

TASMANIAN  
**SCHOOL  
CANTEEN**  
ASSOCIATION INC.



# Product Guide

## Term 4

### 2017

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***HELPING KEEP TASSIE KIDS HEALTHY!***



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## Who is the Tasmanian School Canteen Association?

The TSCA was formed in 1994. It is a not for profit non-government organisation and is jointly funded by the Tasmanian Department of Education and the Tasmanian Department of Health and Human Services. The TSCA supports the broader school community by ensuring a variety of healthy foods and drinks are served at the canteen.

This support is given through:

- the provision of resources and advice on food selection and menu planning
- assistance with achieving good canteen management and operations
- assisting with the development of policies around nutrition
- providing food safety information
- encouraging the healthy eating message to the whole school through canteen, classroom and school activities
- the delivery of seminars, newsletters, food expos and workshops for canteen managers, teachers and the school community
- assisting schools in achieving a School Canteen Accreditation Award.

## What is the TSCA Product Guide?

The Product Guide includes products that have been assessed by the TSCA as either **GREEN** or **AMBER**. It is not a complete list of foods and drinks and not all products which meet the nutrient criteria are included. If you come across a product that is not included in this Guide, you can check it against the National Healthy School Canteen nutrient criteria (page 4) or check with your TSCA Project Officer. The Product Guide will be updated at the start of each school term and any products which have been assessed and added to the Guide will be marked **NEW** to make it easier to see which products have been newly added.

## GREEN food and drink

Food/drink	Examples
<b>Drinks</b>	<p>Low or reduced-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"><li>• May contain intense and artificial sweeteners^.</li><li>• Suggested 375ml serve size or less (except coffee-style drinks).</li><li>• Coffee-style milk drinks (including flavoured) may be sold in secondary schools (maximum 375ml serve size).</li></ul> <p>Water: plain (tap, spring, mineral or sparkling), with nothing added.</p>
<b>Bread and alternatives</b>	<ul style="list-style-type: none"><li>• Bagels, burritos, crumpets, English muffins, focaccia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, high fibre, white.</li><li>• Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns.</li><li>• Plain and savoury scones, pikelets and pancakes.</li></ul>
<b>Breakfast cereals</b>	<ul style="list-style-type: none"><li>• Wholegrain and whole-wheat flakes, wholegrain puffed cereals, porridge, whole-wheat biscuits.</li><li>• Choose those low in added sugar, high in fibre and without added confectionary.</li></ul>
<b>Rice, grains, pasta</b>	<ul style="list-style-type: none"><li>• Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous.</li><li>• Plain air-popped popcorn with nothing added.</li></ul>
<b>Yoghurt and cheese (including soy alternatives)</b>	<ul style="list-style-type: none"><li>• Low or reduced-fat cheese.</li><li>• Low or reduced-fat plain or fruit yoghurt without added confectionary.</li><li>• May contain intense and artificial sweeteners^.</li></ul>
<b>Fruit</b>	<ul style="list-style-type: none"><li>• Fresh, frozen, pureed or canned in natural juice (does not include dried fruit).</li><li>• In-season is the best choice.</li></ul>
<b>Vegetables (including legumes)</b>	<ul style="list-style-type: none"><li>• Fresh, frozen or canned without added flavourings.</li><li>• In-season is the best choice.</li><li>• Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).</li></ul>
<b>Lean meat, fish, poultry and alternatives</b>	<ul style="list-style-type: none"><li>• Unprocessed lean beef, chicken, lamb, pork, turkey, fish.</li><li>• Canned tuna, salmon, sardines.</li><li>• Eggs, nuts* (un-salted, un-roasted, dry roasted).</li></ul>

<sup>^</sup>Code number and prescribed name for intense or artificial sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame) 965 (malitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol), 960 (Steviol glycosides)

\*Check your school policy regarding the use of nuts and products containing nuts.

## GREEN

Always on the canteen menu

- These food and drinks are the best choices as they contain a wide range of vitamins and minerals, and are generally low in saturated fat and/or sugar and/or sodium (salt).
- These food and drinks should be:
  - available every day
  - included as the main choices on the canteen menu
  - presented in attractive and interesting ways
  - promoted as tasty, good value choices.

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## AMBER

Select carefully

- These food and drinks contain some vitamins and minerals, but may also contain higher levels of saturated fat and/or sugar and/or sodium (salt). If eaten in large amounts these foods may contribute to excess energy (kilojoules) being consumed.
- These food and drinks should be:
  - sold in smaller serve sizes
  - less prominent on the canteen menu
  - served with or added to GREEN foods where possible.

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## RED

Not recommended on the canteen menu

- These food and drinks are low in vitamins and minerals, and higher in saturated fat and/or sugar and/or sodium (salt).
- These food and drinks are not recommended for sale in school canteens.

## 'GREEN-ing up' AMBER products

Some AMBER products can be GREENed up by adding at least 3 different types of fruit or vegetables to them. Why not try:

- Chicken, beef or fish burgers or tenders in a roll or wrap with at least 3 salad vegetables (e.g. lettuce, carrot, tomato)
- Commercial lasagne served with at least 3 salad vegetables (e.g. lettuce, cucumber, beetroot)
- Roasted chicken meat served with at least 3 vegetables (e.g. pumpkin, potato, peas)

Some AMBER snacks can also be GREENed up for example:

- Reduced fat cheese + crackers = GREEN
- Vegetable sticks + dip = GREEN
- Pikelet + jam = GREEN
- Tinned or fresh fruit + full fat yoghurt = GREEN
- Tinned or fresh fruit + custard = GREEN
- Air popped popcorn + dried fruit = GREEN
- Air popped popcorn + dried fruit + cereal = GREEN
- Cereal + dried fruit = GREEN

The TSCA uses the National Healthy School Canteen guidelines to decide if a product is **GREEN**, **AMBER** or **RED**.

Hot food items such as pastries, pizzas, pasta and rice dishes, baked potato products, burgers, nuggets and processed meats are assessed using the per 100g column. If a product meets all the nutrient criteria shown in Table 1 then it would be **AMBER**. If it is over in any of these nutrients, it is **RED** and is not recommended for sale in school canteens.

