

GREEN - Encourage and promote these foods



- These food 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).
- These food and drinks should be:
 - available everyday
 - the main choices on the canteen menu
 - presented in attractive and interesting ways
 - promoted as tasty, good value choices.

AMBER - Do not let these foods dominate your menu so select carefully



- These foods and drinks contain some valuable nutrients, but many 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.

RED - Not recommended for School Canteens.

These are foods that are low in nutritional value and may also be high in saturated fat and/or sugar and/or salt. There is ample opportunity for children to consume these foods outside school hours at the discretion of their parents/guardians.

