National

Healthy School Canteens

Australian Government
Department of Health and Ageing

Healthy kids need healthy canteens!

ALWAYS ON THE CANTEEN MENU

Encourage and promote these foods and drinks

These foods and drinks:

- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).

SELECT CAREFULLY

Do not let these foods and drinks take over the menu and keep serve sizes small

These foods and drinks:

- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.

NOT RECOMMENDED ON THE CANTEEN MENU

These foods and drinks should not be sold in a healthy school canteen

These foods and drinks:

- may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar
- are low in nutritional value.