

FRESH TASTES ADVICE

As provided by the Healthy Kids School Canteen Association.



The Fresh Tastes @ School NSW Healthy School Canteen Strategy uses a Canteen Menu Planner food spectrum, which categorises food into three groupings:

RED 'Occasional'

Do not sell these foods on more than two occasions per term.

AMBER 'Select carefully'

Do not let these foods dominate the menu and avoid large serving sizes.

GREEN 'Fill the Menu'

Encourage and promote these foods in the canteen.

BREADS AND ALTERNATIVES	
BREAD – FRESH	GREEN Select a variety of different breads, preferably wholegrain.
BREAD – FROZEN	GREEN Select a variety of different breads, preferably wholegrain.
PREPARED BAKING MIXES	GREEN Add fruit to increase the fibre content.
CEREAL FOODS	
BREAKFAST CEREAL	Choose wholegrain cereals, whole wheat flake and puffed cereals, porridge and whole wheat breakfast biscuits. These fit into GREEN . Serve with reduced fat milk. Refined cereals are likely to be AMBER .
FLOUR	Use wholemeal flour in cooking.
GRAIN, WHEAT	
DAIRY FOODS	
Children and adolescents of school age do not need the full fat varieties of these products. The reduced fat versions should be encouraged.	
CHEESE	Reduced Fat is GREEN . Full Fat is AMBER .
CREAM	Not recommended, use sparingly.
CUSTARD – FRESH	Reduced Fat is GREEN . Full Fat is AMBER .
CUSTARD MIX	Make using reduced fat milk.
CUSTARD –SHELF STABLE	Reduced Fat is GREEN . Full Fat is AMBER .
FLAVOURED MILK – FRESH	Reduced Fat is GREEN . Full Fat is AMBER .

FLAVOURED MILK – SHELF STABLE	Reduced Fat is GREEN . Full Fat is AMBER .
MILK – FRESH	Reduced Fat is GREEN . Full Fat is AMBER .
MILK – POWDERED, UNFLAVOURED	Reduced Fat is GREEN . Full Fat is AMBER .
MILK –SHELF STABLE	Reduced Fat is GREEN . Full Fat is AMBER .
SOUR CREAM	Not recommended, use sparingly. Choose reduced fat versions.
YOGHURT	Reduced Fat is GREEN . Full Fat is AMBER .
DRESSINGS	
SALAD DRESSING AMBER	Select dressings carefully – a no oil or reduced oil dressing is preferable.
DRIED FRUIT AND NUTS	
DRIED FRUIT& NUTS	GREEN Check the school policy regarding the use of nuts.
NUTS & SEEDS – SHELLED	Nuts are GREEN . Coconut & Nut Meat are AMBER . Use unsalted nuts. Check the school policy regarding the use of nuts.
DRINKS	
CORDIAL	AMBER Serve in small quantities.
ENERGY AND SPORT	AMBER
JUICE – FRESH	GREEN < 200ml serve size. AMBER choose < 300ml serve Choose 99% fruit juices. Look out for products that contain fibre and no added sugar.
JUICE –SHELF STABLE	GREEN <200ml serve size. AMBER choose < 300ml serve. Choose 99% fruit juices. Look out for products that contain fibre and no added sugar.
POWDERED DRINK MIX	GREEN if served with reduced fat milk. AMBER if served with full fat milk.
SOFT DRINK	AMBER Soft drink must be < 300kJ per serve.
SOY DRINK	Reduced Fat is GREEN . Full Fat is AMBER . Children and adolescents do not need full fat soy drinks. Choose calcium enriched, reduced fat or low fat varieties.
WATER – DISPENSERS	GREEN Water is the best thirst quencher.
WATER, DRINKING	GREEN Water is the best thirst quencher.
WATER, DRINKING, MINERAL AND SPRING	GREEN Water is the best thirst quencher.