<b>Table 1: Hot food items and processed meats assessed per 100g</b>			
Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less

Snack food items such as bars, biscuits, savoury snacks, crisps, ice-cream and muffins are assessed using the per serve column. This is to limit large amounts of these types of foods being consumed. If a snack item meets all nutrient criteria shown in Table 2 then it would be **AMBER**. If it is over in any of these nutrients, it is **RED** and not recommended for sale in school canteens.

<b>Table 2: Snack food items assessed per serve</b>				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	–	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	–
	-- (Energy must be 1800kJ or less per 100g) --			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	–	–
	-- (Milk must be listed as first ingredient) --			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	–	1.5g or more

All types of confectionery are categorised as **RED**.

**GREEN** products**AMBER** products

## BREAKFAST CEREAL AND MUESLI

Under the National Health School Canteen Guidelines (NHSCG), breakfast cereals and muesli can be **GREEN** or **AMBER**. If a breakfast cereal or muesli product meets the below criteria it is **GREEN**, if it does not meet the below criteria it is **AMBER**.

NHSCG Category	Nutrient criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
Breakfast cereals not containing dried fruit	2g or less	-	5g or more	20g or less
Breakfast cereals containing dried fruit	2g or less	-	5g or more	25g or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Kellogg's</b> www.kelloggs.com.au	All-Bran	Apple Flavoured Crunch	500g	40g
	Sustain	Original	320g	40g
	Special K Protein Crunchy 3 Grain Granola	Flame Raisin & Red Apple	430g	45g
	Special K Nourish	Wildberry, Raisin & Pepita	400g	40g
	Special K Nourish	Blackcurrant, Apple & Pepitas	400g	40g
	Special K	Original	200g	40g
<b>Sanitarium Health &amp; Wellbeing Company</b> www.sanitarium.com.au	Weet-Bix	Original	575g	30g
	Weet-Bix Gluten Free	Original	375g	30g
	Weet-Bix Gluten Free	Coconut and Rice Puffs with a hint of Cinnamon	33g	400g
	Weet-Bix Bites	Wildberry	500g	45g
	Weet-Bix Bites	Crunchy Honey	510g	45g
	Weet-Bix Bites	Banana Blast	500g	45g
	Weet-Bix Bites	Apricot	500g	45g
<b>Carmans</b> www.carmanskitchen.com.au	Crunchy Clusters	Almond, Pecan & Maple	500g	45g
	Crunchy Clusters	Blueberry, Coconut & Almond	500g	45g
	Crunchy Clusters	Cranberry, Apple & Roasted Nut	500g	45g
<b>Uncle Tobys</b> www.uncletobys.com.au	Plus	Muesli Flakes, Apricots, Sultana's, Apples & Coconut	410g	40g
	Oat Flakes	Original	640g	30g
	Fruity Bites	Wildberry	500g	30g



GREEN products



AMBER products

## BREAD AND BREAD PRODUCTS

Commercial sandwiches are assessed as GREEN items, unless they contain any RED ingredients as a main ingredient. Commercial sandwiches are not assessed against nutrient criteria.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Tasmanian Bakeries</b> <a href="http://www.tasmanianbakeries.com.au">www.tasmanianbakeries.com.au</a>	Cheese & Garlic Pide		125g	125g
	Old Favourites		150g	150g
	Vegetarian Wrap		230g	230g
	Ham and Salad Roll		215g	215g
	Roast Chicken and Salad Roll		245g	245g
	Chicken Salad Sandwich		205g	205g
	Ham Wrap		235g	235g
	Tuna Sandwich		185g	185g
	Curried Egg Sandwich		150g	150g
	Ham, Cheese and Tomato Sandwich		180g	180g
	Vegetarian Rustic Roll		225g	225g

## RICE, PASTA AND NOODLE DISHES

### Rice dishes

Under the NHSCG, commercial pasta, rice and noodle dishes can be AMBER or RED. If the food being assessed meets the below criteria it is AMBER, if it does not meet the below criteria it is RED and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ	5g or less	400mg or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>7 Chefs (School's Out)</b> <a href="http://www.7chefs.com.au/schools-out">www.7chefs.com.au/schools-out</a>	Veg Fried Rice		200g	200g
	Jungle Curry		200g	200g



GREEN products



AMBER products

## Pasta dishes

Under the NHSCG, commercial pasta, rice and noodle dishes can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ	5g or less	400mg or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Vesco Foods (Enrico Visconti)</b> www.enricos.com.au	Twista Pasta Bolognese	Beef	24 x 200g	200g
	Beef Lasagne		24 x 220g	220g
	Macaroni Cheese Pasta		24 x 200g	200g
<b>Inghams (Blasta Pasta)</b> www.inghamfoodservice.com.au	Traditional Lasagne	Beef		200g
	Spaghetti Bolognese <b>NEW</b>	Beef		200g
<b>7 Chefs (School's Out)</b> www.7chefs.com.au/schools-out	Triple Cheese Macaroni		200g	200g
	Spiral Bolognese		200g	200g
	Spaghetti Bolognese		200g	200g
	Veg Lasagne		200g	200g
	Beef Lasagne		200g	200g
<b>Heinz</b> www.heinzfoodservice.com.au	Tinned Spaghetti	Tomato	All sizes	
	Tinned Spaghetti	Extra Cheese	All sizes	
	Tinned Spaghetti	Salt Reduced	All sizes	
<b>SPC</b> www.spc.com.au	Tinned Spaghetti	Rich tomato	420g	125g
	Tinned Spaghetti	Cheesy Cheddar	420g	125g
	Tinned Spaghetti	Tomato and Cheese	420g	125g
	Tinned Spaghetti	Salt Reduced	420g	125g

## Noodle dishes

**\*when prepared as per the packet directions**

Under the NHSCG, commercial pasta, rice and noodle dishes can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ	5g or less	400mg or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Maggi</b> www.maggi.com.au	Cup Noodles	*Beef		360g
	2 Minute Noodles	*Beef		380g
	2 Minute Noodles	*Chicken		380g
	2 Minute Noodles <b>NEW</b>	*Chicken and Corn		380g





