

# 2017 ACT PUBLIC SCHOOL CANTEEN MENU ASSESSMENT REPORT

NAME OF SCHOOL: TELOPEA PARK SCHOOL

DATE OF ASSESSMENT: 02 JUNE 2017

CANTEEN LICENSE HOLDER/OPERATOR: [REDACTED]

All food and drinks available for sale by the Telopea Park School Canteen have been assessed against the *National Healthy School Canteen Guidelines*<sup>1</sup> under the *ACT Public School Food and Drink Policy*. This report was developed by assessing the food and drinks available for sale from the canteen menu (as at June 2017). A site visit was not undertaken for this assessment.

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](http://www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines).

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<sup>1</sup> 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

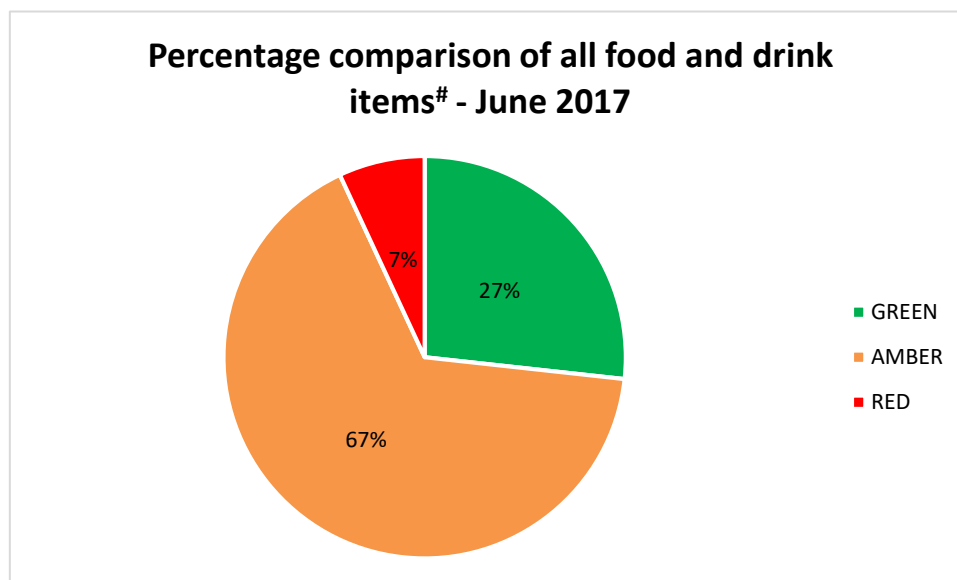
In order for school canteens to meet the requirements of the *ACT Public School Food and Drink Policy*:

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.

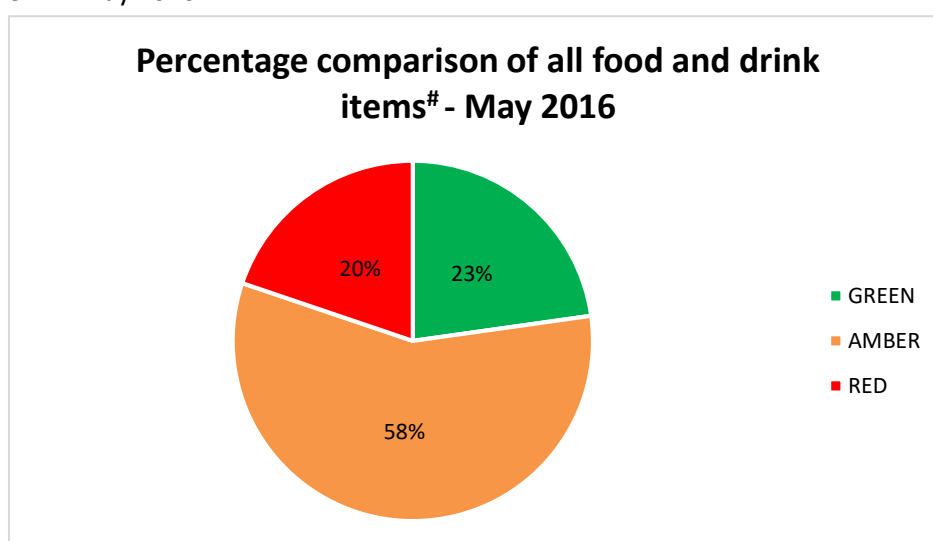
Graph 1A shows the population percentage results for assessed canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=32) items, **AMBER** (n=80) items and **RED** (n=8) items by the total number of items (n=120). Results were then multiplied by 100 to obtain percentage values.

