THE RED CATEGORY
NOT RECOMMENDED ON THE CANTEEN MENU

- Low in nutritional value
- May contain excess energy, saturated fat, salt and sugar
- Should not be sold in a healthy school canteen
THE RED CATEGORY

- Sugar sweetened drinks, soft drinks, fruit drinks, iced tea cordial, sports drinks, sports waters, flavoured mineral waters and energy drinks
- Intense (artificially) sweetened foods and drinks with the exception of milk, yoghurt and custard
- Products containing guarana or added caffeine. Coffee-style milk drinks may be sold in secondary school. Maximum 375mL serve size
- Fruit/vegetable juice, less than 99% juice, added sugar, greater than 250mL serve size
- Jelly desserts and ice crushes/slushies, less than 99% fruit, added sugar, greater than 200mL serve size
- Icy-poles and fruit ice blocks, less than 99% juice, added sugar, greater than 125mL serve size
THE RED CATEGORY

• Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes
• All types: sold separately or added to products including; boiled lollies, carob, chocolate (including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/carob-coated
• Deep-fried foods
• Cream, coconut cream, coconut milk, butter, copha, ghee and lard
DECIDING IF A FOOD OR DRINK MAY BE SOLD

START – p.9 Guidelines for healthy foods and drinks supplied in school canteens

Does the item easily fit into the GREEN or RED category?

- YES: No further assessment necessary. Which category does the item fit into?
  - GREEN: Item may be sold
  - RED: Item should not be sold

- NO: Will need to be assessed
  - Food tables (pp. 6-8 NHSC Guidelines)
  - Nutrient Criteria (p. 10 NHSC Guidelines)
  - If it does not meet criteria the item is RED and should not be sold

- Item may be sold
- Item should not be sold
- Item may be sold
# Nutrient Criteria Tables

## Table 1: Hot Food Items and Processed Meats Assessed per 100g

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ) per 100g</td>
</tr>
<tr>
<td>Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes</td>
<td>1000kJ or less</td>
</tr>
<tr>
<td>Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries</td>
<td>1000kJ or less</td>
</tr>
<tr>
<td>Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)</td>
<td>1000kJ or less</td>
</tr>
</tbody>
</table>

## Table 2: Snack Food Items Assessed per Serve

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ) per serve</td>
</tr>
<tr>
<td>Sweet snack food, bars and biscuits</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Savoury snack food, biscuits, crispbreads and crisps</td>
<td>600kJ or less</td>
</tr>
<tr>
<td></td>
<td>(Energy must be 1800kJ or less per 100g)</td>
</tr>
<tr>
<td>Ice creams, milk-based ices and dairy desserts</td>
<td>600kJ or less</td>
</tr>
<tr>
<td></td>
<td>(Milk must be listed as first ingredient)</td>
</tr>
<tr>
<td>Un-iced cakes, muffins and sweet pastries</td>
<td>900kJ or less</td>
</tr>
</tbody>
</table>
HOW TO APPLY THE GUIDELINES

STEP 1

Using the tables in the NHSC Guidelines (pp 6-8), sort the foods and drinks on the next slide into 4 groups:

1. Items categorised as **GREEN**
2. Items categorised as **RED**
3. Items categorised as **AMBER**
4. Items you are ‘not sure’ about.

*These will need to be assessed using the food and drink tables and if necessary the nutrient criteria*
## SAMPLE MENU
### Sorting Foods

<table>
<thead>
<tr>
<th>AMBER</th>
<th>GREEN</th>
<th>NOT SURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED</td>
<td>RED</td>
<td>GREEN</td>
</tr>
<tr>
<td>GREEN</td>
<td>NOT SURE</td>
<td>NOT SURE</td>
</tr>
<tr>
<td>RED</td>
<td>RED</td>
<td>NOT SURE</td>
</tr>
<tr>
<td>AMBER</td>
<td>GREEN</td>
<td>GREEN</td>
</tr>
<tr>
<td>RED</td>
<td>NOT SURE</td>
<td>NOT SURE</td>
</tr>
</tbody>
</table>

*Image: National Healthy School Canteens*
STEP 2
Using the Nutrient Criteria Tables, assess the foods you are not sure about and determine whether these foods are categorised as **AMBER** or **RED**

- The food is categorised as **AMBER** if **all** the values for:
  - energy, saturated fat and sodium (if applicable) are lower than the recommended value
  - and fibre is higher (if applicable)
- The food is categorised as **RED** if **one or more** of the values for:
  - energy, saturated fat and sodium (if applicable) is higher than the recommended value
  - or fibre is lower (if applicable)
There are 2 tables for assessing **AMBER** foods

