



# smart CHOICES

Healthy Food and Drink Supply Strategy  
for Queensland Schools

## QUICK GUIDE



**Queensland** Government

A joint Australian, State and Territory Government Initiative.

Smart Choices, the *Healthy Food and Drink Supply Strategy for Queensland Schools* is based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide, 2004*, which is part of the NSW Healthy School Canteen Strategy.

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## What is Smart Choices?

Smart Choices, the *Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and drink choices to students in Queensland schools.

Its implementation is mandatory in state schools and strongly encouraged in non-state schools.

Smart Choices applies to the supply of all foods and drinks in the school environment including tuckshops/canteens, vending machines, school excursions, school camps, fundraising, class rewards, school events such as celebrations and sports days, and the use of food in curriculum activities.

Foods and drinks have been classified into three categories according to their nutritional value:

**GREEN — Have plenty**

**AMBER — Select carefully**

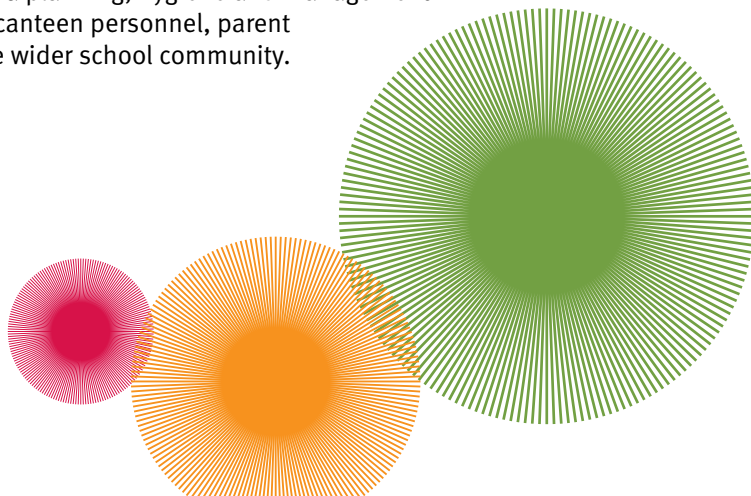
**RED — Occasional**

## What is a Smart Choices tuckshop or canteen?

A Smart Choices Tuckshop or Canteen models positive nutrition messages by promoting the consumption of fresh, tasty and healthy foods and drinks.

This is reflected in a Smart Choices Tuckshop or Canteen menu which predominately features **GREEN** foods with a small proportion of **AMBER** items.

It is achieved by establishing a high standard of food service with regard to nutrition, menu planning, hygiene and management among all tuckshop or canteen personnel, parent representatives and the wider school community.



## Red, Amber and Green – what does it mean?

Under Smart Choices, foods and drinks have been classified into three categories according to their nutritional value: **Green**, **Amber** and **Red**.

<b>GREEN ‘Have plenty’</b> Encourage and promote these smart choices	<b>AMBER ‘Select carefully’</b> Do not let these foods and drinks dominate the choices and avoid large serving sizes	<b>RED ‘Occasionally’</b> Not to be supplied on more than two occasions per term
<p>GREEN foods and drinks are typically fresh or minimally processed.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> <li>• are excellent sources of important nutrients</li> <li>• are low in saturated fat and/or added sugar and/or added salt</li> <li>• are less likely to result in excess energy intake and reduce the risk of weight gain</li> </ul> <p>GREEN foods and drinks should be promoted to students as the best available choice and should dominate the daily tuckshop/canteen menu.</p>	<p>AMBER foods and drinks have had some sugar, salt or fat added during processing.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> <li>• have some nutritional value</li> <li>• have moderate amounts of saturated fat and/or added sugar and/or added salt</li> <li>• can contribute to excess energy intake and weight gain</li> </ul> <p>AMBER foods and drinks should not dominate the menu at the expense of healthier GREEN choices.</p> <p>If selecting AMBER foods and drinks, consider offering them only on certain days of the week and use small serving sizes.</p>	<p>RED foods and drinks are highly processed and have added sugar, salt or fat.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> <li>• lack nutritional value</li> <li>• are high in saturated fat and/or added sugar and/or added salt</li> <li>• can contribute to excess energy intake and weight gain</li> </ul> <p>RED foods and drinks should not be supplied by the school on more than two occasions per term.</p> <p>Refer to the ‘Occasional’ RED food and drink criteria tables to determine if a food or drink fits into the RED category.</p>

