

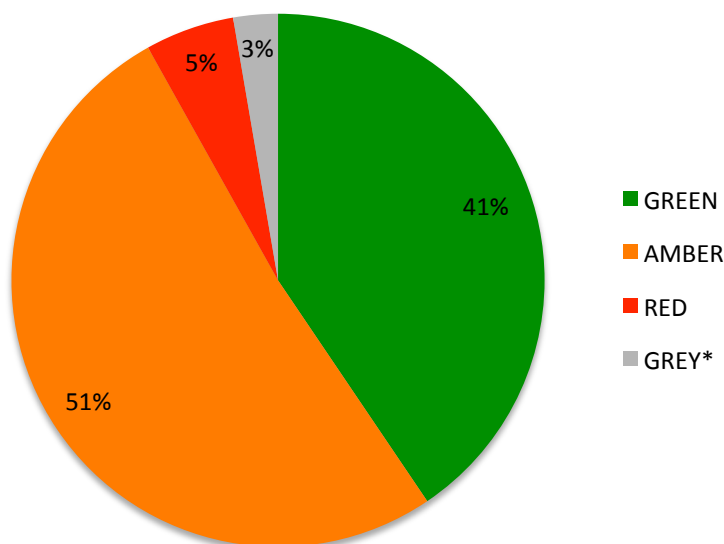
# School Canteen Menu Assessment Report

**School:** Flinders Public School  
**Menu submitted by:** Lara Ball  
**Position:** P&C Secretary

**Date:** 01.08.16  
**Assessed by:** Elizabeth Glanville  
**Position and organisation:** Health Promotion Officer,  
 Food and Nutrition

*This menu assessment is based on the information provided to Healthy Kids Association in July-August 2016. This report cannot comment on any foods sold at the canteen that are not listed on the menu submitted or menu assessment application form. The menu has been assessed according to the Fresh Tastes @ School NSW Healthy School Canteen Strategy, using a menu assessment tool developed by the Healthy Kids Association ([www.healthy-kids.com.au](http://www.healthy-kids.com.au)). NSW Government schools are required to comply with the Fresh Tastes @ School Strategy. Please refer to the colour coded menu (attached) as you read through this report. If you have any questions about this report or how menu items have been coded please contact Healthy Kids.*

## Menu Assessment Results



### In summary

The menu has more **AMBER** than **GREEN** items and it has four **RED** items. The menu has two **GREY** items that were unable to be classified due to insufficient nutrition information.

### What should a menu look like?

**GREEN** foods should dominate the menu. As a general rule GREEN foods should represent more than 50% of the menu.

**AMBER** foods should be selected carefully and they should not dominate the menu, meaning AMBER foods should represent less than 50% of the menu items.

**RED** foods should not be present on the menu. Red foods are allowed in schools a maximum of two occasions per term; this includes all fundraisers, canteen activities, fetes, BBQ's and sporting carnivals.

**BANNED Drinks** Some drinks are completely BANNED and can never be sold at school. They include soft drinks, energy drinks, sports drinks, cordials and iced tea with  $\geq 300\text{kJ}$  per serve or  $\geq 100\text{mg}$  sodium per serve. They must be removed from the menu.

