low saturated fat and sodium varieties

Dips (based on legumes, dairy, vegetable or salsa)

- Choose low saturated fat and sodium varieties

Mayonnaise and salad dressings

- Choose low saturated fat and sodium varieties

Sauces, condiments and gravies

- Choose reduced fat and sodium varieties
- Use small amounts

Fats and oils

- Choose polyunsaturated and monounsaturated oils and spreads and use sparingly e.g. sunflower, corn, soyabean, olive and canola.



“Greening up” your menu

Many canteen prepared snacks and meals can be modified to move them from being assessed as RED to AMBER by modifying cooking methods or substituting ingredients. For example oven baking a product rather than deep frying; or removing chocolate chips from a muffin. Commercial products assessed as RED under NHSCG cannot be “greened up”. Some commercial AMBER products can move to GREEN. For example an approved burger and bun is AMBER; an approved burger and bun served with two fruit or vegetables (e.g. lettuce and tomato) is still AMBER but adding three fruit and vegetables makes the burger GREEN (e.g. lettuce, grated carrot and tomato).

Try some of the following “Greening Up” tips:

- Use all GREEN ingredients to make your canteen food and drinks:
 - Reduced fat dairy foods
 - Lean meat, poultry, fish, eggs, nuts and legumes
 - Fruit and vegetables
 - Breads and cereals, rice, pasta and noodles (preferably wholemeal or wholegrain where possible)
 - Healthier choice ingredients as per NHSCG.
- Remove RED ingredients
 - Confectionary
 - Cream (all types), coconut milk and cream
 - Butter, ghee, lard and copha
 - Less than 99% fruit juice jelly
- Do not deep fry
- Check your commercially prepared products meet the AMBER nutrient criteria:
 - Contact TSCA if you need
 - Use the TSCA product list
 - Use the nutrition information panel to compare against the criteria in the NHSC guidelines book
- Offer smaller serves
- Add fruit and vegetables where possible to foods
- Choose reduced fat and reduced salt versions of condiments, sauces and other flavouring agents

For more information and ideas see the *Recipe Modification* sheet in the Resource Section of this kit.



Menu assessment

The foods and drinks on the canteen menu will be divided into five sections and each section is assessed individually against criteria set by the TSCA. The sections are:

1. Cold, hot and toasted sandwiches/rolls/wraps
2. Ready to eat (RTE) meals and snacks (hot and cold)
3. Confectionary
4. Drinks
5. Food combos

School canteen menus are assessed either as a whole year menu OR on a term by term basis depending on how your school chooses to present your menu. If the menu is presented on a term by term basis assessment, feedback will be provided in all five sections for each term.

Each section will receive a separate GOLD, SILVER or BRONZE rating and your overall accreditation level will be based on the lowest assessment that you achieve in particular section. For example if you attain GOLD in four sections and SILVER in one section, your overall accreditation level will be SILVER. Individualised feedback will be provided on your menu and the changes required for your canteen to achieve accreditation and/or move to a higher level of accreditation.



How to design your menu to achieve Accreditation?

The following ideas will assist your school achieve a healthy canteen menu and meet GOLD, SILVER or BRONZE level accreditation in each section.

Cold, hot and toasted sandwiches/rolls/wraps

- All bread is a good source of nutrients. Including different types adds variety to the menu. Wholemeal, wholegrain or high fibre white bread, wraps and rolls are better choices as they are higher in fibre.
- Use a low saturated fat and salt margarine or fat spread and use in small amounts.
- Choose lean meat and meat alternative sandwich fillings including egg, baked beans, tuna and lower salt and fat luncheon meats that meet the NHSC criteria such as ham, free-flow chicken, roast turkey or beef. For more information refer to page 10 of the NHSC guidelines book.
- Include fruit and vegetables in your sandwiches, rolls or wraps or as optional extras. The higher the quantity or variety the higher the score. For more information refer to the Resource Section of the kit.