For more information refer to Smart Choices – the *Healthy Food and Drink Supply Strategy for Queensland Schools* available at [www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html)

# smart Food and drink

CHOICES SPECTRUM

## ‘Have Plenty’



Encourage and promote these foods and drinks.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

## ‘Select carefully’



Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:

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

## ‘Occasionally’



These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:

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

## Where to get more information

### Education Queensland

[www.education.qld.gov.au/schools/healthy/food-drink-strategy.html](http://www.education.qld.gov.au/schools/healthy/food-drink-strategy.html)

The Smart Choices website contains many valuable resources, including the strategy, tool kit and a range of useful fact sheets which can help schools offer healthy foods and drinks at activities such as swimming clubs, excursions and school dances.

### Queensland Health

For information about healthy eating, go to: [www.health.qld.gov.au/healthyeating](http://www.health.qld.gov.au/healthyeating)  
Local public health units focus on improving the health of the whole population or community by protecting health; preventing disease, illness and injury; and promoting health and wellbeing.

Local public health units may be able to assist with queries or provide resources about food safety and healthy eating. For further information, contact your nearest Queensland Health public health unit. Contact details are available at: [www.health.qld.gov.au/cho/](http://www.health.qld.gov.au/cho/)

### Nutrition Australia Qld (NAQ) [www.foodsmartschools.org](http://www.foodsmartschools.org)

Food Smart Schools is an exciting service provided by NAQ that works with the whole school community to provide accurate and practical nutritional information. Food Smart Schools offer a range of services and free resources for school tuckshops and canteens, principals, parent organisations, teachers, school-based youth health nurses, parents and students. To access Food Smart Schools resources, simply register via the Food Smart Schools website to become a subscriber. There is no cost to become a subscriber.

### Queensland Association of School Tuckshops (QAST) [www.qast.org.au](http://www.qast.org.au)

Loaded with information about tuckshop operations, this is your one-stop shop for Queensland tuckshops and canteens. It contains links that direct you straight to the information you need, as well as details on upcoming events, recipes, sample menus, menu planning tools, budgeting and more. Also available is an e-Menu tool – an interactive resource that enables you to build your menu online, giving you feedback as you go.

### Queensland Council of Parents and Citizens' Associations Inc (QCPCA)

[www.qcpc.org.au](http://www.qcpc.org.au)

QCPCA provides support to state school Parents and Citizens' Associations.

### Federation of Parents and Friends Associations in Catholic Schools

[www.pandf.org.au](http://www.pandf.org.au)

The Federation provides support to the parent organisations of Catholic schools in Queensland.

### Queensland Independent Schools Parents Council (QISPC) [www.qispc.qld.edu.au](http://www.qispc.qld.edu.au)

QISPC provides support to parent bodies of independent schools in Queensland.



# The 'Occasional' (RED) criteria table for snack foods and drinks

Use the table below to determine if a snack food or drink fits into the RED category.

Snack foods and drinks assessed per serve				
Category	Nutrition criteria			
Food or drink	Energy (kilojoules) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-sweetened drinks and ices*	>300 kJ		>100 mg	
Snack food bars and sweet biscuits	>600 kJ	>3 g		<1.0 g
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg	
Ice creams and dairy desserts	>600 kJ	>3 g		
Cakes, muffins and sweet pastries etc	>900 kJ	>3 g		<1.5 g

**Note:** All types of CONFECTIONERY/LOLLIES and ARTIFICIALLY SWEETENED DRINKS fit into the RED end of the spectrum, and their supply should be limited in schools. They are products with minimal nutritional value.

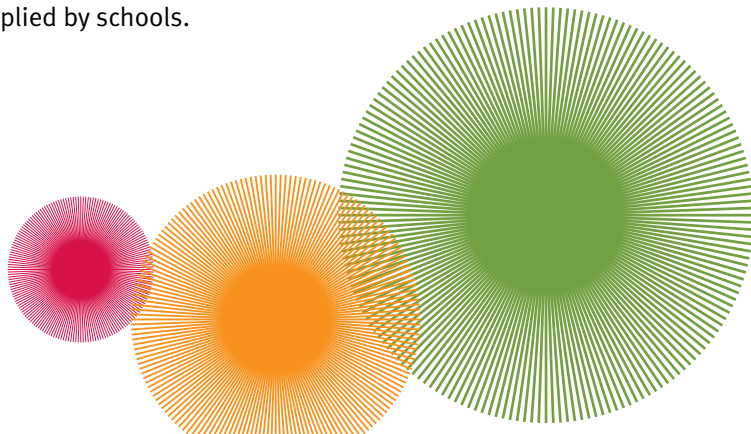
\* The sugar-sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushies, ice blocks and ice confections.