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=120) at the current assessment (2 June 2017)*:		
GREEN n=32	AMBER n=80	RED n=8
27%	67%	7%

Graph 1B: Combined results of the food and drink menu items assessed at the last review in May 2016

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 May 2016.



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

Graph 1B 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) by the total number of items (n=133). Results were then multiplied by 100 to obtain percentage values.

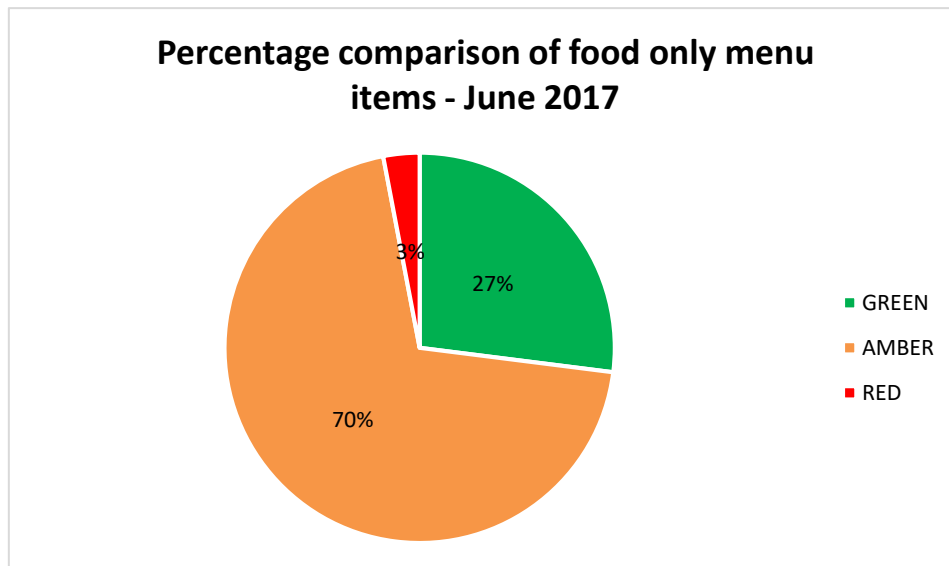
Table 1B: Total number and percentage results for assessed canteen menu food and drink items at the last review in May 2016

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

The percentage of **GREEN** menu items have increased since the last review from 23% (or 30 items) in 2016 to 27% (or 32 items) in 2017. The percentage of **AMBER** menu items have also increased from 58% (or 77 items) in 2016 to 67% (or 80 items) in 2017. The percentage of **RED** menu items have decreased from 20% (or 26 items) in 2016 to 7% (or 8 items) in 2017. The total number of menu items have decreased from 133 in 2016 to 120 in 2017.

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*.