## Colour Coded Menu

### Flinders Public School - Healthy Kids Winter Menu 2016 (Term 2&3)

SANDWICHES		HOT FOOD		SNACKS	
Vegemite	\$2.00	3 Chicken breast fingers	\$1.50	SAO with Cheese or Vegemite 2	\$1.00
Cheese	\$2.30	6 Chicken breast fingers	\$3.00	Fresh Whole Fruit (seasonal)	\$1.00
Cheese and Tomato	\$2.60	3 Fish Fingers	\$1.50	Slinky Apple	\$1.00
Salad	\$3.50	6 Fish Fingers	\$3.00	Custard Cup	\$1.00
Salad with Cheese	\$3.80	Wedges 'original' flavour	\$3.50	Fresh Baked Mini Muffin 10-13g	\$0.30
Salad with chicken breast	\$4.00	Corn Cobs	\$1.00	Fresh Baked Large Muffin 64-74g	\$1.00
Salad with Ham	\$4.00	Party Pie	\$1.20	Plain Popcorn	\$0.50
Salad with Tuna or Salmon	\$4.00	Meat Pie	\$3.30	Grainwaves - sour cream and chive	\$1.20
Ham	\$2.80	Sausage Roll	\$2.50	Pretzel	\$0.80
Ham and Cheese	\$3.00	Pizza single (ham and pineapple)	\$2.50	Red Rock Seas Salt Chips	\$1.20
Chicken Breast	\$3.20	Chicken Burger (lettuce and mayo)	\$3.50	Red Rock Honey Soy Chips	\$1.20
Egg	\$2.80	Chicken Deluxe Burger (cheese salad and mayo)	\$4.00		
Egg - lettuce and Mayo	\$3.30	Hamburger (low fat patty lettuce, tomato, beetroot and BBQ sauce) NOT LOW FAT	\$3.50		
Tuna or Salmon	\$2.80	Twist Bolognaise Pasta	\$3.50	<b>FROZEN TREATS</b>	
Extra fillings add	\$0.30	Hot dog (tomato sauce)	\$3.00	Milky Bite / Juicy Bite	\$0.20
Bread Roll add	\$1.00	Hot dog with cheese	\$3.50	Yoghurt Snap	\$0.50
Wrap add	\$1.00	Hot Chicken breast and Gravy Roll	\$3.50	note: there is no yoghurt in this product. Suggest OJ	
Toasted add	\$0.30	Lasagne	\$3.50	Ice Mony - milk + juice flavour	\$0.80
				Frozen Orchy (Nippy cups) 2	\$0.80
		Fried Rice	\$3.50	Vanilla Bucket	\$1.50
		Potato and Gravy	\$1.50		
<b>SALAD CONTAINERS</b>		<b>DRINKS</b>		Frozen Yoghurt 2	\$1.50
(lettuce, carrot, cucumber, tomato, beetroot, cheese)		Water (600ml)	\$1.00	Fandangle 2	\$1.60
Small	\$4.00	100% Juice 250ml - Apple, Orange and Apple/blackcurrant 3	\$1.50	Garlic bread	
Large	\$5.00	Flavoured Milk 300ml - Chocolate and Strawberry 2	\$1.50	Jelly custard cups	
Chicken Breast add	\$0.50	Hot Chocolate	\$1.50		
Ham add	\$0.50	cheese sub		<b>EXTRAS</b>	
Egg add	\$0.50	tomato cheese sub		Sauce sachet - Tomato, BBQ, Sweet Chilli	\$0.30
Tuna or Salmon add	\$0.50	BBQ cheese sub		Paper Lunch Bags	\$0.10

\*\*\*Our Canteen also bakes treats such as Weetbix slice, Anzac cookies, Pikelets and other items that are Healthy Canteen Approved for over the counter sales ONLY. These items can NOT be included on orders. \*\*\*

# CANTEEN MENU PLANNER

## 'OCCASIONALLY'

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

These foods:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)



## 'SELECT CAREFULLY'

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

These foods:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)



## 'FILL THE MENU'

Encourage and promote these foods

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)

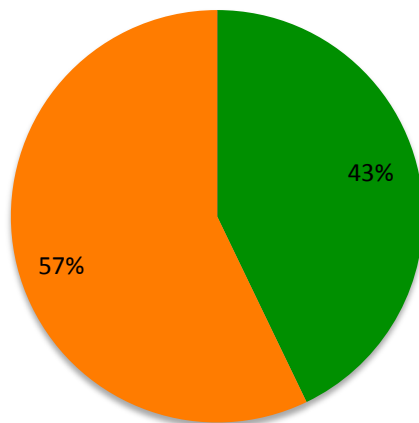


## The Menu Breakdown

The menu breakdown provides information and suggestions on how to GREEN-Up the menu to make sure it meets the Fresh Tastes @ School NSW Healthy School Canteen Strategy. Use the check boxes next to each recommendation to keep track of the changes made to the menu.

### Drinks

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#### Drinks

The drinks menu is mostly AMBER with some great GREEN options such as water and reduced-fat milks. There are no banned drinks on your menu.

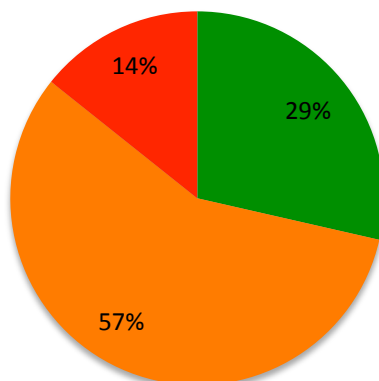
#### To GREEN-UP the drinks menu:

- ☐ Limit/modify the AMBER items:
  - Make hot chocolate on reduced fat milk, with a small amount of flavouring such as cocoa powder mix or Milo (recommend maximum two teaspoons of powder/flavouring per 250ml).
  - Reduce the juice serving size to a 200ml serve (99% fruit juice), e.g. Just juice popper 200ml, Sunraysia Organic Juice 200ml, Macquarie Valley Poptop No Added Sugar Fruit Juice 200ml.

