

# THE RED CATEGORY

**NOT RECOMMENDED ON THE CANTEEN MENU**



Healthy School Canteens

- 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



Healthy School Canteens

- 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



Healthy School Canteens

- 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

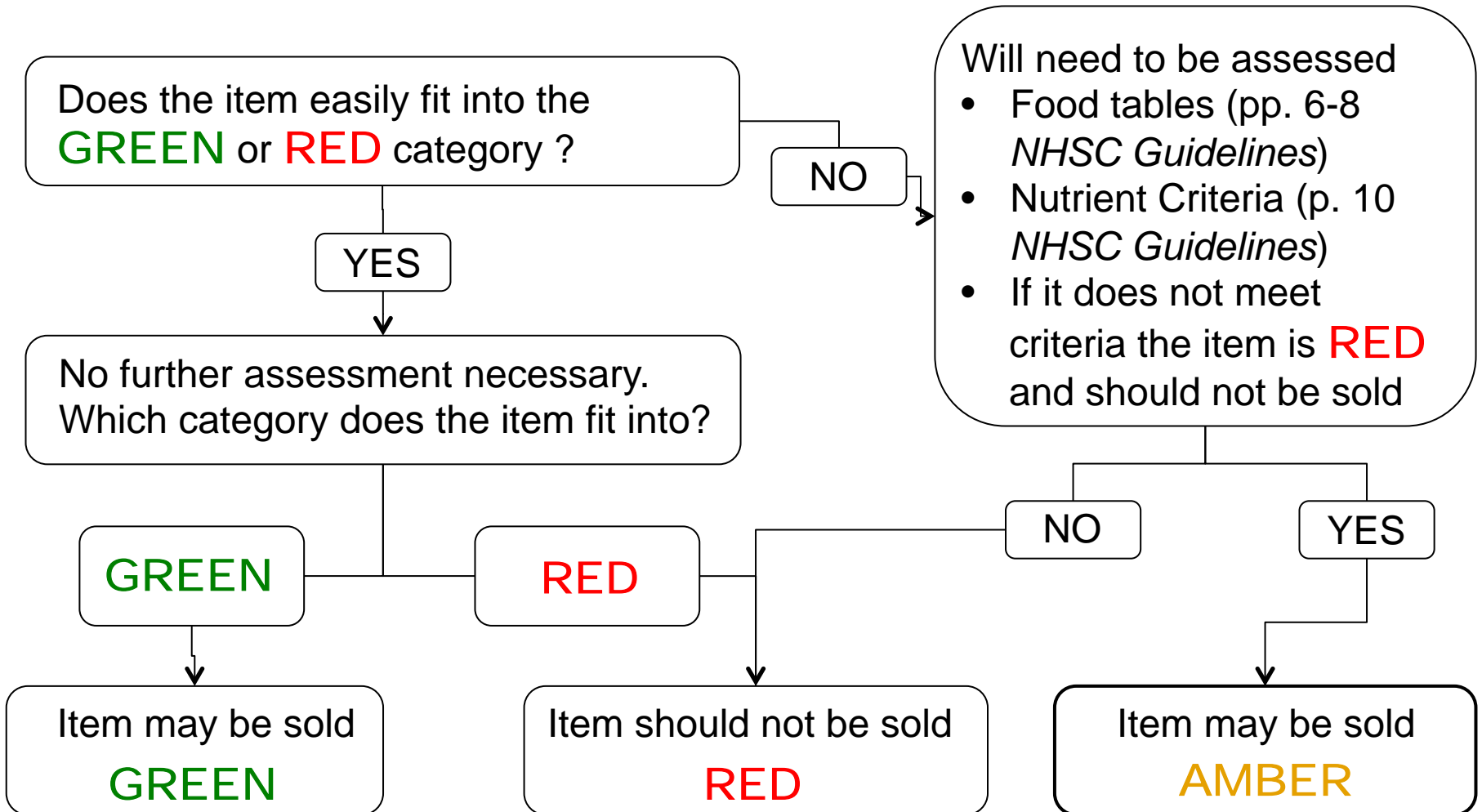


# DECIDING IF A FOOD OR DRINK MAY BE SOLD



Healthy School Canteens

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



# NUTRIENT CRITERIA TABLES



Healthy School Canteens

Table 1: Hot food items and processed meats assessed per 100g

Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	5g or less	750mg or less

Table 2: Snack food items assessed per serve

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) Per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
	--(Energy must be 1800kJ or less per 100g)--			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	-	-
	--(Milk must be listed as first ingredient)--			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

# HOW TO APPLY THE GUIDELINES



Healthy School Canteens

## 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*

### SELECT CAREFULLY

**The AMBER category – 'select carefully'**

Foods and drinks categorised as AMBER are either some nutrient guidelines, but may be too high in saturated fat, sodium, sugar and/or sodium salt to be categorised as GREEN. If these foods are eaten regularly or in large amounts, they may contribute to excess energy, (displaced being consumed).