1. **Table 1 (NHSC Guidelines, p.10)**
   - Assess hot food items and processed meats
   - All foods in this category are assessed per **100g**
   - If one criterion not met item is categorised as **RED**

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ) per 100g</td>
</tr>
<tr>
<td>Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes</td>
<td>1000kJ or less</td>
</tr>
<tr>
<td>Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries</td>
<td>1000kJ or less</td>
</tr>
<tr>
<td>Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)</td>
<td>1000kJ or less</td>
</tr>
</tbody>
</table>
1. Table 2 (NHSC Guidelines, p.10)
   - Assess snack foods.
   - All foods in this category are assessed **per serve**
   - If one criterion not met item is categorised as **RED**

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ) per serve</td>
</tr>
<tr>
<td>Sweet snack food, bars and biscuits</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Savoury snack food, biscuits, crispbreads and crisps</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Ice creams, milk-based ices and dairy desserts</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Un-iced cakes, muffins and sweet pastries</td>
<td>900kJ or less</td>
</tr>
</tbody>
</table>

---

*(Energy must be 1800kJ or less per 100g) --*(Milk must be listed as first ingredient)*--
Crumbed chicken patty

1. Identify the correct food table.
2. Find the 100g column
3. Compare the 100g serve size to criteria
GREEN, AMBER OR RED?

Reduced-fat Milk

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>500kJ</td>
<td>263kJ</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>10.0g</td>
<td>3.9g</td>
</tr>
<tr>
<td>FAT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>– total</td>
<td>2.5g</td>
<td>1.0g</td>
</tr>
<tr>
<td>– saturated</td>
<td>1.3g</td>
<td>0.5g</td>
</tr>
<tr>
<td>CARBOHYDRATE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>– sugars</td>
<td>15g</td>
<td>6.0g</td>
</tr>
<tr>
<td>– sugars</td>
<td>14.8g</td>
<td>5.9g</td>
</tr>
<tr>
<td>SODIUM</td>
<td>135mg</td>
<td>54mg</td>
</tr>
</tbody>
</table>
**GREEN, AMBER OR RED?**

**Table 2: Snack food items assessed per serve**

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ) per serve</td>
</tr>
<tr>
<td>Sweet snack food, bars and biscuits</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Savoury snack food, biscuits, crispbreads and</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>crisps</td>
<td>--(Energy must be 1800kJ or less per 100g)--</td>
</tr>
<tr>
<td>Ice creams, milk-based ices and dairy desserts</td>
<td>600kJ or less</td>
</tr>
<tr>
<td>Un-iced cakes, muffins and sweet pastries</td>
<td>900kJ or less</td>
</tr>
</tbody>
</table>

**Banana flavoured milk-based ice**

**Ingredients:** Reconstituted skim milk (70%), cane sugar, glucose syrup, vegetable oil, milk solids, maltodextrin, gelatine, emulsifier (471), flavours, colours (160b, 100)

Servings per package: 8  Average serving size: 68g

<table>
<thead>
<tr>
<th></th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>462kJ</td>
<td>680kJ</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>2.3g</td>
<td>3.4g</td>
</tr>
<tr>
<td>FAT</td>
<td>3.6g</td>
<td>5.3g</td>
</tr>
<tr>
<td>– total</td>
<td>1.8g</td>
<td>2.7g</td>
</tr>
<tr>
<td>CARBOHYDRATE</td>
<td>16.9g</td>
<td>24.8g</td>
</tr>
<tr>
<td>– sugars</td>
<td>13.4g</td>
<td>19.7g</td>
</tr>
<tr>
<td>SODIUM</td>
<td>31mg</td>
<td>46mg</td>
</tr>
</tbody>
</table>
Table 2: Snack food items assessed per serve

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
<th>Energy (kJ) per serve</th>
<th>Saturated fat (g) per serve</th>
<th>Sodium (mg) per serve</th>
<th>Fibre (g) per serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet snack food, bars and biscuits</td>
<td>600kJ or less</td>
<td>3g or less</td>
<td>-</td>
<td>1g or more</td>
<td></td>
</tr>
<tr>
<td>Savoury snack food, biscuits, crispbreads and crisps</td>
<td>600kJ or less</td>
<td>2g or less</td>
<td>200mg or less</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Ice creams, milk-based ices and dairy desserts</td>
<td>600kJ or less</td>
<td>3g or less</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Un-iced cakes, muffins and sweet pastries</td>
<td>900kJ or less</td>
<td>3g or less</td>
<td>-</td>
<td>1.5g or more</td>
<td></td>
</tr>
</tbody>
</table>