Energy drinks may contain caffeine or guarana (a herbal source of caffeine). These drinks are not recommended for consumption by children. They should not be supplied by schools.

## Key

> means more than

< means less than



# The ‘Occasional’ (RED) criteria table for hot food items

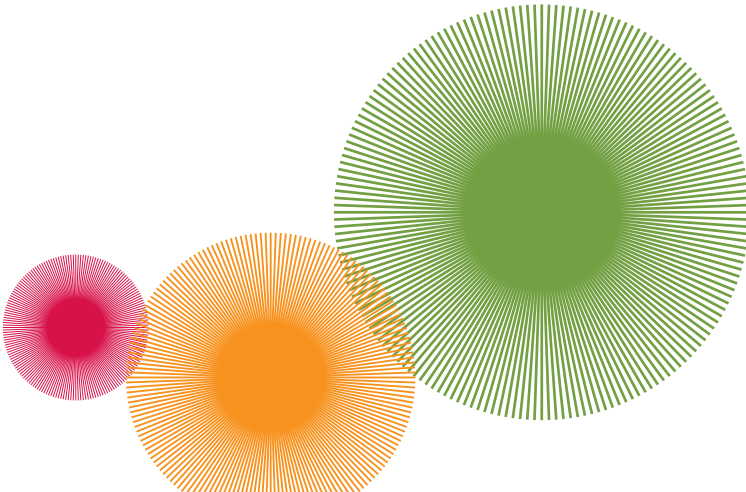
Use the table below to determine if a hot food fits into the RED category.

Hot food items assessed per 100 g			
Category	Nutrition criteria		
Food	Energy (kilojoules) per 100 g	Saturated fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, pizzas, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed and coated foods, frankfurters, sausages	>1000 kJ	>5 g	>700 mg

**Note:** All DEEP-FRIED foods fit into the RED end of the spectrum, and their supply should be limited in schools. They are too high in kilojoules and fat (usually saturated fat).

### Key

- > means more than
- < means less than



# Making **smart** **DRINK** choices

Use this list of **SMART** drink choices when planning or reviewing your menu — remember to limit the number of Amber choices.

Foods or drinks	Likely part of the food and drink spectrum		
	Green	Amber	Red
Water	●		
Milk, reduced fat (plain)	●		
Milk, reduced fat (flavoured)	●		
Soy milk, reduced fat	●		
Milk or soy milk based liquid breakfast, reduced fat	●		
Milk, full fat (plain)		●	
Milk, full fat (flavoured)		●	
Soy milk, full fat		●	
Juice 100% (small serves – 250 ml)		●	
Smoothies		●	
Flavoured water		●	

**Remember:** Soft drinks, sports drinks, energy drinks, flavoured mineral waters, cordial and drinks containing artificial sweeteners (except for milk) fit into the **RED** category. As their supply is limited, it is best to keep them off your tuckshop/canteen menu.



# Making **smart** **SNACK FOOD** choices

Use this list of **SMART** snack food choices when planning or reviewing your menu – remember to limit the number of Amber choices.

Foods or drinks	Likely part of the food and drink spectrum		
	Green	Amber	Red
Yoghurt, plain or flavoured (reduced fat)	●		
Boiled egg	●		
Corn on the cob	●		
Fruit pieces or kebabs (fresh or frozen)	●		
Popcorn (plain)	●		
Rice cakes or crackers (plain)	●		
Cheese (reduced fat) and crackers	●		
Vegetable dippers with hommus, guacamole or salsa	●		
Muffins (small serves)		●	
Ice blocks and reduced fat ice creams		●	
Sorbet		●	
Pretzels		●	
Popcorn (flavoured)		●	
Rice cakes or crackers (flavoured)		●	

**Remember:** **AMBER** items need to be checked against the ‘Occasional’ (**RED**) food and drink criteria table.

## Tips

- Organise free taste testing for new snack products and get feedback from students.
- Ask students to suggest catchy names for snack items such as ‘Lean Green Pita Dippers’ for toasted wholemeal pita bread wedges served with guacamole or ‘Berry Good Popsicles’ for a strawberry yoghurt ice block.