Under the Fresh Tastes Strategy the only drinks that are allowed on canteen menus are:

- Water
- Plain and flavoured milks (reduced fat milks are GREEN, full fat milks are AMBER)
- 99% or more fruit juice (200ml serve size or less is GREEN, larger serves are AMBER)
- Sugar sweetened drinks that meet the 'Occasional' Food Criteria Table. These drinks are AMBER if they are less than 300kJ of energy per serve and less than 100mg of sodium per serve, otherwise they are RED.

## Snacks



### Snacks (includes frozen treats)

The majority of snack items are AMBER. It is great to see the canteen has GREEN snacks available such as the fresh fruit, however there are four RED items on the menu.

#### RED snack items that require removing from the menu (or modification to make compliant):

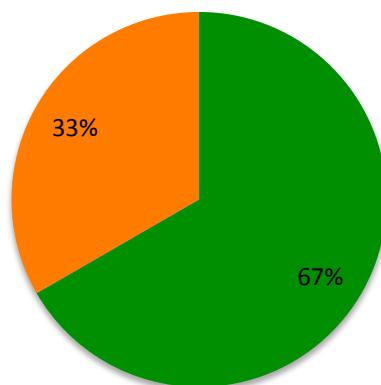
- ☐ **Fresh Baked large and mini muffin** – These items do not meet the *Fresh Tastes Occasional Criteria* requirements for energy and fibre. We recommend using a compliant muffin recipe (see appendix). We recommend swapping the choc chips or 100's & 1000's for fruit (fresh, dried or tinned) for a more positive and nutrient dense flavouring.
- ☐ **Weetbix slice** – This item exceeds the *Fresh Tastes Occasional Criteria* limit for energy (kJ) and saturated fat. We recommend removing from the menu or swapping/modifying to a recipe that meets the guidelines. Contact our team if you would like assistance to modify the recipe to meet the guidelines.
- ☐ **Anzac cookies** – This item does not meet the *Fresh Tastes Occasional Criteria* requirements for energy and fibre. We recommend using a compatible Anzac biscuit recipe available on the website [www.healthy-kids.com.au](http://www.healthy-kids.com.au).

#### To GREEN-UP the snacks menu:

- ☐ Limit/modify the AMBER items:
  - Remove the 'Yoghurt snap'. Note: there is no yoghurt in this product (primary ingredients are water and sugar), we recommend swapping for a GREEN alternative product such as Quelch sticks (99% fruit juice), or to use plain or flavoured reduced fat yoghurt to make frozen yoghurt bites.
  - Reduce the variety of savoury AMBER snacks such as chips and frozen items by removing the lower selling options
  - Swap the regular cheese on SAO for a reduced fat cheese slice for a GREEN alternative
  - Swap the regular custard cup to reduced fat custard for a GREEN alternative
- ☐ Add GREEN snacks such as:
  - Unflavoured air popped popcorn
  - Reduced fat custard or yoghurt tubs/cups
  - Frozen fruit such as grape tubs
  - Dried fruit and seeds bags (add nuts if allowed)
  - Small wraps made with GREEN fillings such as colourful salad ingredients with chicken or reduced fat cheese
  - For more green snack ideas see our website or contact our team

## Cold Meals

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### **Cold Meals (includes sandwiches, subs and salads)**

It's fantastic that the cold meals menu contains over 50% GREEN items, with great salad and sandwich options encouraging the intake of veggies.

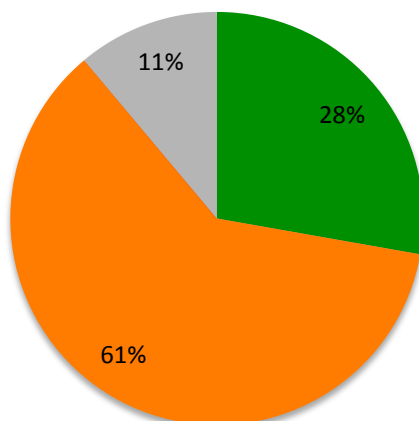
To keep the cold menu **GREEN** here are some tips:

- ☐ Add some salad to all sandwiches (cheese, ham, ham and cheese). Adding salad to sandwiches is a great way to encourage veggie intake in kids, even just some simple tomato and lettuce. This will also modify their classification to GREEN.
- ☐ Use fresh tomato slices on the tomato cheese sub in place of tomato sauce.
- ☐ Use reduced fat cheese in place of regular cheese on sandwiches and subs for a GREEN alternative.
- ☐ Offer wholemeal/wholegrain breads by default and only use white bread on request.



