

ACT PUBLIC SCHOOL CANTEEN MENU ASSESSMENT REPORT

NAME OF SCHOOL: TELOPEA PARK SCHOOL

DATE OF ASSESSMENT: 25 MAY 2016

CANTEEN LICENSE HOLDER/OPERATOR: [REDACTED]

All food and drinks provided for sale by the Telopea Park School Canteen at the time of the canteen site visit on 25 May 2016 have been assessed against the *National Healthy School Canteen Guidelines*¹ under the *ACT Public School Food and Drink Policy*.

The canteen menu assessment was undertaken using the *Methodology for Assessing ACT Public School Canteen Menus against the National Healthy School Canteen Guidelines*.

The *National Healthy School Canteen Guidelines* use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

GREEN food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.

AMBER foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

RED foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).

Adapted from the National Healthy School Canteen Guidelines 2014.

Please visit the Education Directorate website to access a range of fact sheets to help implement the ACT Public School Food and Drink Policy: www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines.

¹ Australian Government Department of Health and Ageing. National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2014.

NUTRITIONAL PROFILE OF FOOD AND DRINKS SOLD AT TELOPEA PARK SCHOOL CANTEEN

MENU STRUCTURE

Telopea Park School Canteen is managed by [REDACTED] an external operator, and operates for recess and lunch Monday - Friday.

POLICY REQUIREMENTS

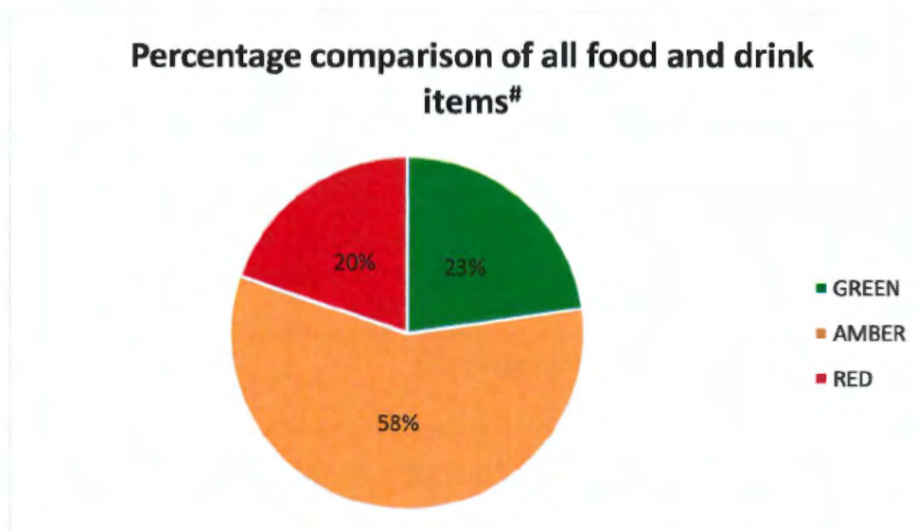
In order for school canteens to meet the requirements of the *ACT Public School Food and Drink Policy*:

1. The majority of items on the canteen menu should be **GREEN** (i.e. over 50 per cent) and these should be promoted.
2. **AMBER** items should form a smaller proportion of the menu items and these should not be promoted.
3. No **RED** items should be available for sale in the canteen.
4. Menus should demonstrate a shift towards the **GREEN** end of the traffic light spectrum over time.

RESULTS

Graph 1A: Combined results of the food and drink menu items assessed

Graph 1A illustrates the percentage results of **GREEN**, **AMBER** and **RED** foods and drinks from Telopea Park School Canteen, classified according to the *National Healthy School Canteen Guidelines*.



[#]Totals do not equal 100% as figures have been rounded.

Graph 1A shows the population percentage results for assessed canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=30) items, **AMBER** (n=77) items and **RED** (n=26) items by the total number of items (n=133). Results were then multiplied by 100 to obtain percentage values.