FATS & OILS	
BUTTER	Not recommended. Butter is high in saturated fat, use polyunsaturated or monounsaturated margarine instead.
MARGARINE	AMBER Choose polyunsaturated or monounsaturated varieties and use sparingly.
OILS	AMBER Choose polyunsaturated or monounsaturated varieties and use sparingly.
FRUIT	
FRUIT – FRESH	GREEN Use any fresh fruit in season in a variety of different ways – whole, sliced, cubed, wedges, quarters, spirals (apple slinkies)
FRUIT – FROZEN	GREEN Frozen fruit can be useful when access to fresh is limited.
FRUIT –SHELF STABLE	GREEN Use canned fruit when access to fresh is limited. Avoid fruit canned in syrup.
HERBS & SPICES	
GARLIC	
HERBS – SHELF STABLE	
SALT	Not recommended. Use sparingly.
SPICE – SHELF STABLE	
JELLY	
JELLY – CRYSTALS	AMBER Serve with Fruit.
JELLY – PREPARED	AMBER Serve with Fruit.
LEGUMES	
BEANS – CANNED GREEN	Choose salt reduced varieties. Baked Beans can be used in sandwiches and jaffles as a meat alternative.
MEAT/FISH/POULTRY AND ALTERNATIVES (NOT CRUMBED)	
EGG – WHOLE, FRESH	GREEN These foods are a good source of protein and can be cooked and used for hot rolls, sandwiches and salad plates.
FISH – FROZEN	GREEN These foods are a good source of protein.
FISH –SHELF STABLE	GREEN Choose fish packed in spring water as it is lower in sodium. These foods are a good source of protein and can be used for hot rolls, sandwiches and salad plates etc.

MEAT & POULTRY – FRESH	Lean Meat is GREEN . These foods are a good source of protein and can be cooked and used for hot rolls, sandwiches, salad plates, pizza toppings etc.
MEAT & POULTRY – FROZEN	Lean Meat is GREEN . These foods are a good source of protein and can be cooked and used for hot rolls, sandwiches, salad plates, pizza toppings etc.
PRAWNS – FROZEN	GREEN These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza toppings etc.
SEAFOOD MIX – FROZEN	AMBER
MEAT AND POULTRY - PROCESSED	
MEAT & POULTRY – PROCESSED, FRESH	AMBER These foods are usually high in sodium and/or saturated fat. Use in small amounts and serve with a bread based product and salad.
MEAT & POULTRY – PROCESSED, FROZEN	AMBER
PASTA, POTATO AND RICE	
PASTA, POTATO& RICE – SHELF STABLE	Plain rice and noodles are GREEN . Instant Mashed Potato is AMBER .
PASTRY	
PASTRY – FRESH	Products made with pastry must be assessed against the ' Occasional ' Criteria.
PASTRY – FROZEN	Products made with pastry must be assessed against the ' Occasional ' Criteria.
PASTRY – SHELF STABLE	Products made with pastry must be assessed against the ' Occasional ' Criteria.
SAUCES, GRAVY AND CONDIMENTS	
CAPERS	
CHUTNEY	AMBER Use sauces and gravies sparingly. Choose reduced salt varieties where available.
CONDIMENTS	
FLAVOURINGS & EXTRACTS	AMBER Use flavours, sauces and gravies sparingly. Choose reduced salt varieties where available.
GRAVY	AMBER Use sauces and gravies sparingly. Choose reduced salt varieties where available.
OLIVES – SHELF STABLE	
PICKLES	

SAUCE – COOKING	AMBER Use sauces and gravies sparingly. Choose reduced salt varieties where available.
SOUPS	
SOUPS –SHELF STABLE	GREEN or AMBER . Soups are a great winter food. Choose reduced salt varieties containing vegetables.
SPREADS	
HONEY	AMBER Use sparingly.
JAM & PRESERVES	AMBER Use sparingly.
SPREAD – NUT	AMBER Use sparingly. Choose low salt varieties where available. Check the school policy regarding the use of products containing nuts.
YEAST EXTRACT	AMBER Use sparingly.
TOPPINGS	
TOPPINGS - DESSERT	Use sparingly.
VEGETABLES Use fresh and frozen vegetables in a variety of different ways.	
VEGETABLES – DRIED	GREEN
VEGETABLES – FRESH	GREEN
VEGETABLES – FROZEN	GREEN Frozen vegetables can be useful when access to fresh is limited.
VEGETABLES – MUSHROOM	Fresh mushrooms are GREEN . Mushrooms in butter sauce are AMBER .
VEGETABLES – SALADS	Salads dressed with lots of oil and mayonnaise will fit into AMBER .
VEGETABLES –SHELF STABLE	GREEN Canned vegetables can be useful when access to fresh is limited. Choose reduced salt versions.