Fruit and Muesli Breakfast Bar

<table>
<thead>
<tr>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td></td>
</tr>
<tr>
<td>770kJ</td>
<td>1710kJ</td>
</tr>
<tr>
<td>PROTEIN</td>
<td></td>
</tr>
<tr>
<td>3.7g</td>
<td>8.3g</td>
</tr>
<tr>
<td>FAT</td>
<td></td>
</tr>
<tr>
<td>6.9g</td>
<td>15.3g</td>
</tr>
<tr>
<td>– saturated</td>
<td>0.7g</td>
</tr>
<tr>
<td>– total</td>
<td>1.6g</td>
</tr>
<tr>
<td>CARBOHYDRATE</td>
<td></td>
</tr>
<tr>
<td>24.4g</td>
<td>54.3g</td>
</tr>
<tr>
<td>– sugars</td>
<td>9.0g</td>
</tr>
<tr>
<td>19.9g</td>
<td></td>
</tr>
<tr>
<td>FIBRE</td>
<td></td>
</tr>
<tr>
<td>4.3g</td>
<td>0.6g</td>
</tr>
<tr>
<td>SODIUM</td>
<td></td>
</tr>
<tr>
<td>14mg</td>
<td>30mg</td>
</tr>
</tbody>
</table>
GREEN, AMBER OR RED?

Doughnuts

<table>
<thead>
<tr>
<th></th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>951kJ</td>
<td>1510kJ</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>2.9g</td>
<td>4.6g</td>
</tr>
<tr>
<td>FAT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>– total</td>
<td>7.9g</td>
<td>12.5g</td>
</tr>
<tr>
<td>– saturated</td>
<td>3.8g</td>
<td>6g</td>
</tr>
<tr>
<td>CARBOHYDRATE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>– sugars</td>
<td>35.3g</td>
<td>56g</td>
</tr>
<tr>
<td>– sugars</td>
<td>19.9g</td>
<td>31.6g</td>
</tr>
<tr>
<td>SODIUM</td>
<td>289mg</td>
<td>458mg</td>
</tr>
</tbody>
</table>

Servings per package: 6
Average serving size: 40g
### Table 1: Hot food items and processed meats assessed per 100g

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutrient Criteria</th>
<th>Energy (kJ) per 100g</th>
<th>Saturated fat (g) per 100g</th>
<th>Sodium (mg) per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato</td>
<td></td>
<td>1000kJ or less</td>
<td>5g or less</td>
<td>400mg or less</td>
</tr>
<tr>
<td>products, dim sims, spring rolls, rice and noodle dishes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat products and alternatives crumbed and not-crumbed (burgers, patties,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>strips, balls or nuggets, sausages, frankfurts and saveloys, stews,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>casseroles and curries</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Processed luncheon meats (fritz, devon, chicken loaf, free flow</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chicken products) and cured meats (for example: ham, bacon)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Meat Pie

- **Servings per package:** 60
- **Average serving size:** 83g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ENERGY</strong></td>
<td>1600kJ</td>
<td>890kJ</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>15.0g</td>
<td>8.4g</td>
</tr>
<tr>
<td><strong>FAT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>– total</td>
<td>15.4g</td>
<td>8.5g</td>
</tr>
<tr>
<td>– saturated</td>
<td>7.4g</td>
<td>4.1g</td>
</tr>
<tr>
<td><strong>CARBOHYDRATE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>– sugars</td>
<td>43.8g</td>
<td>24.3g</td>
</tr>
<tr>
<td>– sugars</td>
<td>&lt;1g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td><strong>SODIUM</strong></td>
<td>418mg</td>
<td>232mg</td>
</tr>
</tbody>
</table>

**AMBER**

Meat Pie

- Servings per package: 60
- Average serving size: 83g

- **ENERGY:** 1600kJ
- **PROTEIN:** 15.0g
- **FAT:**
  - Total: 15.4g
  - Saturated: 7.4g
- **CARBOHYDRATE:**
  - Sugars: <1g
- **SODIUM:** 418mg

**AMBER**

- **ENERGY:** 890kJ
- **PROTEIN:** 8.4g
- **FAT:**
  - Total: 8.5g
  - Saturated: 4.1g
- **CARBOHYDRATE:**
  - Sugars: <1g
- **SODIUM:** 232mg
(Workbook, P.14)