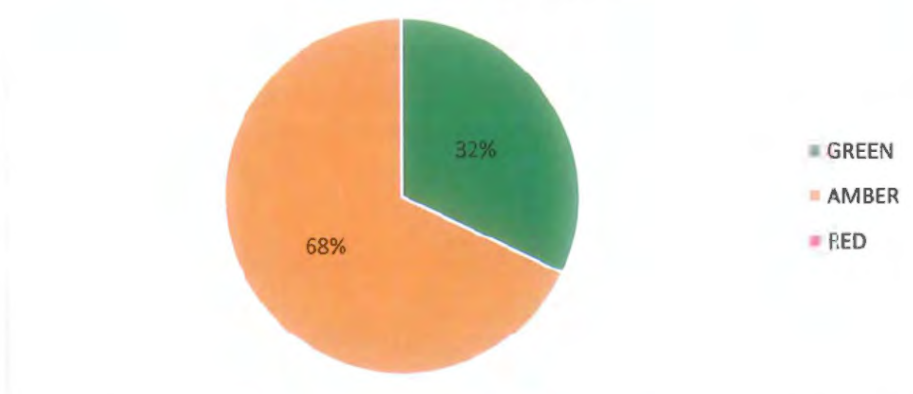
Table 1A: Total number and percentage results for assessed canteen menu food and drink items

| Percentage of food and drink items available for sale by traffic light classification (n=133) at the current audit (25 May 2016)*: | | |
|------------------------------------------------------------------------------------------------------------------------------------|------------|----------|
| GREEN n=30 | AMBER n=77 | RED n=26 |
| 23% | 58% | 20% |

Graph 1B: Combined results of the food and drink menu items assessed at the last review in March 2015

Graph 1B illustrates the percentage results of GREEN, AMBER and RED food and drinks from the Telopea Park School Canteen, classified according to the *National Healthy School Canteen Guidelines* at last review in March 2015.

Percentage comparison of all food and drink items - March 2015



Graph 1B shows the population percentage results for assessed canteen menu items. Percentages were derived by dividing the number of GREEN (n=32) items, AMBER (n=69) items and RED (n=0) by the total number of items (n=101). Results were then multiplied by 100 to obtain percentage values.

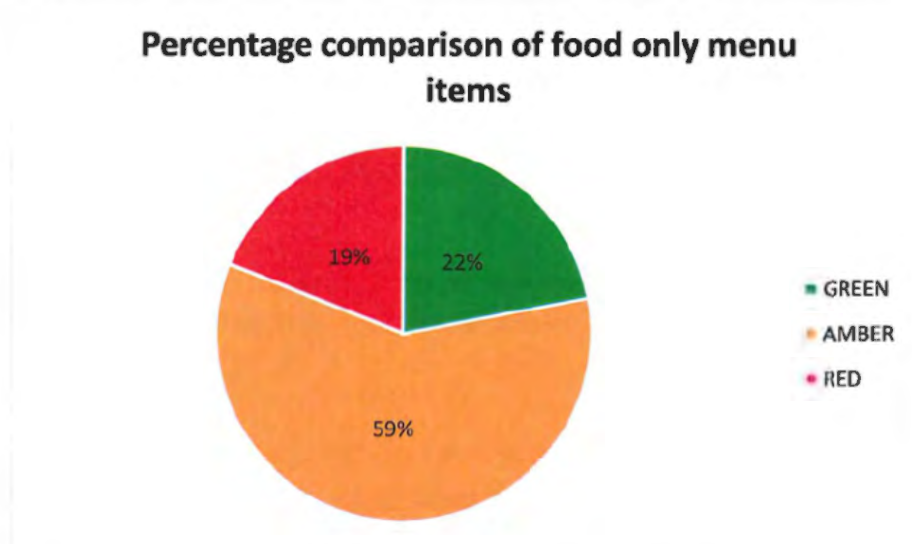
Table 1B: Total number and percentage results for assessed canteen menu food and drink items at the last review in March 2015

| Percentage of food and drink items available for sale by traffic light classification (n=101) at the last review (March 2015): | | |
|--------------------------------------------------------------------------------------------------------------------------------|------------|---------|
| GREEN n=32 | AMBER n=69 | RED n=0 |
| 32% | 68% | 0% |

The number of GREEN menu items have decreased slightly since the last review, from 32 (or 32%) in 2015 to 30 (or 23%) in 2016. AMBER menu items have increased during this time, from 69 (or 68%) in 2015 to 77 (or 58%) in 2016. RED menu items have increased from 0 (or 0%) in 2015 to 26 (or 20%) in 2016. The total number of menu items have increased from 101 in 2015 to 133 in 2016.

Graph 2: Results of the food only menu items assessed

Graph 2 illustrates the percentage results of **GREEN**, **AMBER** and **RED** foods items from Telopea Park School Canteen, classified according to the *National Healthy School Canteen Guidelines*.