## Hot Meals

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### Hot Meals

The majority of the hot meals are AMBER. The two hot dog options were classified GREY, as we were unable to collect sufficient nutrition information for *Fresh Tastes* classification. These items are most likely to be RED due to high sodium, saturated fat and energy content. For further classification you are welcome to send through the nutrition panel information details (phone or email) and a Healthy Kids team member will be able to assess and provide a classification.

### Ideas to **GREEN-UP** the Hot Foods menu:

- ☐ Reduce the number of AMBER items by removing the lower selling products or by replacing them with GREEN alternatives.
- ☐ Swap the crumbed and coated chicken on the burger for plain chicken breast or our chicken burger patty recipe (see appendix) for a GREEN burger.
- ☐ The Woolworths hamburger patty product indicated is not a low fat product (as stated on the menu), we recommend using the Woolworths heart smart beef burger or Angel bay lite beef burger patties 100g (available through distributors), or if you have capacity to make your own use our handmade patty recipe (see appendix).
- ☐ Reduce the *availability* of AMBER items by having them on 'specials' days e.g. Chicken nuggets- Friday only, Pie & sausage roll day- Wednesday only.
- ☐ For more GREEN hot meal recipes and ideas check out [www.healthy-kids.com.au](http://www.healthy-kids.com.au) or contact our team.



## **Pricing and Promotion**

Encourage the sale of more GREEN foods by:

- Price GREEN foods less expensive and AMBER foods more costly to make healthy choices easy choices for kids. Ensure you have adequate mark up on all products in your canteen taking into account packaging, staff time and equipment cost, to ensure your canteen remains sustainable – for support with pricing and mark-up contact our team for member tools and support.
- Promote and advertise GREEN foods, e.g. displaying them so students can readily see them, get students involved in creating new posters to promote healthy products, and get involved with classrooms when it comes to theme days and healthy food ideas.

## **The Healthy Kids Buyers' Guide, Members' Magazine and Website**

- Check out the Healthy Kids Association School Canteen Buyers' Guide for products that meet the Fresh Tastes @ School NSW Healthy School Canteen Strategy.
- Check the Healthy Kids Association Member Magazine for new menu ideas and recipes.
- Check out the recipe section of the Healthy Kids website ([www.healthy-kids.com.au](http://www.healthy-kids.com.au)) for meal and snack ideas.
- If you are looking at new items for the menu, use the Fresh Tastes Canteen Menu Planning Guide (available at: <https://healthy-kids.com.au/category/13/fresh-tastes-at-school>) to ensure they are either GREEN or AMBER and not RED.

## **General Comments**

The Flinders Public School canteen menu has some great GREEN items that encourage healthier choices for kids. However, to ensure your menu is compliant with the *Fresh Tastes @ School NSW Healthy School Canteen Strategy* and the *Nutrition in Schools Policy* we recommend the following changes.

### **Summary action list:**

- ☐ Increase the amount of **GREEN** items on the menu or reduce the amount of **AMBER** items to ensure more than 50% of the menu is **GREEN**
- ☐ Remove all of the **RED** items on the menu- please refer to each section of the report for detail of items requiring removal:
  - Large muffin
  - Mini muffin
  - Weetbix slice
  - Anzac cookies

**Remember to make the transition to a healthier menu easier, implement one change at a time.**

If you have any questions regarding this menu assessment or would like additional support implementing changes please feel free to contact me.

Kind Regards,

**Elizabeth Glanville**  
**Health Promotion Officer – Food & Nutrition**

*This Menu Assessment has been conducted by Healthy Kids Association using a menu assessment tool that we developed. Healthy Kids Association has created this report, based on the information provided by the school. Please contact Healthy Kids Association on 02 9876 1300 or [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au) if you have any queries.*



## Appendix 1- the 'Occasional' Food Criteria

### Appendix 1 continued

# THE 'OCCASIONAL' FOOD CRITERIA TABLE

If the item you are considering has more than the number specified in the energy, saturated fat or sodium column, or less than the number in the fibre column, it is an 'Occasional' food.