Food	Examples
Drinks	Full-fat milk and soy drinks (plain and flavoured) <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> <li>• Sugar-sweetened (SWS) sports and/or low-calorie coffee/tea (not drinks)</li> <li>• Colours and/or taste (including flavoured) may be used in secondary school (secondary SWS) sports and/or</li> </ul>
Breads and alternatives	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Breakfast cereals	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Flour, grains, pasta	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>

### ALWAYS ON THE CANTEN MENU

**The GREEN category – 'always on the canteen menu'**

Foods and drinks categorised as GREEN are consistent with the 2015 Australian Dietary Guidelines and are based on the food food groups shown on The Australian Guide to Healthy Eating (page 7). These foods and drinks are the most suitable to be sold in school canteens and should be available on the canteen menu every day. Foods and drinks in this category offer a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium salt.

Food	Examples
Drinks	Low or reduced-fat milk and soy drinks (plain and flavoured) <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> <li>• Unsweetened (UNS) sports and/or low-calorie coffee/tea (not drinks)</li> <li>• Colours and/or taste (including flavoured) may be used in secondary school (secondary UNS) sports and/or</li> </ul>
Breads and alternatives	Wholegrain, unrefined flours, wholegrain coffee, cereals, porridge, unrefined flours, low or added sugar, light or low or reduced-fat alternatives <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Breakfast cereals	Wholegrain, unrefined flours, wholegrain coffee, cereals, porridge, unrefined flours, low or added sugar, light or low or reduced-fat alternatives <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Flour, grains, pasta	Wholegrain, unrefined flours, wholegrain coffee, cereals, porridge, unrefined flours, low or added sugar, light or low or reduced-fat alternatives <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>

### NOT RECOMMENDED ON THE CANTEN MENU

**The RED category – 'not recommended on the canteen menu'**

Foods and drinks categorised as RED are not consistent with the 2015 Australian Dietary Guidelines and should not be sold in a healthy school canteen.

They are high in saturated fat and/or may also be high in saturated fat, sodium, sugar and/or sodium salt. They may also provide excess energy, (displaced being consumed).

It is advised to choose these foods and drinks only occasionally and in small amounts.

Food	Examples
Drinks	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Breads and alternatives	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Breakfast cereals	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>
Flour, grains, pasta	High in added sugar and/or saturated fat <ul style="list-style-type: none"> <li>• May contain added artificial sweeteners</li> </ul>

# SAMPLE MENU

## Sorting Foods



Healthy School Canteens

AMBER

RED

GREEN

GREEN

RED

AMBER

RED

GREEN

RED

NOT SURE

RED

NOT SURE

GREEN

NOT SURE

NOT SURE

GREEN

NOT SURE

NOT SURE

NOT SURE

GREEN

NOT SURE

# ACTIVITY - HOW TO APPLY THE GUIDELINES



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)



# NUTRIENT CRITERIA



Healthy School Canteens

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 1: Hot food items and processed meats assessed per 100g

Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	5g or less	750mg or less

# NUTRIENT CRITERIA



Healthy School Canteens

## 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 2: Snack food items assessed per serve

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) Per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
	--(Energy must be 1800kJ or less per 100g)--			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	-	-
	--(Milk must be listed as first ingredient)--			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

# EXAMPLE

(NHSC Guidelines, page 12)



Healthy School Canteens

## Crumbed chicken patty

1. Identify the correct food table.
2. Find the 100g column
3. Compare the 100g serve size to criteria

NUTRITION INFORMATION		
Servings per package: 60		Average serving size: 83g
	Quantity per Serving	Quantity per 100g
ENERGY	754kJ	909kJ
PROTEIN	8.0g	9.6g
FAT – total – saturated	13.0g 2.4g	15.6g 2.9g
CARBOHYDRATE – sugars	6.7g 1.2g	8.1g 1.4g
SODIUM	256mg	308mg

Table 1: Hot food items and processed meats assessed per 100g

Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	5g or less	750mg or less

# GREEN, AMBER OR RED?



Healthy School Canteens



**GREEN**

Reduced-fat Milk		
Servings per package: 1		Average serving size: 250g
	Quantity per Serving	Quantity per 100g
ENERGY	500kJ	263kJ
PROTEIN	10.0g	3.9g
FAT		
– total	2.5g	1.0g
– saturated	1.3g	0.5g
CARBOHYDRATE		
– sugars	15g 14.8g	6.0g 5.9g
SODIUM	135mg	54mg