Ready to eat meals and snacks (hot and cold)

- GREEN snacks and meals should fill the menu.
- Use this kit and other resources provided by TSCA to select commercial products that have been categorised as AMBER.
- Choose GREEN ingredients in canteen made meals. The TSCA will review your recipes and provide feedback.
- 'Green up' your AMBER foods by adding fruit and/or vegetables.
- The TSCA will assess some meals and snacks as GREEN depending on the food/recipe and the amount of fruit and/or vegetables that have been added.
- For SILVER and BRONZE level accreditation the menu must include one canned or fresh fruit snack. For GOLD level, the menu must include two canned or fresh fruit snacks
- The minimum requirements for each level of accreditation are shown in the Table below

BRONZE	SILVER	GOLD
<ul style="list-style-type: none"> ✓ Maximum of 6 RED snacks/RTE lines ✓ 1 fruit (fresh or tinned) ✓ The number of GREEN snacks and RTE items combined must be at least half of the number of AMBER lines combined. 	<ul style="list-style-type: none"> ✓ Maximum of 3 RED snacks/RTE lines ✓ 1 fruit (fresh or tinned) ✓ The number of GREEN snacks and RTE lines combined must be at least half of the number of AMBER snack and RTE lines combined 	<ul style="list-style-type: none"> ✓ No RED foods ✓ 2 fruit snacks (fresh or tinned) ✓ The number of GREEN snacks and RTE lines combined must be at least three quarters of the number of AMBER snacks and RTE lines combined.



Confectionary

- The maximum number of confectionary items that can be stocked by the canteen and which can be offered on any given day is as follows:
 - GOLD – no confectionary
 - SILVER – 2 lines (with limited sale, for example only available at lunchtime)
 - BRONZE – 3 lines
- For more information on the types of food categorised as confectionary see page 17 of this kit.

Drinks

- Water is the best thirst quencher and the most suitable drink for children.
- Reduced fat milk (either plain or flavoured) is recommended. School aged children and adolescents do not need the full fat varieties of these products.
- A reduced fat milk drink must be offered by your canteen for all levels of accreditation. This can be canteen prepared or a commercial line.
- Reduced fat coffee milk drinks are only permitted for sale in secondary schools and with a maximum serve size 375ml.
- If fruit juices are available through the school canteen they must be at least 99% juice with a maximum serve size of 250ml.
- No RED drinks are allowed at any level of accreditation. RED drinks include sweetened and artificially sweetened drinks - soft drinks, fruit juices (greater than 250ml), sports drinks, cordials, flavoured mineral water, sweetened water and energy drinks.
- Tea and coffee (instant, espresso or percolated) as assessed by the Cool CAP Dietitians are not to be offered in accredited canteens.



Ideas to increase GREEN foods on the menu

These food and drinks should fill the menu

Green snack ideas

- Fruit salad in tub or cone
- Whole fruit cut up
- Bags of grapes, cut up melon and pineapple
- Apple slinkies
- Fruit kebabs
- Frozen fruit pieces in a bag or on stick e.g. banana or orange quarters
- Frozen blocks or sticks of pureed fresh fruit or tinned fruit
- Tinned fruit diced or pureed (in natural juice)
- Plain air popped corn in a bag or cup
- Nuts*
- Hot vegetables - corn on cob, baby jacket potatoes with coleslaw and yoghurt
- Roasted vegetables
- Salad vegetables - carrot sticks, celery, cherry tomatoes
- Celery sticks filled with light creamed cheese or peanut butter*
- Vegetable or fruit pikelets
- Reduced fat yoghurt tubs and tubes
- Reduced fat custard
- Reduced fat custard served in a cone with fresh or tinned fruit
- Reduced fat cheese sticks
- Wholegrain high fibre cereal and milk
- Crumpets
- English muffins plain or topped with creamed corn, tomato, ham and cheese or baked beans
- Toasted or plain raisin bread or fruit buns
- Pancakes, pikelets and scones
- Plain bread rolls
- Canteen made garlic bread. Mix garlic with a little poly- or mono-unsaturated margarine and spread on bread or rolls (serve hot)
- Hot cheese roll
- Toasted bread cups filled with creamed corn or baked beans
- Baked beans in a cup
- Jaffles filled with baked beans, creamed corn, ham and pineapple or apple and ricotta
- Fruit bread jaffles filled with ricotta or reduced fat creamed cheese and grated apple
- Boiled egg
- Vegetable based soup
- Sandwiches