ASSESSED PER 100g		HOT FOOD ITEMS	
CATEGORY		NUTRIENT CRITERIA	
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles.	>1000kJ	>5g	>400mg
Crumbed & coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

**Note:** All foods **DEEP FRIED** on the premises fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are too high in kilojoules and fat (usually saturated fat).

ASSESSED PER SERVE (as sold in the school canteen)		SNACK FOODS & DRINKS		
CATEGORY		NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar sweetened drinks and ices*	>300kJ		>100mg	
Snack food bars & sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods & biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections & dairy desserts	>600kJ	>3g		
Cakes, muffins & sweet pastries etc	>900kJ	>3g		<1.5g

**Note:** All types of **CONFECTIONERY** fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are foods of minimal nutritional value.

\*The sugar sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushies, ice blocks and ice confections.

**Key:** > means more than, < means less than.



## Appendix 2- Recipes

### Anzac biscuits

AMBER

**Makes 18**

#### **Ingredients:**

- 1½ cups rolled oats
- ½ cup wholemeal plain flour
- ⅓ cup sugar
- 90g margarine
- 1 tablespoon golden syrup
- 1 tablespoon boiling water
- 1 teaspoon bicarbonate of soda

#### **Method:**

1. Preheat oven to 180°C. Line two baking trays with baking paper.
2. In a medium bowl mix together oats, flour and sugar.
3. Melt margarine and golden syrup together using a microwave or stovetop.
4. Combine water and bicarbonate of soda in a small bowl and then stir into golden syrup mixture.
5. Pour syrup mixture into dry ingredients and mix to combine.
6. Roll tablespoonfuls of mixture into balls and place onto lined trays. Flatten slightly using the back of a spoon.
7. Bake for 10-15 minutes or until golden brown. Stand for 5 minutes before transferring to a wire rack to cool.



## Fruit Muffins

AMBER

**Makes 14 muffins; berry, banana, apple and cinnamon, banana and blueberry or peach and passionfruit**

### Ingredients:

- Cooking spray
- 1 cup (150g) white self raising flour
- 1 cup (150g) wholemeal self raising flour
- ½ cup caster sugar
- 2 eggs
- ½ cup canola oil
- ¾ cup reduced fat milk
- 1 cup fruit (see variations below)

### Method:

1. Preheat oven to 180°C.
2. Lightly coat muffin tray with cooking spray.
3. In a bowl, sift together flours and sugar, making a well in the centre.
4. Lightly whisk eggs then add oil and milk.
5. Add the mixture to the dry ingredients along with the fruit. Stir until just combined.  
Do not overmix at this stage.
6. Spoon into muffin tins, making 14 muffins and bake for 20-25 minutes.
7. Serve warm or cooled at room temperature.

### Variations:

- 1 cup of frozen berries, mixed or individual (e.g. raspberries, blueberries) + 1 teaspoon of vanilla extract.
- 1 cup mashed banana (approximately 2 large bananas)
- 1cup peeled and grated/finely diced apple + 1 teaspoon ground cinnamon
- ½ cup mashed banana + ½ cup blueberries
- ¾ cup diced, canned peaches (in fruit juice) + 2 tablespoons passionfruit pulp



## Beef OR chicken burgers

GREEN

**Makes 20 x 75g patties**

### Ingredients:

- 1kg lean beef OR chicken mince
- 3 cloves garlic, crushed
- 2 large brown onions, finely chopped
- 2 large zucchini, grated
- 1 large carrot, grated
- ½ bunch parsley, chopped
- 4 eggs, lightly beaten
- 2 cups wholemeal breadcrumbs
- Canola oil spray

### Method:

1. Place all ingredients in a large bowl and mix well.
2. Divide the mixture into 20 even balls (it's a good idea to weigh one at the start so you know the correct size – they should be approximately 70-80g each).
3. Shape each ball into a patty and, if you have time, allow them to set in the fridge for an hour.
4. Just before you're ready to cook, use your thumb to place an indent in the middle of each patty. This will stop it shrinking up into a ball during cooking.
5. Spray a hot frying pan with canola oil spray and cook patties on medium heat for 5 minutes or until cooked through, before turning over and cooking for a further 5 minutes.

### Tip:

- Wrap patties individually and freeze until needed.