GREEN products



AMBER products

## Noodle dishes

\*when prepared as per the packet directions

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Maggi</b> <a href="http://www.maggi.com.au">www.maggi.com.au</a>	2 Minute Noodles (99% fat free) <b>NEW</b>	*Beef		380g
	2 Minute Noodles (99% fat free) <b>NEW</b>	*Chicken		380g
	2 Minute Noodles (wholegrain) <b>NEW</b>	*Beef		380g
	2 Minute Noodles (wholegrain) <b>NEW</b>	*Chicken		380g
	Cup Noodles <b>NEW</b>	*Oriental		380g
<b>Fantastic</b> <a href="http://www.fantasticsnacks.com.au">www.fantasticsnacks.com.au</a>	Noodle Cup <b>NEW</b>	*BBQ Beef		380g
	Noodle Cup <b>NEW</b>	*Chicken		380g
	Noodle Cup <b>NEW</b>	*Chicken and Corn		380g
	Noodle Cup <b>NEW</b>	*Chicken Chow Mein		380g
	Noodle Cup <b>NEW</b>	*Oriental		380g



GREEN products



AMBER products

## MEAT PRODUCTS AND ALTERNATIVES

### Fresh meats

Under the NHSCG, fresh lean meats (for example roast beef, stir-fry strips, reduced fat mince, lean chicken meat without the skin, turkey and fish) are GREEN.

Manufacturer	Product name	Flavour/ variety	Pack size	Serve size
<b>Nichols Poultry</b> www.nicholspoultry.com.au	Chicken Breast Fillet	Raw		160g
	Chicken Breast Tenderloins	Raw		60g
	Chicken Breast Stripped	Raw		

### Meat products

Under the NHSCG, commercial meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries can be AMBER or RED. If the food being assessed meets the below criteria it is AMBER, if it does not meet the below criteria it is RED and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Colonial Farm</b> www.colonialfarm.com.au	Quarter Pound Colonial Burger	Beef	48 x 113g	113g
	Fully Cooked Lean Rissoles <b>NEW</b>	Beef	60 x 100g	100g
	Fully Cooked Burger <b>NEW</b>	Beef	60 x 75g	75g
	Fully Cooked Lean Burger <b>NEW</b>	Beef		90g

### Processed luncheon meats

Under the NHSCG, processed luncheon meats (fritz, devon, chicken load and free flow chicken products) can be AMBER or RED. If the food being assessed meets the below criteria it is AMBER, if it does not meet the below criteria it is RED and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Processed luncheon meats (fritz, devon, chicken load, free flow chicken products)	1000kJ or less	3g or less	750mg or less

Manufacturer	Product name	Flavour/ variety	Pack size	Serve size
<b>Inghams</b> www.ingham.com.au	Healthy Select Turkey Breast		1.7-2.0kg	
	Smoked Turkey Breast Roll		2.1-2.6kg	
	Diced Roasted Chicken Meat		1kg	
	Sliced Roasted Chicken Breast Strips	Skin Free	1kg	
	Short Slice Roast Chicken Meat	Skin Free	1kg	
	Chicken Breast Supreme		2.5kg	
	Turkey Supreme	Skin on	1.8-2.2kg	



## Fish products

Under the NHSCG, commercial meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less

  

Manufacturer	Product name	Flavour/ variety	Pack size	Serve size
<b>Captain's Catch</b> www.simplotfoodservice.com.au	Oven Crispy Fish		45 x 84g	84g
	Crunchy Crumbed Fish		24	110g, 140g
	Crispy Battered Fish		24	110g, 140g
<b>I&amp;J</b> www.simplotfoodservice.com.au	Crumbed Tropical Snapper		22 x 140g	140g
	Fish Fingers		1kg	75g
	Crispy Battered Hoki Fillets <b>NEW</b>		3kg	50g
	South American Crispy Battered Flathead Fillets <b>NEW</b>		3kg	50g
<b>Birds Eye</b> www.birdseye.com.au	Fish Fingers		1kg	75g
	Oven Baked Lightly Battered Fish	Original	9 x 425g	70g
	Oven Baked Original Crumbed Fish	Original	9 x 425g	70g
	Oven Bake Crumbed Fish <b>NEW</b>	Lemon	9 x 425g	70g
	Oven Bake Crumbed Fish <b>NEW</b>	Salt & Pepper	9 x 425g	141g
	Oven Bake Crumbed Fish <b>NEW</b>	Lemon Pepper	9 x 425g	141g
	Oven Bake Crumbed Fish <b>NEW</b>	Herb & Garlic	9 x 425g	70g
	Chunky Hoki Fish Fillet Fingers <b>NEW</b>		6 x 400g	120g
	Lil Fishies Hoki & Veg <b>NEW</b>		6 x 330g	66g

## Chicken products

Under the NHSCG, commercial meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Inghams</b> www.inghams.com.au	Classic Crumbed Chicken Tenders		1kg	50g
	School Sweet Chilli Tenders		1kg	55g
	Chicken Breast Goujons		1kg	20g
	School Breast Nuggets		1kg	21g



GREEN products



AMBER products

## Chicken products

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Inghams</b> www.ingham.com.au	Yummy Drumsticks		1kg	50g
	Flame Grilled Chicken Breast		1kg	85g
	School Chicken Burger		850g	83g
	Tempura Breast Nuggets	Tempura	1kg	20g
	Frozen Breast Steak		3kg	100g
<b>Nichols Poultry</b> www.nicholspoultry.com.au	Chicken Tenders	Plain		180g
	Chicken Tenders	Salt & Pepper		160g
	Chicken Tenders	Cheesy		180g
	Chicken Bites	Plain		200g
	Chicken Bites	Salt & Pepper		200g
	Chicken Bites	Cheesy		200g
	Burger	Chicken Vegetable		200g
	Breast Schnitzel		By the kilo	120g
	Honey Soy Wings	Honey Soy	By the kilo	
	Tandoori Wings	Tandoori	By the kilo	
	Bocconcini		By the kilo	
	<b>Steggles</b> www.steggles.com.au	Chicken Nuggets Dino Snacks		1kg
Chicken Breast Nuggets		Premium	1kg	
Chicken Breast Nuggets		Stay Crisp	1kg	
Chicken Breast Nuggets		Tempura	1kg	
Chicken Breast Crackles		Tempura	1kg	
Chicken Breast Pops		Tempura	1kg	
Chicken Breast Goujons		Original	1kg	
Chicken Breast Goujons		Sweet Chilli	1kg	
Natural Tenderbites		Southern Style	1kg	
Chicken Breast Wedges			1kg	
Wing Things		Honey Satay	1kg	
Crumbed Chicken Burger			950g	
Chicken Breast Schnitzel		Premium	100g	
Chicken Breast Schnitzel		Butterfly	5.7kg	
Chicken Breast Schnitzel		Tru Cut	5.7kg	
Natural Chicken Thigh Schnitzel			6kg	



GREEN products



AMBER products

## FRUIT PRODUCTS

Under the NHSCG, fruit can be **GREEN** or **AMBER**. If fruit is fresh, frozen or canned in natural juice, it is **GREEN**. Dried fruit and fruit leathers are **AMBER**.