# GREEN, AMBER OR RED?



Healthy School Canteens



## 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

	Quantity per Serving	Quantity per 100g
ENERGY	462kJ	680kJ
PROTEIN	2.3g	3.4g
FAT		
– total	3.6g	5.3g
– saturated	1.8g	2.7g
CARBOHYDRATE		
– sugars	16.9g 13.4g	24.8g 19.7g
SODIUM	31mg	46mg

Table 1: Snack food items assessed per serve

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) Per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
	--(Energy must be 1800kJ or less per 100g)--			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	-	-
	--(Milk must be listed as first ingredient)--			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

# GREEN, AMBER OR RED?



Healthy School Canteens



**RED**

Fruit and Muesli Breakfast Bar		
Servings per package: 12      Average serving size: 13.3g		
	Quantity per Serving	Quantity per 100g
ENERGY	770kJ	1710kJ
PROTEIN	3.7g	8.3g
FAT	6.9g	15.3g
– total	0.7g	1.6g
– saturated		
CARBOHYDRATE	24.4g	54.3g
– sugars	9.0g	19.9g
FIBRE	4.3g	0.6g
SODIUM	14mg	30mg

Table 2: Snack food items assessed per serve

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) Per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
	--(Energy must be 1800kJ or less per 100g)--			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	-	-
	--(Milk must be listed as first ingredient)--			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

# GREEN, AMBER OR RED?



Healthy School Canteens



**RED**

Doughnuts		
Servings per package: 6		Average serving size: 40g
	Quantity per Serving	Quantity per 100g
ENERGY	951kJ	1510kJ
PROTEIN	2.9g	4.6g
FAT		
– total	7.9g	12.5g
– saturated	3.8g	6g
CARBOHYDRATE	35.3g	56g
– sugars	19.9g	31.6g
SODIUM	289mg	458mg

# GREEN, AMBER OR RED?



Healthy School Canteens



**AMBER**

Meat Pie		
Servings per package: 60      Average serving size: 83g		
	Quantity per Serving	Quantity per 100g
ENERGY	1600kJ	890kJ
PROTEIN	15.0g	8.4g
FAT		
– total	15.4g	8.5g
– saturated	7.4g	4.1g
CARBOHYDRATE		
– sugars	<1g	<1g
SODIUM	418mg	232mg

Table 1: Hot food items and processed meats assessed per 100g

Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	5g or less	750mg or less



# ACTIVITY



(Workbook, P.14)

Look at the nutrition information panels provided.