Graph 2 shows the population percentage results for assessed food only canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=21) items, **AMBER** (n=57) items and **RED** (n=18) items by the total number of items (n=96). Results were then multiplied by 100 to obtain percentage values.

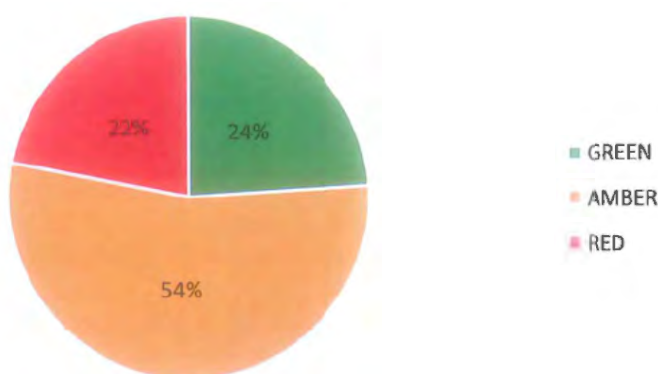
Table 2: Total number and percentage results for assessed canteen menu food items

| Percentage of food only items available for sale by traffic light classification (n=96): | | |
|------------------------------------------------------------------------------------------|-------------------|-----------------|
| GREEN n=21 | AMBER n=57 | RED n=18 |
| 22% | 59% | 19% |

Graph 3: Results of the drink only menu items assessed

Graph 3 illustrates the percentage results of **GREEN**, **AMBER** and **RED** drink items from Telopea Park School Canteen, classified according to the *National Healthy School Canteen Guidelines*.

Percentage comparison of drink only menu items



Graph 3 shows the population percentage results for assessed drink only canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=9) items, **AMBER** (n=20) items and **RED** (n=8) items by the total number of items (n=37). Results were then multiplied by 100 to obtain percentage values.

Table 3: Total number and percentage results for assessed canteen menu drink items

| Percentage of drink only items available for sale by traffic light classification (n=37): | | |
|-------------------------------------------------------------------------------------------|------------|---------|
| GREEN n=9 | AMBER n=20 | RED n=8 |
| 24% | 54% | 22% |

Please refer to the attached Food and Drink Classification Table for a breakdown outlining which food and drinks fall into each traffic light category. This table also provides recommendations for increasing healthier choices on the menu.

If your school has its menu published online or is printed and distributed to families with identification of the healthier choice items (e.g. colour coded items or symbols) it is recommended that you confirm these against the Food and Drink Classification Table provided in this report.

For professional advice and recommendations on suitable food and drink alternatives that meet the *National Healthy School Canteen Guidelines*, schools are encouraged to contact the ACT Nutrition Support Service Monday to Friday 9:00am-5:00pm by email on info@actnss.org or phone (02) 6162 2583.

The *Fresh Tastes* program also offers a range of services and resources to support nutrition education, growing and cooking healthy food, and aligning school canteen menus with the *National Healthy School Canteen Guidelines*. For information and advice please email freshtastes@act.gov.au or phone (02) 6205 1452.

**FOOD AND DRINK CLASSIFICATION TABLE
DATE ASSESSMENT UNDERTAKEN: 25 MAY 2016**

The tables below represent all food and drink items submitted for assessment from Telopea Park School Canteen categorised as **GREEN**, **AMBER** and **RED** against the *National Healthy School Canteen Guidelines*. This section also includes recommendations to improve your menu in line with the *ACT Public School Food and Drink Policy 2015*.

ANALYSIS OF RESULTS

There were 133 items assessed from your school canteen menu. The *National Healthy School Canteen Guidelines* require that the main items on your canteen menu are **GREEN** (i.e. over 50%). There are currently 30 **GREEN** food and drink items on the menu (23% of the total).

To comply with the *ACT Public School Food and Drink Policy 2015*, **RED** items must be removed from the menu or replaced with a healthy alternative. If **RED** items are replaced with **GREEN** or **AMBER**, you will need to ensure the menu is balanced in favour of **GREEN** items.