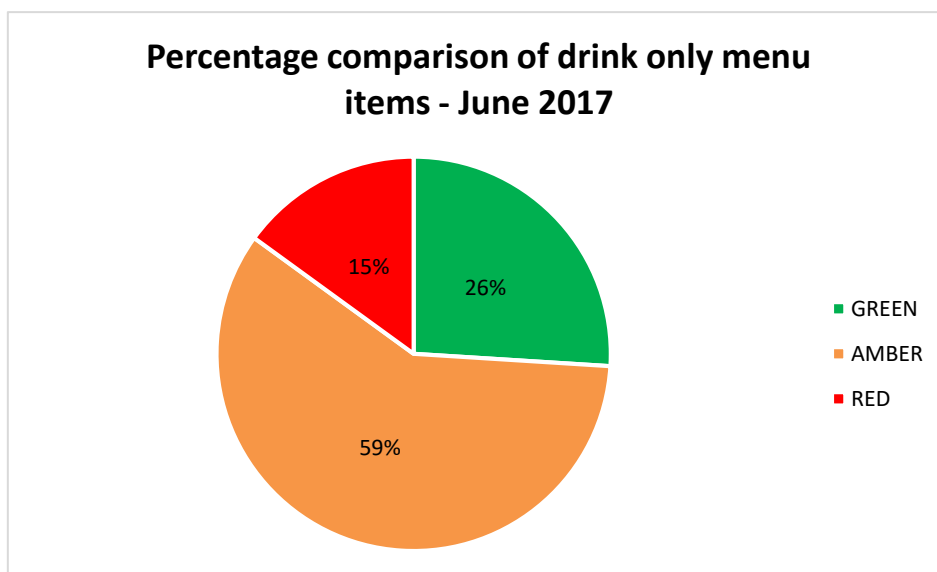
Graph 2 shows the population percentage results for assessed food only canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=23) items, **AMBER** (n=60) items and **RED** (n=3) items by the total number of items (n=86). Results were then multiplied by 100 to obtain percentage 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=86):		
<b>GREEN n=23</b>	<b>AMBER n=60</b>	<b>RED n=3</b>
27%	70%	3%

### 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*.



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=5) items by the total number of items (n=34). Results were then multiplied by 100 to obtain percentage values.

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

<b>Percentage of drink only items available for sale by traffic light classification (n=34):</b>		
<b>GREEN n=9</b>	<b>AMBER n=20</b>	<b>RED n=5</b>
26%	59%	15%

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 free, 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](mailto:info@actnss.org), phone (02) 6162 2583 or visit the website <https://www.actnss.org>.

The ACT Government's Fresh Tastes service also offers a range of free 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](mailto:freshtastes@act.gov.au), phone (02) 6205 1452 or visit the website <https://goodhabitsforlife.act.gov.au/fresh-tastes/canteen-support>.

**FOOD AND DRINK CLASSIFICATION TABLE**  
**DATE ASSESSMENT UNDERTAKEN: 2 JUNE 2017**

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 120 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 32 **GREEN** food and drink items on the menu (27% 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, Teaching and Early Childhood Branch by 14 July 2017 via email or post.

Email: Tracy Gallagher, Manager/School Leader B | Health Promotion Projects  
[tracy.gallagher@act.gov.au](mailto:tracy.gallagher@act.gov.au)

Postal address:

Director, Learning, Teaching and Early Childhood Branch  
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 <i>For example –</i> <ul style="list-style-type: none"> <li>• RED Item: removed by [DATE]</li> <li>• RED item: ingredients changed to make it an AMBER item by [DATE]</li> </ul>
<b>Sandwiches</b>								
1	Sandwich - egg, lettuce and mayo	Canteen made	Reduced-fat mayonnaise	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for mayonnaise assessed against Healthier Choice Criteria.	No	-	-
2	Sandwich - tuna, lettuce and mayo	Canteen made	Reduced-fat mayonnaise	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for mayonnaise assessed against Healthier Choice Criteria.	No	-	-
3	Sandwich - cheese	Canteen made	Reduced-fat cheese	<b>GREEN</b>	Recipe assessed by ingredients.	No	-	-
4	Sandwich - cheese and tomato	Canteen made	Reduced-fat cheese	<b>GREEN</b>	Recipe assessed by ingredients.	No	-	-
5	Sandwich - cheese and salad	Canteen made	Reduced-fat cheese	<b>GREEN</b>	Recipe assessed by ingredients.	No	-	-

6	Sandwich - vegemite	Canteen made	N/A	<b>AMBER</b>	Recipe assessed by ingredients.	No		
7	Sandwich - chicken and lettuce	Canteen made, Ingham Diced Roasted Chicken Meat	Reduced-fat mayonnaise	<b>AMBER</b>	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.	
8	Sandwich - chicken and salad	Canteen made, Ingham Diced Roasted Chicken Meat	Reduced-fat cheese	<b>AMBER</b>	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.	
9	Sandwich - ham	Canteen made, KR Castlemaine Heart Tick Leg Ham	N/A	<b>AMBER</b>	Recipe assessed by ingredients. Product NIP of ham assessed against Nutrient Criteria Tables.	No		
10	Sandwich - ham and cheese	Canteen made, KR Castlemaine Heart Tick Leg Ham	Reduced-fat cheese	<b>AMBER</b>	Recipe assessed by ingredients. Product NIP of ham assessed against Nutrient Criteria Tables.	No		