Look at the nutrition information panels provided. Do these examples meet the NHSC AMBER nutrient criteria? Should they be sold through the canteen?
MOVING AMBER FOODS TOWARDS THE GREEN END OF THE SPECTRUM
STEP 3

**AMBER** foods and drinks can be made healthier and moved towards the ‘**GREEN**’ end of the spectrum by:

- Serving main meal items with salad or vegetables (and a lean protein source where appropriate)
- Serving snack foods with fruit and vegetables where possible
  - dips with vegetable sticks
  - reduced-fat custard with fruit
- Keeping the serve size small
- Serving with a small amount of low or reduced-fat or low or reduced-salt condiments (if any are to be used at all)
- Comparing products using information on labels
- Choosing healthier alternatives where possible (Table 3).
MAKING A HEALTHIER CHOICE

Canned tomato, vegetable and pasta soup

Table 3: Healthier choices assessed per 100g

<table>
<thead>
<tr>
<th>Category</th>
<th>Saturated fat (g) per 100g</th>
<th>Sodium (mg) per 100g</th>
<th>Fibre (g) per 100g</th>
<th>Sugar (mg) per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast cereals not containing dried fruit</td>
<td>2g or less</td>
<td>5g or more</td>
<td>20g or less</td>
<td></td>
</tr>
<tr>
<td>Breakfast cereals containing dried fruit</td>
<td>2g or less</td>
<td>5g or more</td>
<td>20g or less</td>
<td></td>
</tr>
<tr>
<td>Pasta sauces and simmer sauces</td>
<td>2g or less</td>
<td>300mg or less</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Soups as prepared ready-to-eat (condensed, instant)</td>
<td>2g or less</td>
<td>300mg or less</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Dips (legume, dairy, vegetable or salsa)</td>
<td>2g or less</td>
<td>75mg or less</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Mayonnaise and salad dressings</td>
<td>2g or less</td>
<td>750mg or less</td>
<td>–</td>
<td>–</td>
</tr>
</tbody>
</table>
Look at the nutrition information panels provided.

Do these examples meet the ‘making a healthier choice’ nutrient criteria?
Using the examples below, ‘GREEN’ these AMBER menu items.  
(Workbook, P.14)

**Meals**
- Hamburger
- Lasagne
- Tomato soup and bread roll
- Pizza
- Sushi

**Snacks**
- Muffins /slices
- Reduced-fat ice cream
- Garlic bread
Group Discussion
How can you reduce the sodium content of dishes?
(Workbook, P.14)
FOOD PREPARATION AND COOKING METHODS

- Trim visible fat
- Fresh, undamaged fruit and vegetables
- Minimise vitamin C loss

- Steaming
- Frying/stir frying
- Baking/roasting
- Microwaving
How do you incorporate variety into your canteen menu?
How can students be included in decisions regarding the school canteen menu?

(Workbook, pp. 15-161)
# School Canteen Menu

## Sandwiches
- Cheese .......................................................... $2.00
- Egg & lettuce ................................................. $2.50
- Tuna .............................................................. $2.50
- Ham .............................................................. $3.00
- Roast chicken .................................................. $3.00
- Rainbow ......................................................... $3.00
- Carrot, beetroot, capsicum, lettuce and tomato
- Salad + meat .................................................... $4.00
- Ham, chicken, tuna
- Mini Salad Tub .................................................. $1.50
- NHSC Wrap ....................................................... $4.00
  *Tortilla with salad plus your choice of Chicken, Ham or Tuna with avocado, hommus or margarine*

## Snacks
- Rice Cakes ...................................................... $1.00
- BBQ or Chicken
- Popcorn .......................................................... $1.00
- BBQ, Chicken or Plain
- 100% Fruit Juice Jelly Cup ................................ $0.60
- Cheese & Crackers .......................................... $1.20
- 100% Fruit Straps ............................................. $0.60
- Raisin Toast ...................................................... $2.00
- Low-fat Yoghurt ............................................... $1.50
- Vanilla, Apricot or Strawberry

## Drinks
- Plain Milk (300mL) ........................................... $1.00
- Light Flavoured Milk ....................................... $1.60
- 300mL Chocolate or Strawberry
- Water 400mL .................................................... $1.20
- Juice – 100% ..................................................... $1.20
- Apple/Blackcurrant, Apple, Orange