Please complete the 'Actions and timeframe' section in table below and return, via the School Principal, to the Learning and Teaching Branch by 11 July 2016. The address is:

Director, Learning and Teaching
Education Directorate
GPO Box 158
Canberra ACT 2601

~ Please ensure you keep a copy of the below tables for your records ~

| Menu item number | Product | Brand | Serving size and other relevant information about the product and how it is served (if applicable) | NHSCG Classification | Assessment methodology | Recommended actions to comply with the ACT Public School Food and Drink Policy 2015 and improve the menu | | Please comment on actions to address compliance with the ACT Public School Food and Drink Policy 2015 (to be completed and agreed by the School Principal) |
|-------------------|------------------------------|--------------|----------------------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | | | Remove | Improve | Action taken and timeframes For example – • RED Item: removed by [DATE] • RED item: ingredients changed to make it an AMBER item by [DATE] |
| Sandwiches | | | | | | | | |
| 1 | Sandwich - salad | Canteen made | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. | No | - | - |
| 2 | Sandwich - egg and lettuce | Canteen made | Reduced-fat mayonnaise | GREEN | Recipe assessed by ingredients. Product NIP for mayonnaise assessed against Healthier Choice Criteria. | No | - | - |
| 3 | Sandwich - tuna and lettuce | Canteen made | Reduced-fat mayonnaise | GREEN | Recipe assessed by ingredients. Product NIP for mayonnaise assessed against Healthier Choice Criteria. | No | - | - |
| 4 | Sandwich - cheese | Canteen made | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. | No | - | - |
| 5 | Sandwich - cheese and tomato | Canteen made | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. | No | - | - |

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|----|--------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------|---|
| 6 | Sandwich - cheese and salad | Canteen made | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. | No | - | - |
| 7 | Sandwich - vegemite | Canteen made | N/A | AMBER | Recipe assessed by ingredients. | No | | |
| 8 | Sandwich - chicken and lettuce | Canteen made, Ingham Diced Roasted Chicken Meat | Reduced-fat mayonnaise | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. Product NIP for mayonnaise assessed against Healthier Choice Criteria. | No | To make this GREEN: - replace free flow chicken with freshly cooked, skinless chicken. | |
| 9 | Sandwich - chicken and salad | Canteen made, Ingham Diced Roasted Chicken Meat | Reduced-fat cheese | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. | No | To make this GREEN: - replace free flow chicken with freshly cooked, skinless chicken. | |
| 10 | Sandwich - ham and salad | Canteen made, Tibaldi Ham | Tolerance applied as ham is served with at least ½ cup salad vegetables per serve | AMBER | Recipe assessed by ingredients. Product NIP of ham assessed against Nutrient Criteria Tables. | No | For a healthier AMBER alternative: - use an AMBER ham. | |

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|---------------|-------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------|-------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------|---|
| 11 | Sandwich - ham | Canteen made, Tibaldi Ham | N/A | RED | Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety. | |
| 12 | Sandwich - ham and cheese | Canteen made, Tibaldi Ham | Reduced-fat cheese | RED | Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety. | |
| 13 | Sandwich - ham, cheese and tomato | Canteen made, Tibaldi Ham | Reduced-fat cheese | RED | Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety. | |
| Salads | | | | | | | | |
| 14 | Fruit salad | Canteen made | N/A | GREEN | Recipe assessed by ingredients. | No | - | - |
| 15 | Salad box - lettuce, capsicum, carrot, celery, cherry tomatoes, cucumber and cheese | Canteen made | Reduced-fat cheese Salad dressing optional | GREEN | Recipe assessed by ingredients. | No | - | - |
| 16 | Greek salad | Canteen made | Reduced-fat feta cheese | GREEN | Recipe assessed by ingredients. | No | - | - |

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| 17 | Pasta salad | Canteen made | Reduced-fat cheese Salad dressing optional | GREEN | Recipe assessed by ingredients. | No | - | - |
| 18 | Ham salad box | Canteen made, Tibaldi Ham | Tolerance applied as ham is served with at least ½ cup salad vegetables per serve Salad dressing optional | AMBER | Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables. | No | For a healthier AMBER alternative: - use an AMBER variety of ham. | |
| 19 | Chicken salad box | Canteen made, Ingham Diced Roasted Chicken Meat | Reduced-fat cheese Salad dressing optional | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. | No | To make this GREEN: - replace free flow chicken with freshly cooked, skinless chicken. | |
| 20 | Chicken Caesar salad | Canteen made, Ingham Diced Roasted Chicken Meat | Full-fat cheese (parmesan) Salad dressing optional | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. | No | To make this GREEN: - replace free flow chicken with freshly cooked, skinless chicken - use reduced-fat cheese. | |