11	Sandwich - ham, cheese and tomato	Canteen made, KR Castlemaine Heart Tick Leg Ham	Reduced-fat cheese	AMBER	Recipe assessed by ingredients. Product NIP of ham assessed against Nutrient Criteria Tables.	No		
12	Sandwich - ham and salad	Canteen made, KR Castlemaine Heart Tick Leg Ham	N/A	AMBER	Recipe assessed by ingredients. Product NIP of ham assessed against Nutrient Criteria Tables.	No		
<b>Salads</b>								
13	Fruit salad	Canteen made	N/A	GREEN	Recipe assessed by ingredients.	No	-	-
14	Greek salad	Canteen made	Reduced-fat feta cheese Does not contain olives Salad dressing optional	GREEN	Recipe assessed by ingredients.	No	-	-
15	Pasta salad	Canteen made	Reduced-fat cheese Salad dressing optional	GREEN	Recipe assessed by ingredients.	No	-	-
16	Ham salad box	Canteen made, KR Castlemaine	Salad dressing optional	AMBER	Recipe assessed by ingredients. Product NIP for	No		

		Heart Tick Leg Ham			ham assessed against Nutrient Criteria Tables.			
17	Chicken salad box	Canteen made, Ingham Diced Roasted Chicken Meat	Reduced-fat cheese Salad dressing optional	<b>AMBER</b>	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.	
18	Chicken Caesar salad	Canteen made, Ingham Diced Roasted Chicken Meat	Full-fat cheese (parmesan) Salad dressing optional	<b>AMBER</b>	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.	
19	Chicken coriander box	Canteen made, Ingham Diced Roasted Chicken Meat	Sweet chilli sauce	<b>AMBER</b>	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.	
<b>Sushi</b>								
20	Tuna maki roll	Big Crunch Sushi	125g	<b>AMBER</b>	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
21	Chicken schnitzel maki roll	Big Crunch Sushi	125g	<b>AMBER</b>	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		

22	Veggie maki roll	Big Crunch Sushi	125g	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
23	Chicken teriyaki roll-your-own-sushi	Big Crunch Sushi	135g	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
24	Mini box - chicken teriyaki	Big Crunch Sushi Munch Box	N/A	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
25	Mini box - tuna	Big Crunch Sushi Munch Box	N/A	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
26	Mini box - cucumber	Big Crunch Sushi Munch Box	N/A	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
27	Mini box - avocado	Big Crunch Sushi Munch Box	N/A	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
28	Mini box - tuna and chicken teriyaki	Big Crunch Sushi Munch Box	N/A	AMBER	Product NIP for sushi assessed against Nutrient Criteria Tables.	No		
29	California maki roll	Big Crunch Sushi	125g	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.		
<b>Hot dishes</b>								

30	Cheese pizza	Canteen made, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria.	No	-	-
31	Garlic bread - margarine and crushed garlic	Canteen made	Tolerance for unsaturated spreads met with <1 tsp/serve	<b>GREEN</b>	Recipe assessed by ingredients.	No	-	-
32	Quesadilla - tortilla, salsa and cheese	Canteen made, Knorr Chunky Salsa	Reduced-fat cheese	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for salsa assessed against Healthier Choice Criteria.	No	-	-
33	Pumpkin soup	Canteen made	N/A	<b>GREEN</b>	Recipe NIP developed and assessed against Healthier Choice Criteria.	No	-	-
34	Vegetable soup	Canteen made	N/A	<b>GREEN</b>	Recipe NIP developed and assessed against Healthier Choice Criteria.	No	-	-
35	Potato and leek soup	Canteen made	N/A	<b>GREEN</b>	Recipe NIP developed and assessed against Healthier Choice Criteria.	No	-	-