*check your school policy on nuts



Ideas to increase GREEN foods on the menu

These food and drinks should fill the menu

GREEN canteen made and commercial ready to eat food ideas

- Lean meat or poultry stir fry with mixed vegetables (fresh or frozen), served with noodles or rice
- Canteen made stews, casseroles and curries made with GREEN ingredients
- Commercial meat balls in a sweet and sour sauce containing at least 3 fruit or vegetables served with noodles or rice
- Tomato and vegetable pasta
- Meat balls in a tomato and/or vegetable based pasta sauce served with pasta or rice
- Bolognese or tomato pasta bake
- Vegetable savoury rice
- Rice paper rolls filled with noodles and vegetables served with a low salt dipping sauce
- Chicken, meat or fish burgers in a bun with at least 3 salad vegetables or fruit
- Commercially made hot meat balls in a bun with at least 3 salad vegetables and BBQ sauce
- Lean hot meat strips in a Turkish bread with salad vegetables topped with yoghurt
- Sushi
- Macaroni cheese (made with reduced fat dairy)
- Vegetable or lentil patties in a bun with salad
- Hot chicken tender in a wrap with at least 3 salad vegetables or fruit
- Canteen made burritos with salad vegetables or fruit
- Vegetable slice
- Canteen made pizzas with generous amounts of fruit or vegetable toppings
- Jacket potatoes topped with salad, reduced fat cheese and yoghurt
- Salad boxes with ham, tuna chicken or egg
- Tabouli, rice, pasta or couscous salad containing vegetables or fruit
- Potato salad with a reduced fat dressing
- Chicken nuggets served with a savoury rice or noodles containing at least 3 fruit or vegetables
- Reduced fat and salt savoury pastry served with 3 vegetables or salad
- Scooped out bread roll filled with a meat and vegetable sauce or baked beans topped with cheese
- Soups
- Lasagne

All commercial and canteen made products need to be assessed by the Cool CAP Dietitians



GREEN drink ideas

- Water
- Plain mineral, soda, spring or sparkling water
- Plain reduced fat milk or soy milk
- Reduced fat flavoured milk drink (suggest 375ml serve or less)
- Milkshake made with reduced fat milk (suggest 375ml serve or less)
- Reduced fat coffee style milk drinks are only permitted for sale in secondary schools (maximum serve size 375ml)
- Fruit smoothies made with fresh, frozen or canned fruit, reduced fat yoghurt and reduced fat milk
- Reduced fat yoghurt drinks
- Hot chocolate/Milo made with reduced fat milk (suggest 375ml serve or less)



AMBER foods on your menu

These foods should not dominate your menu

GREEN alternatives should be offered where possible

Offer small serves of these foods and drinks

Many of these foods can be “GREENED UP” if at least 3 vegetables or fruit are added to the meal or snack

AMBER snack ideas

- **ALL foods categorised as AMBER snacks must meet the NHSC nutrient criteria for their food category**
 - Full fat yoghurt and custard
 - Full fat cheese
 - Dairy desserts e.g. fromage frais
 - Rice custards and desserts
 - Reduced fat icecream and frozen yoghurt icecream
 - Cakes, sweet and savoury muffins, sweet buns, pies, biscuits and slices
 - Cereal and fruit bars
 - Crisps and noodles
 - Some commercial popcorn varieties
 - Savoury flavoured biscuits, bread sticks, crackers and rice crackers
 - Dried fruit
 - Salted and roasted nuts*
 - Survival packs e.g. cereal and mixed dried fruit, nuts or seeds*
 - 100% fruit leathers
 - Savoury breads (e.g. cheese and bacon rolls, pull aparts, savoury toast, scrolls) - serve size 60g
 - Cup style noodles
 - Oven baked potato and vegetable products
 - Reduced fat and salt savoury pastries e.g. party pies and sausage rolls
 - Hot and savoury lines such as spring rolls, dim sims and chiko rolls
 - At least 99% fruit juice frozen fruit sticks and blocks (maximum serve size 125mL)
 - At least 99% fruit juice slushies (maximum serve size 200ml)
 - Jelly made with at least 99% fruit juice and gelatine setting agent (cannot contain added sugar or sweetened jelly crystals)
- *check your school policy on nuts

All commercial and canteen made products need to be assessed by the Cool CAP Dietitians



AMBER canteen made and commercial ready to eat food ideas

- **ALL foods categorised as AMBER must meet the NHSC nutrient criteria for their food category**
- Oven heated or grilled savoury items e.g. chicken nuggets, chicken strips, burgers, fish fingers, meat balls served alone or with less than 2 vegetables or fruit
- Commercial savoury rice
- Commercial pasta
- Hot chicken strip wrap with 2 or less salad vegetables or fruit
- Pizzas single or slices
- Pizza pockets, calzones and savoury filled bread pockets
- Reduced fat and salt savoury pastries, pies, quiches and sausage rolls
- Hot savoury lines such as spring rolls, dim sims and chiko rolls (steam, grilled or baked)
- Reduced fat and salt sausages and hot dogs
- Some commercially prepared soups