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| 21 | Chicken coriander box | Canteen made, Ingham Diced Roasted Chicken Meat | Sweet chilli sauce | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. | No | For a healthier AMBER alternative: - replace free flow chicken with freshly cooked, skinless chicken. | |
| Hot dishes | | | | | | | | |
| 22 | Cheese pizza | Canteen made, Woolworths Homebrand Chunky Pasta Sauce | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | - | - |
| 23 | Garlic bread - margarine and crushed garlic | Canteen made | Tolerance for unsaturated spreads met with <1 tsp/serve | GREEN | Recipe assessed by ingredients. | No | - | - |
| 24 | Quesadilla - tortilla, salsa and cheese | Canteen made, Knorr Chunky Salsa | Reduced-fat cheese | GREEN | Recipe assessed by ingredients. Product NIP for salsa assessed against Healthier Choice Criteria. | No | - | - |
| 25 | Pumpkin soup | Canteen made | N/A | GREEN | Recipe NIP developed and assessed against Healthier Choice Criteria. | No | - | - |
| 26 | Vegetable soup | Canteen made | N/A | GREEN | Recipe NIP developed and assessed against Healthier Choice Criteria. | No | - | - |

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| 27 | Potato and leek soup | Canteen made | N/A | GREEN | Recipe NIP developed and assessed against Healthier Choice Criteria. | No | - | - |
| 28 | Minestrone soup | Canteen made | N/A | GREEN | Recipe NIP developed and assessed against Healthier Choice Criteria. | No | - | - |
| 29 | Sweet potato and tomato soup | Canteen made | N/A | GREEN | Recipe NIP developed and assessed against Healthier Choice Criteria. | No | - | - |
| 30 | Good Eating Snack Beef Pie | Mrs Mac's | 50g | AMBER | Product NIP for meat pie assessed against Nutrient Criteria Tables. | No | | |
| 31 | Good Eating Cruiser Pie | Mrs Mac's | 180g | AMBER | Product NIP for meat pie assessed against Nutrient Criteria Tables. | No | | |
| 32 | Good Eating Sausage Roll | Mrs Mac's | 120g | AMBER | Product NIP for sausage roll assessed against Nutrient Criteria Tables. | No | | |

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|----|-----------------|--------------------------------------------|------|-------|----------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------------------|--|
| 33 | Lasagne | Enrico's | 200g | AMBER | Product NIP for lasagne assessed against Nutrient Criteria Tables. | No | | |
| 34 | Wedges | McCain | N/A | AMBER | Product NIP for wedges assessed against Nutrient Criteria Tables. | No | | |
| 35 | Hashbrown | McCain | N/A | AMBER | Product NIP for hashbrowns assessed against Nutrient Criteria Tables. | No | | |
| 36 | Chicken nuggets | Ingham School Chicken Breast Nuggets | N/A | AMBER | Product NIP for chicken nuggets assessed against Nutrient Criteria Tables. | No | | |
| 37 | Chicken noodles | Fantastic | N/A | AMBER | Product NIP for noodles assessed against Nutrient Criteria Tables. | No | For a healthier AMBER alternative: - consider serving with some peas and corn to boost the nutritional value. | |

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| 38 | Chicken burger - chicken schnitzel, lettuce and mayonnaise | Canteen made, Steggles Chicken Breast Schnitzel | Reduced-fat mayonnaise | AMBER | Recipe assessed by ingredients. Product NIP for chicken schnitzel assessed against Nutrient Criteria Tables. Product NIP for mayonnaise assessed against Healthier Choice Criteria. | No | To make this GREEN: - consider making chicken patties from scratch using lean chicken mince or chicken breast. See recipe attached. | |
| 39 | Sweet chilli chicken wrap - crumbed chicken tender, lettuce, mayonnaise and sweet chilli sauce | Canteen made, Steggles Chicken Tenders Sweet Chilli | Reduced-fat mayonnaise | AMBER | Recipe assessed by ingredients. Product NIP for chicken tenders assessed against Nutrient Criteria Tables. Product NIP for mayonnaise assessed against Healthier Choice Criteria. | No | | |
| 40 | Baby peri peri chicken wrap - crumbed chicken tender, lettuce and peri peri sauce | Canteen made, Ingham Classic Crumbed Tenders | N/A | AMBER | Recipe assessed by ingredients. Product NIP for chicken tenders assessed against Nutrient Criteria Tables. | No | | |