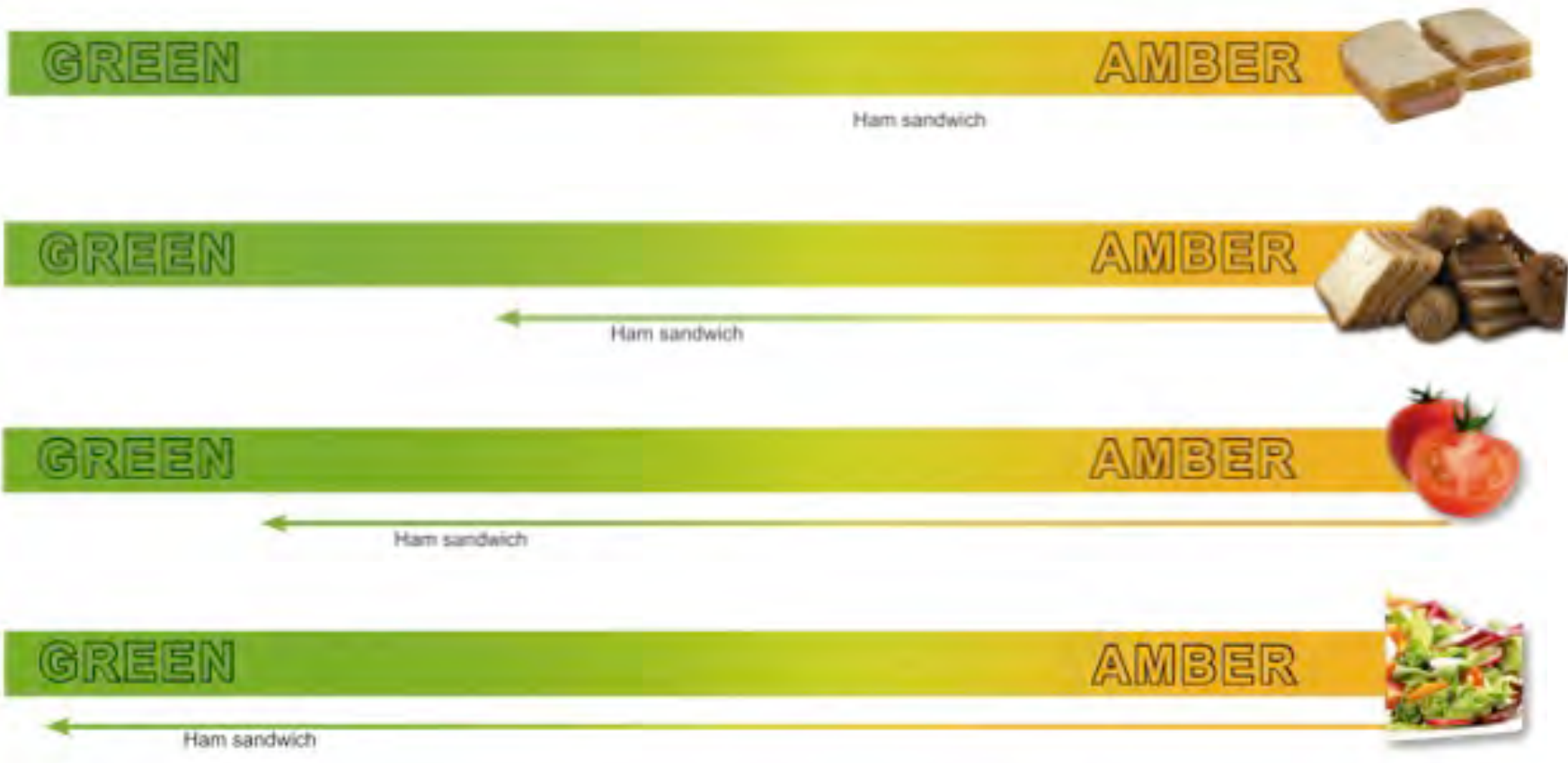
Do these examples meet the NHSC **AMBER** nutrient criteria?

Should they be sold through the canteen?

# MOVING **AMBER** FOODS TOWARDS THE **GREEN** END OF THE SPECTRUM



Healthy School Canteens



# MOVING **AMBER** FOODS TOWARDS THE **GREEN** END OF THE SPECTRUM



Healthy School Canteens

## 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



Healthy School Canteens

Canned tomato, vegetable and pasta soup



Tomato, vegetable and pasta soup		
Servings per package: 2      Average serving size: 250g		
	Quantity per Serving	Quantity per 100g
ENERGY	392kJ	157kJ
PROTEIN	4.5g	1.8g
FAT		
– total	0.5g	0.2g
– saturated	<0.1g	<0.1g
CARBOHYDRATE		
– sugars	17.5g 4.0g	7.0g <1.6g
SODIUM	725mg	290mg

Table 3: Healthier choices assessed per 100g

Category	Nutrient Criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (mg) per 100g
Breakfast cereals not containing dried fruit	2g or less		5g or more	20g or less
Breakfast cereals containing dried fruit	2g or less		5g or more	20g or less
Pasta sauces and simmer sauces	2g or less	300mg or less	–	–
Soups as prepared ready-to-eat (condensed, instant)	2g or less	300mg or less	–	–
Dips (legume, dairy, vegetable or salsa)	2g or less	75mg or less	–	–
Mayonnaise and salad dressings	2g or less	750mg or less	–	–

# ACTIVITY



(Workbook, P.14)

Look at the nutrition information panels provided.

Do these examples meet the **'making a healthier choice'** nutrient criteria?

# MOVING **AMBER** FOODS TOWARDS THE **GREEN** END OF THE SPECTRUM

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



# MOVING **AMBER** FOODS TOWARDS THE **GREEN** END OF THE SPECTRUM



## 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





# EXAMPLE MENU



Healthy School Canteens



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 pattie, lettuce & light mayo  
Vegie pattie, 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



Healthy School Canteens



- Allergies / food intolerances /sensitivities
- Cultural and religious considerations



# SPECIAL DIETARY NEEDS



## 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**

# SPECIAL DIETARY NEEDS

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**



# **SPECIAL DIETARY NEEDS**

## **Role of the school canteen**



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.



# ACKNOWLEDGING CULTURAL DIFFERENCES



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 Strait 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)

# LOOKING AFTER OUR PLANET

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.



# SUMMARY

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](http://www.eatforhealth.gov.au)



Thank You

QUESTIONS?