36	Minestrone soup	Canteen made	N/A	<b>GREEN</b>	Recipe NIP developed and assessed against Healthier Choice Criteria.	No	-	-
37	Penne pasta	Canteen made, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese Small serve	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria.	No	-	-
38	Penne pasta	Canteen made, Woolworths Homebrand Chunky Pasta Sauce	Reduced -fat cheese Large serve	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria.	No	-	-
39	Spaghetti bolognaise	Canteen made, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese Lean beef mince Small serve	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria.	No	-	-
40	Spaghetti bolognaise	Canteen made, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese Lean beef mince Large serve	<b>GREEN</b>	Recipe assessed by ingredients. Product NIP for pasta sauce assessed against Healthier Choice Criteria.	No	-	-


41	Good Eating Snack Beef Pie	Mrs Mac's	50g	<b>AMBER</b>	Product NIP for meat pie assessed against Nutrient Criteria Tables.	No		
42	Good Eating Cruizer Pie	Mrs Mac's	180g	<b>AMBER</b>	Product NIP for meat pie assessed against Nutrient Criteria Tables.	No		
43	Good Eating Sausage Roll	Mrs Mac's	120g	<b>AMBER</b>	Product NIP for sausage roll assessed against Nutrient Criteria Tables.	No		
44	Lasagne	Enrico's	220g	<b>AMBER</b>	Product NIP for lasagne assessed against Nutrient Criteria Tables.	No		
45	Potato pie	Enrico's	200g	<b>AMBER</b>	Product NIP for pie assessed against Nutrient Criteria Tables.	No		
46	Wedges	McCain	N/A	<b>AMBER</b>	Product NIP for wedges assessed against Nutrient Criteria Tables.	No		


47	Hash brown	McCain	N/A	<b>AMBER</b>	Product NIP for hash browns assessed against Nutrient Criteria Tables.	No		
48	Chicken nuggets	Ingham School Chicken Breast Nuggets	N/A	<b>AMBER</b>	Product NIP for chicken nuggets assessed against Nutrient Criteria Tables.	No		
49	Chicken noodles	Fantastic	N/A	<b>AMBER</b>	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.	
50	Chicken burger - chicken schnitzel, lettuce and mayonnaise	Canteen made, Steggles Chicken Breast Schnitzel, ETA mayonnaise	Reduced-fat mayonnaise	<b>AMBER</b>	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.	
51	Sweet chilli chicken wrap - crumbed chicken tender, lettuce, mayonnaise and sweet chilli sauce	Canteen made, Steggles Chicken Tenders Sweet Chilli, ETA mayonnaise	Reduced-fat mayonnaise	<b>AMBER</b>	Recipe assessed by ingredients. Product NIP for chicken tenders assessed against Nutrient Criteria Tables. Product	No		

					NIP for mayonnaise assessed against Healthier Choice Criteria.			
52	Baby peri peri chicken wrap - crumbed chicken tender, lettuce and peri peri sauce	Canteen made, Ingham Classic Crumbed Tenders, Nandos peri peri sauce	N/A		<b>AMBER</b>	Recipe assessed by ingredients. Product NIP for chicken tenders assessed against Nutrient Criteria Tables.	No	
53	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		<b>AMBER</b>	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	For a healthier AMBER option: - replace free flow chicken with fresh chicken.
54	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		<b>AMBER</b>	Recipe assessed by ingredients. Product NIP for free flow chicken assessed against Nutrient Criteria Tables. Product	No	For a healthier AMBER option: - replace free flow chicken with fresh chicken.