# Making **smart** **COLD FOOD** choices

Use this list of **SMART** cold food choices when planning or reviewing your menu.

Foods or drinks	Likely part of the food and drink spectrum		
	Green	Amber	Red
Sandwiches and rolls:			
• Chicken or ham and salad	●		
• Tuna, mayonnaise and salad	●		
• Chicken, lettuce and mayonnaise	●		
• Egg and lettuce	●		
• Reduced fat cheese and salad	●		
Wraps:			
• Sweet chilli chicken and salad	●		
• Chicken caesar with reduced fat dressing	●		
• Ham and salad	●		
• Roast vegetable	●		
Sushi	●		
Rice paper rolls	●		
Salads:			
• Garden salad (with or without lean meat)	●		
• Noodle salad	●		
• Pasta salad	●		

## Tips

- Queensland's climate provides a great opportunity to include cold meal choices such as wraps, sushi and salads on the menu, and promote them as specials or in a meal deal with a snack and drink.
- Display items creatively using recyclable packaging such as noodle boxes for salads and clear containers for sushi and sandwiches.

# Making **smart** **HOT FOOD** choices

Use this list of **SMART** hot food choices when planning or reviewing your menu.

Foods or drinks	Likely part of the food and drink spectrum		
	Green	Amber	Red
Jacket potatoes	●		
Toasted wraps, focaccia and sandwiches with lean meats and reduced fat cheese	●		
Kebabs with lean meats or falafel, salad and yoghurt dressing	●		
Muffin or pita bread pizzas with lean meats and reduced fat cheese	●		
Quiche with bread or crustless base or frittata	●		
Pasta dishes with lean meats or vegetarian – spaghetti bolognaise, vegetable pasta bake	●		
Oriental dishes with lean meats or vegetarian served with plain rice or noodles	●		
Curry dishes with lean meats or vegetarian – lamb korma, satay beef	●		
Mexican dishes with bean toppings – chilli con carne, quesadillas, burritos, nachos	● (with reduced fat mince and cheese)	●	
Fried rice or pad thai noodles	●	●	
Chicken or beef burgers with salad	● (with lean meat and reduced fat cheese and dressing)	●	

## Tips

- Include salad or vegetable items in all hot meal recipes.
- Use reduced fat dairy products, lean meats and reduced fat dressing to ensure all hot food choices fit into the GREEN category.
- Choose hot meals with minimal ingredients or similar ingredients to other menu items. This will minimise waste and additional requirements for preparation, storage space, stock control and, ultimately, staffing.

## Food safety in schools

Food safety must always be a priority when food is supplied to children or any members of your school community.

People handling and preparing foods should take all reasonable precautions to make sure the food they are handling is safe and suitable to be consumed.

There are specific requirements regarding:

- **health**
- **food preparation**
- **gloves**
- **hygiene**
- **handwashing.**

### **What can you do to ensure food is handled safely?**

- Contact your local council or Queensland Health public health unit to discuss food operations and any licensing or inspection requirements.
- Contact Nutrition Australia Qld (NAQ) or Queensland Association of School Tuckshops (QAST) regarding Food Safety Supervisor requirements.
- Arrange food safety training sessions.
- Ensure food handlers are orientated to food safety procedures.
- Invest in, apply for grants or budget for equipment and food facility fit-outs that enable safe production of healthy foods and compliance with standards.

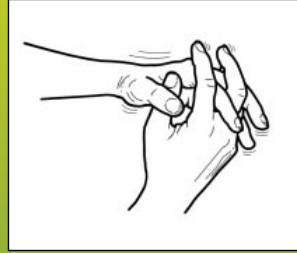


# Hand washing technique

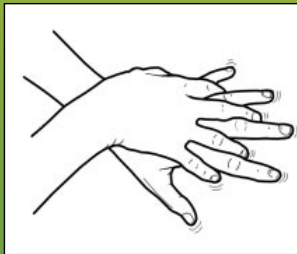
- Use soap and water.
- Vigorously wash hands for 20 to 30 seconds, using the following pictures as guides.



1. Wash palms



2. Wash between fingers



3. Wash back of hands



4. Wash wrists

- Rinse hands with water.
- Dry hands thoroughly.

**You may wish to photocopy, place in plastic sleeve (or laminate) and position on the wall above handbasins.**