All commercial and canteen made products need to be assessed by the Cool CAP Dietitians

AMBER drinks

- Full fat plain milk or soy milk
- Full fat flavoured milk
- Milkshake made with full fat milk
- Fruit smoothie made with full fat milk
- At least 99% fruit or vegetable juice (maximum serve of 250ml) including carbonated and sparking varieties

All commercial and canteen made products need to be assessed by the Cool CAP Dietitians

RED foods on your menu

Aim to remove these foods from your menu

At GOLD level accreditation no RED foods or drinks are allowed

GREEN and AMBER alternatives should be offered where possible

RED snacks, canteen made and commercial ready to eat food

- Any product that does not meet the NHSC AMBER nutrient criteria for their food category
- Slushies that are less than 99% fruit juice and/or greater than 200ml
- Frozen fruit sticks and blocks that are less than 99% fruit juice and/or greater than 125ml
- Any product containing intense (artificial sweetener) with the exception of flavoured milk, yoghurt and custards
- Croissants and Danish style pastries
- Iced cakes, muffins, biscuits, slices, cream filled buns and sweet breads
- Any food containing added confectionary
- Jelly made with less than 99% fruit juice and/or with added sugar and/or greater than 200ml
- Deep fried food

RED drinks

- Carbonated sweet drinks e.g. soft drinks, flavoured mineral water
- Energy drinks and any drink containing added caffeine or equivalents e.g. guarana
- Sports drinks and sports waters
- Sweetened waters
- Cordials
- Fruit juice drinks and juices containing less than 99% juice and/or added sugar and/or greater than 250ml
- Tea and coffee (instant, espresso or percolated)
- Coffee style milk drinks (including flavoured) in primary schools and greater than 375ml in secondary schools



Confectionary

- Lollies (including artificially sweetened lollies)
- Fruit juice lollies and jubes
- Liquorice
- Fruit flavoured bars and lollies
- Chocolate and chocolate bars
- Yoghurt chocolate
- Carob chocolate and bars
- Sweetened fruit bars
- Sweetened nut bars
- Sweetened chocolate and cereal bars
- Sweetened popcorn
- Malted chocolate lollies and buttons
- Chocolate spreads
- Cough lollies

Other RED Items

- Chocolate and carob spreads
- Sprinkles, 100 and 1000's
- Coconut cream, coconut milk, butter, ghee, lard and copha
- Icing and frostings
- Some high fat, high salt meats such as bacon, salami, devon and chicken loaf that do not meet the NHSC nutrient criteria
- Cream and sour cream based dressings

FOOD “COMBO’S”

- Food combination deals are a great way to add variety and interest to the canteen menu and market new menu items.
- Food combination deals can reduce the workload of canteen staff on some days by offering the deal and only a limited selection of your regular menu items.
- Food “Combo” deals can also simplify the ordering process.
- Canteen accreditation aims to introduce children to a variety of healthy food options and encourages children to try a variety of new foods.

Food and drink combinations that meet the criteria : ✓ Cool CAP approved				
GREEN Food	GREEN Drink	AMBER Food	AMBER Drink	Meets Cool CAP
Any GREEN food/s and	GREEN drink/s			✓
Any GREEN food/s with		1 AMBER food		✓
Any GREEN food/s with			1 AMBER drink	✓
<ul style="list-style-type: none"> • No RED foods are allowed in a meal combo • No more than one AMBER food in a meal combo • All other combinations to be approved by COOLCAP 				

Food and drink combination Ideas

Chicken and salad wrap	Fruit smoothie (made with reduced fat milk)		✓
Vegetable filled rice paper rolls served with dipping sauce	Steamed rice	Reduced fat flavoured milk	✓
Sushi rolls	Apple		✓
Canteen made meat balls with sweet and sour sauce and noodles	99% fruit juice icypole (125ml size)		✓
Hamburger* and salad (with 3 vegetables or fruit)	99% fruit juice (250ml)		✓
Canteen made mini cheese and vegetable frittata	Hash brown*	Water	✓
Jacket potato topped with salad, cheese and yoghurt	Reduced fat yoghurt stick		✓
<p>* COOLCAP approved product</p> <p style="text-align: center;">All commercial and canteen made products need to be assessed by the Cool CAP Dietitians</p>			