					NIP for butter chicken sauce assessed against Healthier Choice Criteria.			
55	Macaroni cheese	Canteen made	Contains stock powder Small serve	<b>AMBER</b>	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No	For a GREEN alternative: - try our recipe for macaroni and cheese. See attached.	
56	Macaroni cheese	Canteen made	Contains stock powder Large serve	<b>AMBER</b>	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No	For a GREEN alternative: - try our recipe for macaroni and cheese. See attached.	
57	Spinach and ricotta pasta	Canteen made, Latina Fresh Ricotta & Spinach Agnolotti, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese Small serve	<b>AMBER</b>	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		
58	Spinach and ricotta pasta	Canteen made, Latina Fresh Ricotta & Spinach	Reduced-fat cheese Large serve	<b>AMBER</b>	Recipe assessed by ingredients. Product NIP for filled pasta	No		

		Agnolotti, Woolworths Homebrand Chunky Pasta Sauce			assessed against Nutrient Criteria Tables. Product NIP for pasta sauce assessed against Healthier Choice Criteria.			
59	Gluten free pasta	Canteen made	Full-fat cheese (parmesan)	<b>AMBER</b>	Recipe assessed by ingredients.	No	To make this GREEN: - replace parmesan with reduced-fat cheese.	
60	Roast beef and gravy roll	Canteen made	N/A	<b>AMBER</b>	Recipe assessed by ingredients.	No		
61	Pulled pork and coleslaw roll	Canteen made, Masterfoods Coleslaw Dressing	N/A	<b>AMBER</b>	Recipe assessed by ingredients. Recipe NIP developed for pork and assessed against Nutrient Criteria Tables. Product NIP for dressing assessed against Healthier Choice Criteria.	No		
62	Ham and cheese pizza	Canteen made, KR Castlemaine Heart Tick Leg Ham, Woolworths Homebrand	Reduced-fat cheese	<b>AMBER</b>	Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient			

		Chunky Pasta Sauce			Criteria Tables Product NIP for pasta sauce assessed against Healthier Choice Criteria.			
63	Ham supreme pizza	Canteen made, KR Castlemaine Heart Tick Leg Ham, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese	AMBER	Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables Product NIP for pasta sauce assessed against Healthier Choice Criteria.			
64	Hawaiian pizza	Canteen made, KR Castlemaine Heart Tick Leg Ham, Woolworths Homebrand Chunky Pasta Sauce	Reduced-fat cheese	AMBER	Recipe assessed by ingredients. Product NIP for ham assessed against Nutrient Criteria Tables Product NIP for pasta sauce assessed against Healthier Choice Criteria.			
65	Beef burger - beef patty, mayonnaise and lettuce	Canteen made, Angel Bay Beef Burger Regular, ETA mayonnaise	Reduced-fat mayonnaise	RED	Product NIP for patty assessed against Nutrient	Yes. The sale of RED items in school canteens	To make this GREEN: - make beef patty from scratch or	

					Criteria Tables. Product NIP for mayonnaise assessed against Healthier Choice Criteria.	does not meet the policy guidelines.	replace with premade GREEN alternative.  To make this AMBER: - replace with a patty that per 100g contains: 1000kJ or less, 5g or less of saturated fat and 450mg or less of sodium.	
66	Veggie burger - vegetable patty, mayonnaise and lettuce	Canteen made, I&J Patty	Reduced-fat mayonnaise	RED	Product NIP for patty assessed against Nutrient Criteria Tables. Product NIP for mayonnaise assessed against Healthier Choice Criteria.	Yes. The sale of RED items in school canteens does not meet the policy guidelines.	To make this GREEN: -make vegetable patty from scratch.  To make this AMBER: -Choose patty that per 100g is: 1000kJ or less, 5g or less of saturated fat and 450mg or less of sodium.	
<b>Snacks</b>								
67	Apple	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
68	Orange	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-

69	Watermelon pot	Fresh fruit	N/A	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
70	Popcorn - plain	Canteen made	Air popped with no added oil or salt	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
71	Jelly with fruit	Canteen made	100ml, 99% juice and gelatine	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
72	Mixed berry yoghurt and honey pot	Canteen made, Brancourts Greek Style Natural Yoghurt	Full-fat yoghurt Added honey	<b>AMBER</b>	Recipe assessed by ingredients.	No	To make this GREEN: - replace yoghurt with a reduced-fat variety and do not add honey.	
73	Craisin cookies	Canteen made	39g	<b>AMBER</b>	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No		
74	Chocolate mousse	Canteen made, Nestle Docello Chocolate Mousse Flavour Mix	100ml	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
75	Raspberry muffin	Canteen made	36g	<b>AMBER</b>	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No		
76	Chocolate muffin	Canteen made	48g	<b>AMBER</b>	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No		