Manufacturer	Product name	Flavour/ variety	Pack size	Serve size
<b>Forager Fruits</b> www.foragerfoods.com.au	Freeze Dried Apple Wedges	Apple	20g	20g
	Freeze Dried Raspberry infused Apple Wedges	Apple & Raspberry	20g	20g
	Freeze Dried Apple Wedges infused with Blackcurrant	Apple & Blackcurrant	20g	20g
<b>SPC</b> www.spc.com.au	Aussie Diced Peaches in Juice	Peaches	120g	120g
	Aussie Two Fruits in Juice	Pears & Peaches	120g	120g
	Juicy Diced Mangoes with Juice	Mangoes	120g	120g
	Aussie Diced Pears in Juice	Pears	120g	120g
	Aussie Made Diced Fruit Salad in Juice	Fruit Salad	120g	120g
<b>Riviana</b> www.rivianafoodservice.com.au	Fruit Cups in Natural Juice	Fruit Salad	80 x 120g	120g
	Fruit Cups in Natural Juice	Peaches	80 x 120g	120g
	Fruit Cups in Natural Juice	Pears	80 x 120g	120g
	Fruit Cups in Natural Juice	Two Fruit	80 x 120g	120g
<b>Boost</b> www.woolworths.com.au	Smoothie Mix <b>NEW</b>	Green Pastures	3 x 220g	220g
	Smoothie Mix <b>NEW</b>	Rawesome	3 x 220g	220g
	Smoothie Mix <b>NEW</b>	Tropical Sunrise	3 x 220g	220g

## VEGETABLE AND LEGUME PRODUCTS

Under the NHSCG, commercial meat products and alternatives crumbed and not crumbed (e.g. vegetarian burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen. Baked beans are a **GREEN** product.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less

Manufacturer	Product name	Flavour/ variety	Pack size	Serve size
<b>Life Health Foods</b> www.vegiedelights.com.au	Vegie Delights	Lentil Patties	300g	75g
	Vegie Delights	Classic Not Burgers	375g	94g
	Vegie Delights <b>NEW</b>	Indian Vegetable Cutlets	280g	70g
	Vegie Delights <b>NEW</b>	Chik'n Style Tenders	280g	70g
	Vegie Delights <b>NEW</b>	Tender Crumbed Schnitzels	300g	75g



GREEN products



AMBER products

## VEGETABLE AND LEGUME PRODUCTS

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Colonial Farm</b> www.colonialfarm.com.au	Vegetable Burger		6kg	100g
<b>Birds Eye</b> www.birdseye.com.au	Bubble & Squeak		6 x 620g	77g
	Corn Fritters	NEW	6 x 500g	55g
<b>I&amp;J</b> www.simplotfoodservice.com.au	Vegetable Pattie		4.09kg	113.6g
	Spinach & Ricotta Burgers	NEW	3kg	100g
<b>Heinz</b> www.heinzfoodservice.com.au	Baked Beans		All sizes	

## OVEN BAKED POTATO PRODUCTS

Under the NHSCG, commercial savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen. Any frozen potato product which has undergone minimal processing and contains less than 120mg/100g is assessed as **GREEN**.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Edgell</b> www.simplotfoodservice.com.au	Ready to Roast Rustic Cut Potato	Oven bake only	12kg	120g
	Mini Hash Brown Triangles	Oven bake only	6 x 2.0kg	28g
	Hash Brown Triangles	Oven bake only	6 x 2.0kg	40g
	Oval Hash Browns	Oven bake only	6 x 2.0kg	64g
	Potato Gems	Oven bake only	6 x 2.0kg	100g
	Supa Crunch Battered Wedges	Oven bake only	6 x 2.0kg	100g
	Instant Mash Potato	Potato	14.0kg	150g
<b>McCains Foods</b> www.mccainfoodservice.com.au	Potato Skin Shells	Oven bake only	7.71kg	76g
	Simply Mash	Potato	2.5kg	100g
	Hash Brown Ovals	Oven bake only	6 x 2kg	75g
	Hash Brown Nuggets	Oven bake only	6 x 2kg	100g
	Hash Brown Triangles	Oven bake only	10 x 1.36kg	80g
	Oven Fries	Oven bake only	3 x 5kg	100g
	Sweet Potato Wedges	Oven bake only	6 x 1.13kg	100g
	Seasoned Wedges	Oven bake only	6 x 2kg	100g



GREEN products



AMBER products

## OVEN BAKED POTATO PRODUCTS

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Birds Eye</b> www.birdseye.com.au	Golden Crunch Chips	Oven bake only	12 x 1kg	100g
	Golden Crunch Hash Browns	Oven bake only	12 x 800g	64g
	Golden Crunch Wedges	Oven bake only	12 x 1kg	100g
	Potato Gems	Oven bake only	12 x 1kg	100g
<b>Maggi</b> www.nestleprofessional.com.au	Natural Mashed Potato	Potato	2kg	100g
	Classic Gluten Free Mashed Potato	Potato	7kg	100g

## SAVOURY PASTRIES

Under the NHSCG, commercial savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ	5g or less	400mg or less

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Mrs Macs</b> www.mrsmacs.com.au	Good Eating	Snack Pie		50g
	Good Eating	Beef Pie		120g
	Good Eating	Cruizer Beef Pie		180g
	Good Eating	Cruizer Beef & Cheese Pie		180g
	Good Eating	Sausage Roll		120g
	Good Eating	Mini Potato Top Beef Pie		55g
<b>Tasmanian Bakeries</b> www.tasmanianbakeries.com.au	Magnificent 7	Pie	16 pack	180g
	Magnificent 7	Party Pie	8 x 12 pack	60g
	Good Sausage Roll	Sausage Roll	20 pack	120g
<b>Sunrise Bakery</b> www.tasmaniangourmet.com.au	Sun-Lo	Pie		170g
	Sun-Lo	Pastie		180g
<b>Four'N Twenty</b> www.pfdfoods.com.au	Lite Meat Pie	Pie		175g
	Lite Sausage Roll	Sausage Roll		125g
	Traveller Pie	Pepper Steak		160g
	Traveller Pie	Beef		160g
	Slams	Classic Beef		110g
<b>Patties</b> www.pfdfoods.com.au	Lite Party Pies	Party Pie	12 pack	42g



GREEN products



AMBER products

## SOUP

Under the National Health School Canteen Guidelines (NHSCG), commercial soups can be **GREEN** or **AMBER**. If a soup meets the below criteria it is **GREEN**, if it does not meet the below criteria it is **AMBER**.

