



# James Meehan High School

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## Healthy School Canteen Guidelines

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### NSW SCHOOL CANTEEN STRATEGY POLICY

#### Rationale

In educating students in a rapidly changing world it is important for James Meehan High School, through the Department of Education and Communities NSW Healthy School Canteen Strategy, to provide healthier menu options for all students, employees, others undertaking work and visitors.

A healthy and varied diet is vital to sustaining a healthy mind and body and gives our bodies the fuel it requires to maintain concentration throughout the day to day activities of a school. The *fresh tastes* NSW Healthy School Canteen Strategy is all about giving students at James Meehan High School a taste for healthy foods.

Nutritious menu options in our school canteen are required to allow students and staff to make better choices about the food they consume throughout the day. These guidelines have been developed to assist the school canteen to provide meals and snacks that meet the standards of the NSW Healthy Canteen Strategy.

#### Canteen operation

In accordance with the NSW Healthy Canteen Strategy, The Department has outlined three (3) main guidelines to refer to when designing menus and selecting food items for sale in the school canteen:

- The nutritional value of foods
- Selecting the most appropriate (and healthiest) food choices
- The nutrient criteria for identifying foods that need to be restricted in their sale

Food items to be sold in the school canteen must have a high nutritional value such as high fibre, low sugar, low sodium, and low in saturated fat, and low in preservatives. The selection of healthy and appropriate food items for menus must be made in conjunction with the Canteen Menu Planner. The Canteen Menu Planner has three (3) categories:

**GREEN:** Fill the menu - must be dominant on the menu and must be advertised and promoted regularly as a better choice.

**AMBER:** Select carefully - may be on the menu daily but must have minimum stock amounts.

**RED:** Occasional menu items - must only be sold 1-2 times a term.

James Meehan High School will follow these guidelines to develop a cyclic menu.

## Guidelines for Menu development

### MENU

#### GREEN category (all the time)

- Cereal foods: Breakfast cereal, pasta, noodles, polenta and burghul
- Breads: White multigrain, wholemeal, rye, hi-fibre, rolls, burritos, English muffins, focaccia, lavash, Lebanese bread, pita, fruit/raisin bread, tortillas and Turkish, corn crisp bread and rice cakes.
- Fruit: Fresh, frozen, canned and dried fruits
- Vegetables: fresh and frozen
- Legumes: beans (kidney, soy, mung, lentils, chickpeas, bean curd, tofu, pappadum and peas
- Reduced fat dairy products: reduced fat milk (plain or flavoured) yoghurt, cheese and custard
- Lean meat, fish, poultry and alternatives: Lean chicken (breast/ tenders not processed must be fresh) beef, lamb, pork, canned tuna and salmon, eggs and NO NUTS
- (Must be high in fibre, low in saturated fat and added sugar)

#### AMBER category (only on certain days of the week and limited stock)

- Full fat dairy: Milk, yoghurt and cheese under 200ml or small portions
- Savoury commercial products: Pies, pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice, noodles, sausages, frankfurts, meat patties, meat balls, chicken drumsticks, pork spare ribs. Must be under 1000kj per 100g, under 400mg sodium and 5g fat per 100g
- Processed meats: Devon, ham, salami, bacon, chicken roll, corned beef and pastrami.
- Margarine, mayonnaise and oil: Choose only polyunsaturated and monounsaturated products, limit portion.
- Sauces and gravy: Use sparingly, use portions that are salt reduced. Includes: tomato sauce, BBQ sauce, sweet chilli sauce and gravy.
- Snack food bars: breakfast bars, cereal bars and fruit bars. Must be under 600kj, 3g fat
- Savoury snack foods and biscuits: Popcorn, oven baked snacks and dry biscuits. Must be under 600kj, 3g or fat and 200mg sodium.
- Cakes, muffins and sweet biscuits: must be under 900kj, 3g of fat and more than 1.5g of fibre
- Ice creams and dairy desserts: must be under 900kj and 3g of fat per 100g

#### RED category (1-2 times per term only)

- Sugar sweetened drinks: soft drinks, sports drinks, flavoured mineral waters, fruit drinks
- Confectionary: all types
- Deep fried foods: all types
- Savoury snack foods: most chips, crisps and similar products
- Ice creams: chocolate coated and premium ice creams
- Cakes, muffins, sweet pastries and slices: croissants, doughnuts, cream filled buns, cakes, sweet pastries, slices.

## BEVERAGES

**GREEN:** Water, reduced fat milk and reduced fat soy drinks (plain and flavoured), fruits juice (must be 99% juice and under 200ml or high fibre 99% fruit under 200 ml)

**AMBER:** fruit juice (must be 99% + juice and under 300ml) diet soft drinks and sports waters (under 300kj per serve and 100mg sodium)

**RED:** soft drinks over 300kj, fruit juice under 99% fruit and larger than 200 – 250 ml, energy drinks, caffeinated drinks

## FOOD FROM OUTSIDE VENDERS

At no time is any food item from outside venues to be delivered/ brought in to students that does not meet the NSW Healthy school strategy canteen guidelines.

High fat, high sugar, high processed, take away food, energy drinks, soft drinks, caffeinated drinks etc are unacceptable to be consumed on school grounds.

## Implementation of this Policy

- Teachers will discuss this policy with students to ensure they have a clear understanding of the guidelines and procedures.
- The community will be made aware of this policy through the weekly newsletter, at P&C meetings and the policy will be posted on the school's website.
- The policy will be made clear to all students and their parents seeking enrolment at James Meehan High School.

## Reference policies and procedures

Fresh Tastes @ School (NSW Healthy School Canteen Strategy)

<http://healthy-kids.com.au/school-canteens/the-menu/fresh-tastes-school/>

NSW Public Schools

<http://www.schools.nsw.edu.au/studentssupport/studentwellbeing/schoolcanteen/>