<b>Frozen desserts</b>								
77	Frozen juice cup - apple	Bevco	110ml, 99% juice	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
78	Frozen juice cup - apple blackcurrant	Bevco	110ml, 99% juice	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
79	Frozen juice cup - orange	Bevco	110ml, 99% juice	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
80	Frozen yoghurt - chocolate	Twisted	120ml	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
81	Frozen yoghurt - strawberry	Twisted	120ml	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
82	Frozen yoghurt - watermelon	Twisted	120ml	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
83	Ice cream - Chocolate Paddle Pop	Streets	54g	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
84	Ice cream - Banana Paddle Pop	Streets	54g	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
85	Ice cream - Rainbow Paddle Pop	Streets	68g	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		

86	Ice block - Quelch Fruit Stick - assorted flavours	Berri	70g NB: students do not have a choice of flavour	<b>AMBER</b>	Product NIP assessed against Nutrient Criteria Tables.	No		
<b>Drinks</b>								
87	Water - plain	Pure	600ml	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
88	Sparkling water - plain	Mount Franklin	450ml	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
89	Sparkling water - lemon essence	Mount Franklin	450ml	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
90	Sparkling water - lime essence	Mount Franklin	450ml	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
91	Sparkling water - wildberry essence	Mount Franklin	450ml	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
92	Hot milo	Canteen made	Reduced-fat milk	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
93	Liquid breakfast drink - vanilla UP&GO	Sanitarium	250ml, reduced-fat milk	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
94	Liquid breakfast drink - chocolate UP&GO	Sanitarium	250ml, reduced-fat milk	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-
95	Liquid breakfast drink - strawberry UP&GO	Sanitarium	250ml, reduced-fat milk	<b>GREEN</b>	Assessed against GREEN Category Table.	No	-	-

96	Milk - plain	Pauls	300ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
97	Milk - chocolate	Oak	300ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	For a GREEN alternative: - replace with a reduced-fat variety.	
98	Milk - strawberry	Oak	300ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	For a GREEN alternative: - replace with a reduced-fat variety.	
99	Milk - vanilla malt	Oak	300ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	For a GREEN alternative: - replace with a reduced-fat variety.	
100	Milk - iced coffee	Oak	300ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	For a GREEN alternative: - replace with a reduced-fat variety.	
101	Milk - chocolate	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	
102	Milk - strawberry	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	

103	Milk - vanilla malt	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	
104	Milk - The Max Molten Caramel	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	
105	Milk - The Max Cool Choc Mint	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	
106	Milk - Cookies and Cream	Oak	600ml, full-fat	<b>AMBER</b>	Assessed against AMBER Category Table.	No	Recommend limiting the serve size of flavoured milk drinks to 375ml or less, consistent with the NHSCG.	
107	Juice - orange	Harvey Fresh	250ml, 99% juice	<b>AMBER</b>	Assessed against AMBER Category Table.	No		
108	Juice - apple	Harvey Fresh	250ml, 99% juice	<b>AMBER</b>	Assessed against AMBER Category Table.	No		

109	Juice - apple and blackcurrant	Harvey Fresh	250ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
110	Sparkling juice - apple	Appletiser	250ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
111	Sparkling juice - Razz Bri	LOL	250ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
112	Sparkling juice - Tropkl	LOL	250ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
113	Sparkling juice - B Current	LOL	250ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
114	Slushy - wildberry	Whitty's	200ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
115	Slushy - wildberry	Whitty's	200ml, 99% juice	AMBER	Assessed against AMBER Category Table.	No		
116	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.		
117	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.		
118	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.		

119	Iced tea - zesty lemon black tea	Fuze Tea	350ml, sugar sweetened	<b>RED</b>	Assessed against RED Category Table.	Yes. The sale of RED items in school canteens does not meet the policy guidelines.		
120	Iced tea - juicy peach black tea	Fuze Tea	350ml, sugar sweetened	<b>RED</b>	Assessed against RED Category Table.	Yes. The sale of RED items in school canteens does not meet the policy guidelines.		