NHSCG Category	Nutrient criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
Soups as prepared ready-to-eat (condensed, instant)	2g or less	300mg or less	-	-

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Rosella Group Pty. Ltd.</b> www.rosella.com.au	Condensed Soup	Tomato	500g	250g
	Condensed Soup	Cream of Mushroom	500g	
	Condensed Soup	Cream of Chicken	500g	
	Classic Australian	Cream of Tomato Soup	500g	
	Classic Australian	Tomato Minestrone	500g	
	Classic Australian	Chicken and Corn	500g	
	Classic Australian	Chicken and Vegetable	500g	
	Classic Australian	Creamy Tomato and Herbs	500g	
<b>Heinz</b> www.heinzfoodservice.com.au	Classic Creamy Tomato	Tomato	535g	
	Big Red Tomato Soup Salt Reduced	Tomato	420g	
	Big Red Condensed Tomato Soup	Tomato	200g, 420g, 820g	

## PIZZA

Under the NHSCG, commercial savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Inghams</b> www.ingham.com.au	Pizza Roundas		20 x 130g	130g
<b>McCains Foods</b> www.mccainfoodservice.com.au	Pizza Singles	Cheese & Bacon	24 x 100g	100g
	Pizza Singles	Ham & Pineapple	24 x 100g	100g
	Pizza Singles	Supreme	24 x 100g	100g
<b>Vesco Foods (Enrico Visconti)</b> www.enricos.com.au	Hawaiian Pizza	Hawaiian	24 x 160g	100g
	Meat Lovers Pizza	Meat Lovers	24 x 160g	100g
	Margherita	Margherita	24 x 160g	100g





GREEN products



AMBER products

## YOGHURT

Under the NHSCG, commercial yoghurt (plain and fruit varieties) without added confectionary can be GREEN or AMBER. If yoghurt is reduced fat it is GREEN. If yoghurt is full fat it is AMBER.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Chobani</b> www.chobani.com.au	0.5% Fat, Plain Authentic Strained Yoghurt	Plain	1kg	180g
<b>Dairy Farmers</b> www.dairyfarmers.com.au	Thick & Creamy Yoghurt	Classic Vanilla	600g	150g
	Thick & Creamy Yoghurt	Field Strawberries	600g	150g
	Thick & Creamy Yoghurt	Mango & Passionfruit	600g	150g
<b>Tamar Valley</b> www.tamarvalleydairy.com.au	Greek Style Yoghurt		1kg	100g
	Light Greek Style Yoghurt		1kg	100g
	Natural Yoghurt		1kg	100g
<b>Ski</b> www.skiyoghurt.com.au	Ski Divine	Vanilla Crème	1kg	150g
	Ski D'Lite	Vanilla Sensation	1kg	150g
<b>Yoplait</b> www.yoplait.com.au	Vanilla Yoghurt	Vanilla	1kg	100g
	Strawberry Yoghurt	Strawberry	1kg	100g
	Raspberry Yoghurt	Raspberry	1kg	100g
	Mango Yoghurt	Mango	1kg	100g
	Passionfruit Yoghurt	Passionfruit	1kg	100g
	Blackberry Yoghurt	Blackberry	1kg	100g
	Greek Style	Vanilla	950g	
	Forme French Vanilla Yoghurt	French Vanilla	6 x 175g	175g
	Forme Berry Harvest	Strawberry/Raspberry/ Field Berries	6 x 175g	175g
	Forme Classics	Vanilla/Strawberry/ Peach Mango	6 x 175g	175g
	Forme Tropical Paradise	Tropical/Passionfruit/ Peach Mango	6 x 175g	175g
	Petit Miam Squeezie Banana	Banana	70g	70g
	Petit Miam Squeezie Blueberry	Blueberry	70g	70g
	Petit Miam Squeezie Strawberry	Strawberry	70g	70g
	Petit Miam Squeezie Vanilla	Vanilla	70g	70g
Petit Miam Squeezie Fruit Salad	Fruit Salad	70g	70g	

**DAIRY DESSERTS & CUSTARDS**

# made with reduced fat milk = AMBER, made with water = RED

Under the NHSCG, commercial ice creams, milk-based ices, custards and dairy desserts can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium(mg) per serve	Fibre (g) per serve
Ice creams, milk-based ices, custards and dairy desserts	600kJ or less	3g or less	-	-
----- (Milk must be listed as first ingredient) -----				
Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Foster Clarks</b> www.fosterclark.com	Custard Cups 97% Fat Free	Vanilla	4 x 140g	140g
	Longlife Custard	Vanilla	1L	62.5g
	Snack Pack	Chocolate, Strawberry	4 x 140g	140g
	Custard Powder	#Vanilla	350g	
<b>Nestle</b> www.nestle.com.au	Milo Dessert Energy Snack	Milo	12 x 100g	100g
	Soleil Low Fat Mousse	Chocolate	2 x 62g	62g
	Docello Mousse Mix	Chocolate	1.9kg	
<b>Pauls</b> www.pauls.com.au	Custard	Vanilla	1kg	
	Custard	Chocolate	1kg	
	Custard Pouch	Vanilla	140g	140g
	Custard Pouch	Chocolate	140g	140g
<b>Edlyn</b> www.edlyn.com.au	Mousse	#Chocolate powder	2kg	100ml
	Mousse	#Strawberry powder	2kg	100ml