## Daily Specials

**MONDAY**
Grilled chicken burger with salad .................. $4.00
*Chicken pattice, lettuce & light mayo*
*Vegie pattice, lettuce, tomato & sauce*

**TUESDAY**
Sushi ............................................................. $2.70
*Chicken or Vegetable*

**WEDNESDAY**
Vegie pasta bake ............................................. $3.50

**THURSDAY**
Baked potato & savoury mince ....................... $3.50

**FRIDAY**
Hokkien noodle stir-fry ..................................... $3.00
SPECIAL DIETARY AND CULTURAL NEEDS

- Allergies / food intolerances / sensitivities
- Cultural and religious considerations
**Food Allergies**
An immune response to **protein** found in common foods
- Any amount will cause a reaction
- Reaction usually occurs within 30 minutes and can be life threatening (anaphylaxis)
- Epi-pen and action plan signed by doctor
- **Strict avoidance is extremely important**

**Food intolerance**
Sensitivity to the chemicals found in food
- Naturally occurring **or** added in manufacturing
- Small amounts may be tolerated
- Reaction can take several days to appear
- **Diet modified to keep intake below threshold tolerated**
Most common food (protein) allergens:

- Peanuts (1 in 50 children)
- Tree nuts (for example: cashews, walnuts)
- Shellfish and fish
- Milk
- Eggs
- Sesame
- Soy
- Wheat
SPECIAL DIETARY NEEDS

**Coeliac disease – gluten intolerance**
- 1 in 100 people
- Products containing wheat, oats, rye, barley and triticale
- Damages the lining of the gut
- Impairs ability to absorb nutrients
- Cross-contamination
- **Strict avoidance is extremely important**

**Lactose intolerance**
- The ‘sugar’ found in milk
- Lack of the enzyme ‘lactase’
- Small amounts may be tolerated
- 5% Caucasian and up to 75% non-Caucasian living in Australia
- **Diet modified to keep intake below threshold tolerated**
What do you think the role of the school canteen is in regards to special dietary needs?

(Workbook, p.17)
SPECIAL DIETARY NEEDS
Role of the school canteen

Be aware of and adhere to any school policies.
• For example, remove products containing nuts.

You may choose to stock certain foods if practical and if there is sufficient demand.
• For example, use soy milk as an alternative to regular milk.

There is no clear role of the canteen or the canteen manager beyond these steps.
How many different cultures are represented at your school?

Does your canteen menu cater for different cultures? Why should you do this?
(Workbook, p.17)
CULTURAL AND RELIGIOUS NEEDS

Cultural needs
• Indigenous Australians and Torres Straight Islanders
• Asian
• Indian
• Middle Eastern
• South European
• African

Religious needs
• Buddhism
• Hinduism
• Islamic
• Judaism
• Christianity
CATERING FOR CULTURAL AND RELIGIOUS NEEDS

In schools with large ethnic populations
• Have 1 or 2 culturally appropriate items/dishes on the menu where possible

In schools with smaller numbers of culturally diverse groups
• Have special ‘ethnic’ days
• Recognise and honour other cultures
• For example: Asian, Indian, Middle Eastern and South European

What foods could you cook on these days?
(Workbook, p.17)
Wherever possible, use seasonal produce
Support local producers
School gardens
  • Stephanie Alexander Kitchen Garden Foundation
    http://www.kitchengardenfoundation.org.au
Where the range of fresh foods is insufficient, use frozen and canned produce.
Basic understanding of:
- Nutrition
- The nutritional basis of the NHSC Guidelines

How to apply the NHSC Guidelines using:
- General principles of healthy eating
- Food label reading skills

Materials to take away:
- Guidelines for healthy foods and drinks supplied in school canteens
- Quick Reference
- Poster (Healthy kids need healthy canteens!)
- Food Safety Fact Sheet
- The Australian Guide to Healthy Eating poster
- Healthy Eating for Children brochure
FURTHER STUDY

Workplace Implementation Project
- Website links for further reading
- Nutritional Panel Calculator
- Costing tool

Statement of Attainment
Issued by Registered Training Provider
- SITHCCC035A
  Develop menus to meet special dietary and cultural needs
  - Cert III in Hospitality (Catering Operations),
    (Commercial Cookery)
  - Cert IV in Hospitality (Commercial Cookery)

Training.gov.au (TGA) database on Vocational Education and Training (VET) in Australia
http://www.training.gov.au

Additional information on the 2013 Australian Dietary Guidelines:
www.eatforhealth.gov.au
Thank You

QUESTIONS?