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| 41 | Butter chicken - free flow chicken, butter chicken sauce, reduced-fat coconut flavoured evaporated milk | Canteen made, Ingham Diced Roasted Chicken Meat, Kan Tong Butter Chicken Cooking Sauce | Served with rice Small serve | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. Product NIP for butter chicken sauce assessed against Healthier Choice Criteria. | No | | |
| 42 | Butter chicken - free flow chicken, butter chicken sauce, reduced-fat coconut flavoured evaporated milk | Canteen made, Ingham Diced Roasted Chicken Meat, Kan Tong Butter Chicken Cooking Sauce | Served with rice Large serve | AMBER | Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. Product NIP for butter chicken sauce assessed against Healthier Choice Criteria. | No | | |
| 43 | Penne pasta | Canteen made, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese (parmesan) Small serve | AMBER | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | To make this GREEN: - replace parmesan with reduced-fat cheese. | |

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| 44 | Penne pasta | Canteen made, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese (parmesan) Large serve | AMBER | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | To make this GREEN: - replace parmesan with reduced-fat cheese. | |
| 45 | Spaghetti bolognaise | Canteen made, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese (parmesan) Lean beef mince Small serve | AMBER | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | To make this GREEN: - replace parmesan with reduced-fat cheese. | |
| 46 | Spaghetti bolognaise | Canteen made, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese (parmesan) Lean beef mince Large serve | AMBER | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | To make this GREEN: - replace parmesan with reduced-fat cheese. | |
| 47 | Macaroni cheese | Canteen made | Contains stock powder Small serve | AMBER | Recipe NIP developed and assessed against Nutrient Criteria Tables. | No | For a GREEN alternative: - try our recipe for macaroni and cheese. See attached. | |

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|----|---------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------|--|
| 48 | Macaroni cheese | Canteen made | Contains stock powder Large serve | AMBER | Recipe NIP developed and assessed against Nutrient Criteria Tables. | No | For a GREEN alternative: - try our recipe for macaroni and cheese. See attached. | |
| 49 | Spinach and ricotta pasta | Canteen made, Latina Fresh Ricotta & Spinach Agnolotti, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese Small serve | AMBER | Recipe assessed by ingredients. Product NIP for filled pasta assessed against Nutrient Criteria Tables. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | | |
| 50 | Spinach and ricotta pasta | Canteen made, Latina Fresh Ricotta & Spinach Agnolotti, Woolworths Homebrand Chunky Pasta Sauce | Full-fat cheese Large serve | AMBER | Recipe assessed by ingredients. Product NIP for filled pasta assessed against Nutrient Criteria Tables. Product NIP for pasta sauce assessed against Healthier Choice Criteria. | No | | |

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| 51 | Gluten free pasta | Canteen made | Full-fat cheese (parmesan) | AMBER | Recipe assessed by ingredients. | No | To make this GREEN: - replace parmesan with reduced-fat cheese. | |
| 52 | Roast beef and gravy roll | Canteen made | N/A | AMBER | Recipe assessed by ingredients. | No | | |
| 53 | Pulled pork and coleslaw roll | Canteen made, Masterfoods Coleslaw Dressing | N/A | RED | Recipe assessed by ingredients. Recipe NIP developed for pork and assessed against Nutrient Criteria Tables. Product NIP for dressing assessed against Healthier Choice Criteria. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - use salt reduced soy sauce and reduce the quantity from ½ cup to ¼ cup - reduce quantity of ketjap manis from 1 cup to ¾ cup. | |
| 54 | Gluten Free Vegetable and Ricotta Roll | Mrs Mac's | 140g | RED | Product NIP for roll assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 55 | Gluten Free Beef Roll With Vegies | Mrs Mac's | 140g | RED | Product NIP for roll assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |

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|----|---------------------------------|---------------------------------------------------------------------------------------|--------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------|--|
| 56 | Gluten Free Beef Pie | Mrs Mac's | 175g | RED | Product NIP for pie assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 57 | Gluten Free Curry Vegetable Pie | Mrs Mac's | 175g | RED | Product NIP for pie assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 58 | Ham and cheese pizza | Canteen made, Woolworths Homebrand Chunky Pasta Sauce, Primo Traditional Shredded Ham | Reduced-fat cheese | RED | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety. | |
| 59 | Ham supreme pizza | Canteen made, Woolworths Homebrand Chunky Pasta Sauce, Primo Traditional Shredded Ham | Reduced-fat cheese | RED | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety | |

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| 60 | Hawaiian pizza | Canteen made, Woolworths Homebrand Chunky Pasta Sauce, Primo Traditional Shredded Ham | Reduced-fat cheese | RED | Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria. Product NIP for ham assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - replace ham with an AMBER variety | |
| Snacks | | | | | | | | |
| 61 | Apple | Fresh fruit | N/A | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 62 | Orange | Fresh fruit | N/A | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 63 | Watermelon pot | Fresh fruit | N/A | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 64 | Popcorn - salted | Koala | 25g | AMBER | Product NIP for popcorn assessed against Nutrient Criteria Tables. | No | | |
| 65 | Jelly with fruit | Canteen made | 100ml, 99% juice and gelatine | AMBER | Assessed against AMBER Category Table. | No | | |
| 66 | Cheese and crackers | Canteen made, Woolworths Select Classic Water Crackers | Reduced-fat cheese | AMBER | Recipe assessed by ingredients. Product NIP for crackers assessed against Nutrient Criteria Tables. | No | | |

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| 67 | Mixed berry yoghurt and honey pot | Canteen made, Brancourts Greek Style Natural Yoghurt | Full-fat yoghurt Added honey | AMBER | Recipe assessed by ingredients. | No | To make this GREEN: - replace yoghurt with a reduced-fat variety and do not add honey. | |
| 68 | Craisin cookies | Canteen made | 39g | AMBER | Recipe NIP developed and assessed against Nutrient Criteria Tables. | No | | |
| 69 | Chocolate mousse | Canteen made, Nestle Docello Chocolate Mousse Flavour Mix | 100ml | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| 70 | Chicken schnitzel sushi | Big Crunch | 135g | AMBER | Product NIP for sushi assessed against Nutrient Criteria Tables. | No | | |
| 71 | Vegetarian sushi | Big Crunch | 135g | AMBER | Product NIP for sushi assessed against Nutrient Criteria Tables. | No | | |
| 72 | Tuna and chicken teriyaki combo sushi munch box | Big Crunch | Medium | AMBER | Product NIP for sushi assessed against Nutrient Criteria Tables. | No | | |
| 73 | Cucumber sushi munch box | Big Crunch | Medium | AMBER | Product NIP for sushi assessed against Nutrient Criteria Tables. | No | | |
| 74 | Chicken teriyaki combo sushi munch box | Big Crunch | Medium | AMBER | Product NIP for sushi assessed against Nutrient Criteria Tables. | No | | |

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|----|------------------|--------------|-------------|-------|---------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 75 | Raspberry muffin | Canteen made | (62g) large | AMBER | Recipe NIP developed and assessed against Nutrient Criteria Tables. | No | |
| 76 | Raspberry muffin | Canteen made | 20g (small) | RED | Recipe NIP developed and assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - increase the size of each muffin from 20g to 36g, to increase the amount of fibre per muffin. Using the same quantity of ingredients, this is approximately 9 muffins. |
| 77 | Chocolate muffin | Canteen made | 20g (small) | RED | Recipe NIP developed and assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - increase the size of each muffin from 20g to 30g to increase the amount of fibre per muffin. Using the same quantity of ingredients, this is approximately 9 muffins. |

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| 78 | Chocolate muffin | Canteen made | 62g (large) | RED | Recipe NIP developed and assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | To make this AMBER: - reduce the size of each muffin from 62g to 44g, to reduce the kilojoules per muffin. Using the same quantity of ingredients, this is approximately 6 muffins. |
| 79 | Chicken teriyaki sushi | Big Crunch | 135g | RED | Product NIP for sushi assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | |
| 80 | Tuna and cucumber sushi | Big Crunch | 135g | RED | Product NIP for sushi assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | |
| 81 | Tuna sushi munch box | Big Crunch | Medium | RED | Product NIP for sushi assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | |
| 82 | Avocado sushi munch box | Big Crunch | Medium | RED | Product NIP for sushi assessed against Nutrient Criteria Tables. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | |

| Frozen desserts | | | | | | | |
|------------------------|---------------------------------------|---------|------------------|-------|--------------------------------------------------------|----|--|
| 83 | Frozen juice cup - apple | Bevco | 110ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 84 | Frozen juice cup - apple blackcurrant | Bevco | 110ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 85 | Frozen juice cup - orange | Bevco | 110ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 86 | Frozen yoghurt - chocolate | Twisted | 120ml | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |
| 87 | Frozen yoghurt - strawberry | Twisted | 120ml | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |
| 88 | Frozen yoghurt - watermelon | Twisted | 120ml | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |
| 89 | Ice cream - Chocolate Paddle Pop | Streets | 54g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |
| 90 | Ice cream - Banana Paddle Pop | Streets | 54g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |
| 91 | Ice cream - Rainbow Paddle Pop | Streets | 68g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | |

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|---------------|---------------------------------------------|----------------|-------|-------|--------------------------------------------------------|----|---|---|
| 92 | Ice block - Quelch Apple Fruit Stick | Berri | 70g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| 93 | Ice block - Quelch Blackcurrant Fruit Stick | Berri | 70g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| 94 | Ice block - Quelch Tropical Fruit Stick | Berri | 70g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| 95 | Ice block - Quelch Orange Fruit Stick | Berri | 70g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| 96 | Ice block - Quelch Mango Fruit Stick | Berri | 70g | AMBER | Product NIP assessed against Nutrient Criteria Tables. | No | | |
| Drinks | | | | | | | | |
| 97 | Water - plain | Pure | 600ml | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 98 | Sparkling water - plain | Mount Franklin | 450ml | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 99 | Sparkling water - lemon essence | Mount Franklin | 450ml | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 100 | Sparkling water - lime essence | Mount Franklin | 450ml | GREEN | Assessed against GREEN Category Table. | No | - | - |

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| 101 | Sparkling water - wildberry essence | Mount Franklin | 450ml | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 102 | Hot milo | Canteen made | 200ml, reduced-fat milk | GREEN | Recipe assessed by ingredients. | No | - | - |
| 103 | Liquid breakfast drink - vanilla UP&GO | Sanitarium | 250ml, reduced-fat milk | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 104 | Liquid breakfast drink - chocolate UP&GO | Sanitarium | 250ml, reduced-fat milk | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 105 | Liquid breakfast drink - strawberry UP&GO | Sanitarium | 250ml, reduced-fat milk | GREEN | Assessed against GREEN Category Table. | No | - | - |
| 106 | Milk - plain | Pauls | 300ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | | |
| 107 | Milk - chocolate | Oak | 300ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | For a GREEN alternative: - replace with a reduced-fat variety. | |
| 108 | Milk - strawberry | Oak | 300ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | For a GREEN alternative: - replace with a reduced-fat variety. | |
| 109 | Milk - vanilla | Oak | 300ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | For a GREEN alternative: - replace with a reduced-fat variety. | |

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| 110 | Milk - iced coffee | Oak | 300ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | For a GREEN alternative: - replace with a reduced-fat variety. |
| 111 | Milk - chocolate | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |
| 112 | Milk - strawberry | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |
| 113 | Milk - vanilla | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |
| 114 | Milk - The Max Molten Caramel | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |

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| 115 | Milk - The Max Cool Choc Mint | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |
| 116 | Milk - Cookies and Cream | Oak | 600ml, full-fat | AMBER | Assessed against AMBER Category Table. | No | Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG. |
| 117 | Juice - orange | Harvey Fresh | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 118 | Juice - apple | Harvey Fresh | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 119 | Juice - apple and blackcurrant | Harvey Fresh | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 120 | Sparkling juice - apple | Appletiser | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 121 | Sparkling juice - Razz Bri | LOL | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 122 | Sparkling juice - Tropkl | LOL | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |
| 123 | Sparkling juice - B Current | LOL | 250ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | |

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| 124 | Slushy - wildberry | Whitty's | 200ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | | |
| 125 | Slushy - wildberry | Whitty's | 200ml, 99% juice | AMBER | Assessed against AMBER Category Table. | No | | |
| 126 | Juice - apple | Goulburn Valley | 300ml, 99% juice | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. This product exceeds the maximum serve size of 250ml for juice. | | |
| 127 | Juice - apple blackcurrant | Goulburn Valley | 300ml, 99% juice | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. This product exceeds the maximum serve size of 250ml for juice. | | |
| 128 | Juice - orange | Goulburn Valley | 300ml, 99% juice | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. This product exceeds the maximum serve size of 250ml for juice. | | |

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| 129 | Iced tea - crisp apple and lemongrass | Fuze Tea | 350ml, sugar sweetened | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 130 | Iced tea - summer mango and camomile | Fuze Tea | 350ml, sugar sweetened | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 131 | Iced tea - wild raspberry and hibiscus roobios tea | Fuze Tea | 350ml, sugar sweetened | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 132 | Iced tea - zesty lemon black tea | Fuze Tea | 350ml, sugar sweetened | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |
| 133 | Iced tea - juicy peach black tea | Fuze Tea | 350ml, sugar sweetened | RED | Assessed against RED Category Table. | Yes. The sale of RED items in school canteens does not meet the policy guidelines. | | |