**ICE CREAMS AND MILK BASED ICES**

Under the NHSCG, commercial ice creams, milk-based ices, custards and dairy desserts can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Ice creams, milk-based ices, custards and dairy desserts	600kJ or less	3g or less	-	-
----- (Milk must be listed as first ingredient) -----				
Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Bulla Dairy Foods</b> www.bullafoodservice.com.au	Bulla Frozen Yoghurt	Raspberry	12 x 100g	100g
	Bulla Frozen Yoghurt	Strawberry	12 x 100g	100g
	Bulla Frozen Yoghurt	Mango	12 x 100g	100g
	Bulla Ice Cream Cups	Light Vanilla	36 x 100ml	100ml
	Bulla Ice Cream	Vanilla	2L	45g
	Bulla Ice Cream	Vanilla	4L	45g
<b>Streets Ice Cream</b> www.streetsicecream.com.au	Paddle Pop	Chocolate		54g
	Paddle Pop	Rainbow		68g
	Paddle Pop	Banana		54g
	Fruttare Smoothie	Strawberry		77g
	Fruttare Smoothie	Banana		77g
	Fruttare Smoothie	Mango		77g



GREEN products



AMBER products

## FRUIT ICY POLES, ICE CRUSHIES AND SLUSHIES

Under the NHSCG, commercial fruit-based ice blocks, fruit jelly desserts, ice crushes and slushies can be **AMBER** or **RED**. If the food being assessed contains at least 99% fruit juice with no added sugar or intense (artificial sweeteners) it is **AMBER**. If the product does not meet the above criteria it is **RED** and should not be sold in a healthy school canteen.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Tasmanian Slushy Company</b> www.daiquiriisle.com.au	Ice House Low GI	Natural Lemonade 99% Juice	4L	200ml
	Ice House Low GI	Natural Cola 99% Juice	4L	200ml
	Ice House Low GI	Natural Orange/Mango 99% Juice	4L	200ml
	Ice House Low GI	Natural Wild Berry 99% Juice	4L	200ml
	Ice House Low GI	Natural Strawberry 99% Juice	4L	200ml
	Fruchilla <b>NEW</b>	Berry Blast 99% Juice	5L	200mL
	Fruchilla <b>NEW</b>	Blood Orange 99% Juice	5L	200mL
	Fruchilla	Blueberry 99% Juice	5L	200mL
	Fruchilla	Dragonfruit 99% Juice	5L	200mL
	Fruchilla <b>NEW</b>	Fruity Cola 99% Juice	5L	200mL
	Fruchilla <b>NEW</b>	Fruzilla 99% Juice	5L	200mL
	Fruchilla	Lemon Lime 99% Juice	5L	200mL
	Fruchilla	Orange Mango 99% Juice	5L	200mL
	Fruchilla <b>NEW</b>	Peach Passion 99% Juice	5L	200mL
	Fruchilla	Strawberry 99% Juice	5L	200mL
	Nice N Joosey (Icy Poles)	Lemon/Lime, Orange, Berry, Raspberry 99% Juice	25 x 70mL	70mL
<b>Berri</b> www.thedailydrinksco.com	Quelch Fruit Sticks	Apple, Mango, Orange, Blackcurrant, Tropical	24 x 70mL	70mL
	Quelch Fruit Combo Sticks	Raspberry/Watermelon, Peach/Pear, Pineapple/Passionfruit, Blueberry/Strawberry	24 x 70mL	70mL
<b>I Luv Slush</b> www.essentialcoffee.com.au	Kid Safe Slush	Strawberry	4L	200mL
	Kid Safe Slush	Lemonade	4L	200ml
	Kid Safe Slush	Orange & Mango	4L	200ml
	Kid Safe Slush	Cola	4L	200ml
<b>Peters Ice Cream</b> www.peters.com.au	Proud & Punch	Orange You Glad		71g
	Proud & Punch	Paging Dr. Green		71g



## SWEET SNACK FOODS

Under the NHSCG, commercial sweet snack food, bars and biscuits can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Arnott's</b> www.arnotts.com.au	Tiny Teddy Biscuits	Chocolate	10 x25g	25g
	Tiny Teddy Biscuits	Honey	10 x25g	25g
	Snack Right Fruit Pillow	Wildberry	250g	33.4g
	Snack Right Fruit Slice	Sultana	250g	30.0g
<b>Uncle Toby's</b> www.uncletobys.com.au	Muesli Bar	Chewy Forest Fruits	6 x 31.3g	31.3g
	Muesli Bar	Chewy Apricot	6 x 31.3g	31.3g
	Fruity Bites	Wildberry Snack Pack	10 x 20g	20g
<b>Emma and Tom's Pty Ltd</b> mark@onlynatural.net.au	Life Bar	Cherry & Goji		40g
<b>Sanitarium Health &amp; Wellbeing Company</b> www.sanitarium.com.au	Naturally Nood Bar	Cheeky Cocoa		35g
	Naturally Nood Bar	Apple Rumble		35g
	Naturally Nood Bar	Banana Bread		35g
	Naturally Nood Bar	Berry Licious		35g
	Naturally Nood Bar	Cocoa & Orange Tango		35g

## SAVOURY SNACK FOODS

Under the NHSCG, commercial savoury snack food, biscuits, crispbreads and crisps can be **AMBER** or **RED**. If the food being assessed meets the below criteria it is **AMBER**, if it does not meet the below criteria it is **RED** and should not be sold in a healthy school canteen.

NHSCG Category	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
----- (Energy must be 1800kJ or less per 100g) -----				

  

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Piranha</b> www.piranhacorp.com.au	Vege Crackers	Barbeque Cheese		25g
	Vege Crackers	Honey Soy		25g
	Vege Crackers	Italian Supreme		25g
	Vege Crackers	Salt & Vinegar		25g
<b>Fantastic Snacks</b> ww.fantasticsnacks.com.au	Delites	Sour Cream & Chives	6 x 20g	20g
	Rice Crackers	Original	6 x 20g	20g
	Rice Crackers	BBQ	6 x 20g	20g



GREEN products



AMBER products

## SAVOURY SNACK FOODS

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Sakata</b> www.sakata.com.au	Rice Snacks	Pizza	6 x 15g	15g
	Rice Snacks	BBQ	6 x 15g	15g
<b>SunRice</b> www.sunrice.com.au	Wholegrain Mini Bites	Cheese	8 x 20g	20g
	Wholegrain Mini Bites	Salt & Vinegar	8 x 20g	20g
	Wholegrain Mini Bites	Chicken	8 x 20g	20g
	Wholegrain Mini Bites	Original	8 x 20g	20g
<b>Parkers</b> www.smiths.com.au/brands/parkers	Pretzels	Original	6 x 25g	25g
<b>Arnott's</b> www.arnotts.com.au	Shapes	Light & Crispy Balsamic Vinegar & Sea Salt	8 x 20g	20g
	Shapes	Light & Crispy Tasty Cheddar & Chives	8 x 20g	20g
<b>Peckish</b> www.feelingpeckish.com.au	Rice Crackers	Sour Cream & Chives	6 x 20g	20g
	Rice Crackers	Cheddar Cheese	6 x 20g	20g
	Rice Crackers	Original	6 x 20g	20g
<b>Coles</b> www.coles.com.au	Noodle Snack	Chicken	12 x 25g	25g
	Rice Crackers	Plain	100g	25g
	Rice Crackers	Cheese	100g	25g
<b>Riviana</b> www.rivianafoods.com.au	Popping Corn	Plain air popped	400g	50g
<b>Healtheries</b> www.healtheries.com.au	Kidscare Rice Wheel	Cheese	10 x 18g	18g
	Kidscare Rice Wheel	Roast Chicken	10 x 18g	18g
	Kidscare Rice Wheel	Burger	10 x 18g	18g
	Kidscare Potato Curls	Chicken	8 x 12g	12g
	Kidscare Potato Curls	Burger	8 x 12g	12g
	Kidscare Potato Stix	Roast Potato	8 x 20g	20g
	Kidscare Potato Stix	Roast Chicken	8 x 20g	20g
<b>Sunbites</b> www.smiths.com.au/brands/sunbites	Popcorn	Original	6 x 13g	13g
<b>Sanitarium Health &amp; Wellbeing Company</b> www.sanitarium.com.au	Lunchbox Legends	BBQ	8 x 19g	19g
	Lunchbox Legends	Cheese	8 x 19g	19g
	Lunchbox Legends	Sour Cream & Chives	8 x 19g	19g
	Lunchbox Legends	Honey Soy	8 x 19g	19g



GREEN products



AMBER products

## DRINKS

### Water

Under the NHSCG, plain water (tap, spring, mineral or sparkling) with nothing added is GREEN.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Lion</b> www.lionco.com	Summit	Plain Water		600ml
<b>Nippys</b> www.nippys.com.au	Spring Water			600, 750ml
<b>Hartz</b> www.hartz.com.au	Sparkling Water			375ml
	Still Water			350, 600ml

### Milk and Soy Drinks

Under the NHSCG, milk, plain and flavoured (including soy) can be GREEN or AMBER. If milk is reduced fat it is GREEN. If milk is full fat it is AMBER. Coffee flavoured milk drinks are RED in primary schools.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Lion</b> www.lionco.com	Big M	Chocolate		250ml
	Big M	Strawberry		250ml
<b>Betta Milk Cooperative Ltd.</b> www.bettamilk.com.au	Jive	Chocolate - bottle		300ml
	Jive	Strawberry - bottle		300ml
	Jive	Honey-crunch - bottle		300ml
<b>Nestle</b> www.nestle.com.au	Milo	Made with reduced fat milk		250ml
	Milo	Made with full cream milk		250ml
<b>Nippys</b> www.nippys.com.au	Flavoured Milk	Chocolate	24 x 250ml	250ml
	Flavoured Milk	Strawberry	24 x 250ml	250ml
	Flavoured Milk	Honeycomb	24 x 250ml	250ml
	Flavoured Milk	Banana	24 x 250ml	250ml
	Flavoured Milk	Chocolate	24 x 375ml	375ml
	Flavoured Milk	Strawberry	24 x 375ml	375ml
	Flavoured Milk	Honeycomb	24 x 375ml	375ml
	Flavoured Milk	Banana	24 x 375ml	375ml
	Flavoured Milk	Vanilla	24 x 375ml	375ml
<b>Emma and Tom's Pty Ltd</b> mark@onlynatural.net.au	Flavoured Milk	Low Fat Chocolate		350ml
	Flavoured Milk	Low Fat Salted Caramel		350ml
	Flavoured Milk	Low Fat Strawberry		350ml



GREEN products



AMBER products

**Milk and Soy Drinks**

‡GREEN when made with reduced fat milk but AMBER when made with full cream milk

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Sanitarium Health &amp; Wellbeing Company</b> www.sanitarium.com.au	Up&Go	Honeycomb		250mL
	Up&Go	Choc Ice		250mL
	Up&Go	Vanilla Ice		250mL
	Up&Go	Banana		250mL
	Up&Go	Strawberry		250mL
	Up&Go	Caramel		250mL
	Up&Go Gluten Free	Chocolate		250mL
	Up&Go Gluten Free	Vanilla Ice		250mL
	Up&Go Reduced Sugar	Choc Ice		250mL
	Up&Go Reduced Sugar	Vanilla Ice		250mL
	Up&Go Energize	Choc		250mL
	Up&Go Energize	Vanilla		250mL
	So Good Soy Milk	Regular	1 litre	250mL
	So Good Flavoured Almond Milk	Dark Chocolate	375mL	375mL
	So Good Flavoured Almond Milk	Date and Caramel	375mL	375mL
	So Good Flavoured Almond Milk	Vanilla Coconut	375mL	375mL
<b>Sipahh</b> www.sipahh.com.au	Sipahh Straws	‡Cocoa-Bean Chocolate	10 straws	1 straw
	Sipahh Straws	‡Luscious Strawberry	10 straws	1 straw
	Sipahh Straws	‡Chilled-Out Choc-Mint	10 straws	1 straw
	Sipahh Straws	‡Okey-Dokey Cookies & Cream	10 straws	1 straw
	Sipahh Straws	‡Mellow-Yellow Banana Smoothie	10 straws	1 straw
	Sipahh Straws	‡Smooth Caramel	10 straws	1 straw
	Sipahh Straws	‡Velvet Vanilla	10 straws	1 straw
	Sipahh Straws	‡Hello Marshmallow	10 straws	1 straw
	Sipahh Straws	‡Lamington Dream	10 straws	1 straw
	Sipahh Straws	‡Raspberry Fields	10 straws	1 straw
	Sipahh Straws	‡Hokey Pokey Honeycomb	10 straws	1 straw
	Sipahh Straws	‡Mango Smoothie	10 straws	1 straw
	Sipahh Straws	‡Tropical Splash	10 straws	1 straw



GREEN products



AMBER products

## Milk and Soy Drinks ‡GREEN when made with reduced fat milk but AMBER when made with full cream milk

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
Sipahh www.sipahh.com.au	Sipahh Straws	‡Sunset Choc Orange	10 straws	1 straw
	Sipahh Straws	‡Snow White Choc	10 straws	1 straw
	Sipahh Straws	‡Granny's Apple Pie	10 straws	1 straw
	Sipahh Straws	‡Miss Ginger & Mr Bread	10 straws	1 straw
	Sipahh Straws	‡Campfire Choc Hazelnut	10 straws	1 straw

## Fruit and Vegetable Juice

Under the NHSCG, fruit and vegetable juices can be **AMBER** or **RED**. Fruit/vegetable juices that are at least 99% juice with no added sugar and 250ml serve size or less are **AMBER**. If the fruit/vegetable juice product does not meet the above criteria it is **RED** and should not be sold in a healthy school canteen.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
Nippys www.nippys.com.au	Fruit Juice	Orange	24 x 250ml	250ml
	Fruit Juice	Apple	24 x 250ml	250ml
	Fruit Juice	Apple & Blackcurrant	24 x 250ml	250ml
Juicy Isle www.juicyisle.com.au	Pop Top	Orange	6 x 250ml	250ml
	Pop Top	Apple	6 x 250ml	250ml
	Pop Top	Apple & Blackcurrant	6 x 250ml	250ml
Whole Kids www.wholekids.com.au	Organic Juice	Apple	24 x 200ml	200ml
	Organic Juice	Orange	24 x 200ml	200ml
Just Juice www.thedailydrinksco.com/just-juice	Juice Box	Orange	6 x 200ml	200ml
	Juice Box	Apple	6 x 200ml	200ml
	Juice Box	Apple & Blackcurrant	6 x 200ml	200ml
	Juice Box	Paradise Punch	6 x 200ml	200ml
	Juice Box	Orange & Mango	6 x 200ml	200ml
Heinz www.heinzfoodservice.com.au	Popper Juice	Apple	6 x 250ml	250ml
	Popper Juice	Apple & Blackcurrant	6 x 250ml	250ml
	Popper Juice	Apple & Mango	6 x 250ml	250ml
	Popper Juice	Orange	6 x 250ml	250ml
Golden Circle www.goldencircle.com.au	Fruit Juice	Apple Mango	6 x 250ml	250ml
	Fruit Juice	Tropical	6 x 250ml	250ml
	Fruit Juice	Apple	6 x 250ml	250ml
	Fruit Juice	Apple & Blackcurrant	6 x 250ml	250ml
	Fruit Juice	Orange	6 x 250ml	250ml





GREEN products



AMBER products

## Fruit and Vegetable Juice

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Emma and Tom's Pty Ltd</b> mark@onlynatural.net.au	Life Juice	Cloudy Apple	250ml	250ml
	Life Juice	Straight OJ	250ml	250ml
	Whole Fruit Smoothie	Green Power	250ml	250ml
	Whole Fruit Smoothie	Karmarama	250ml	250ml
<b>Tru Blue Beverages</b> www.trublubeverages.com.au	Glee	Rockin' Raspberry	250mL	250mL
	Glee	Tropical Treat	250mL	250mL
	Glee	Blackcurrant Burst	250mL	250mL
	Glee	Bubblegum Grape	250mL	250mL
	Juicee Crush	Orange	250mL	250mL
	Juicee Crush	Apple Blackcurrant	250mL	250mL
	Juicee Crush	Multi Vitamin	250mL	250mL
	Juicee Crush	Crush Apple	250mL	250mL
<b>Nippys</b> www.nippys.com.au	Fruit Juice	Orange	24 x 250ml	250ml
	Fruit Juice	Apple	24 x 250ml	250ml
	Fruit Juice	Apple & Blackcurrant	24 x 250ml	250ml
<b>Juicy Isle</b> www.juicyisle.com.au	Pop Top	Orange	6 x 250ml	250ml
	Pop Top	Apple	6 x 250ml	250ml
	Pop Top	Apple & Blackcurrant	6 x 250ml	250ml
<b>Whole Kids</b> www.wholekids.com.au	Organic Juice	Apple	24 x 200ml	200ml
	Organic Juice	Orange	24 x 200ml	200ml



GREEN products



AMBER products

## Products approved for high school only

### Milk and Soy Drinks

Under the NHSCG, milk, plain and flavoured (including soy) can be **GREEN** or **AMBER**. If milk is reduced fat it is **GREEN**. If milk is full fat it is **AMBER**.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Nippys</b> www.nippys.com.au	Flavoured Milk	^Coffee	24 x 375ml	375ml
	Flavoured Milk	^Mocha	24 x 375ml	375ml
<b>Emma and Tom's Pty Ltd</b> mark@onlynatural.net.au	Flavoured Milk	^Low Fat Espresso		350ml

### Fruit and Vegetable Juice

Under the NHSCG, fruit and vegetable juices can be **AMBER** or **RED**. Fruit/vegetable juices that are at least 99% juice with no added sugar and 350mL serve size or less are **AMBER**. If the fruit/vegetable juice product does not meet the above criteria it is **RED** and should not be sold in a healthy school canteen.

Manufacturer	Product name	Flavour/variety	Pack size	Serve size
<b>Golden Circle</b> www.goldencircle.com.au	Fruit Juice	Apple	6 x 350ml	350ml
	Fruit Juice	Apple & Blackcurrant	6 x 350ml	350ml
	Fruit Juice	Apple, Mango & Banana	6 x 350ml	350ml
	Fruit Juice	Orange	6 x 350ml	350ml
<b>Emma and Tom's Pty Ltd</b> mark@onlynatural.net.au	Life Juice	Extreme C		350ml
	Life Juice	Radical Action		350ml
	Life Juice	Carrot Top		350ml
	Life Juice	Cloudy Apple		350ml
	Life Juice	Straight OJ		350ml
	Whole Fruit Smoothie	Green Power		350ml
	Whole Fruit Smoothie	Karmarama		350ml