

---

NSW Healthy School Canteen Strategy

# MENU CHECK

## SUMMARY OF RESULTS

---

Food and Drink Criteria Menu Check





# Thirroul Public School

Your School has met 1 out of the 5 Focus Areas of the  
NSW Healthy School Canteen Strategy  
Food and Drink Criteria



School	Thirroul Public School
Suburb	THIRROUL
Date	6 November 2018
Menu submitted by	Fax
Position	

OFFICE USE ONLY			
Date Received	5 November 2018	LHD	Illawarra Shoalhaven

Thank you for submitting an application to the NSW School Canteen Menu Check Service.

We have assessed the information you provided against the NSW Healthy School Canteen Strategy Food and Drink Criteria.

There are 5 Focus Areas of the Food and Drink Criteria and schools need to meet all five to successfully meet the Strategy.

**Your school has met 1 out of 5 Focus Areas of the NSW Healthy School Canteen Strategy Food and Drink Criteria.**

This report includes a summary of the menu check results and suggestions of how your school can achieve a healthier canteen.

## A Summary of your school's results for the Food and Drink Criteria follows:

Focus Area	Result	What you need to do
1. Sugar-sweetened drinks are not for sale at the canteen or in vending machines.	Your menu included sugar-sweetened drinks or frozen ice blocks with added sugar, which should not be sold. Sugar-sweetened drinks include soft drinks, energy drinks, iced teas, flavoured mineral waters and sports drinks.	See Focus Area 1, page 7, below for details and recommendations for action.
2. At least $\frac{3}{4}$ (75%) of the menu are <b>Everyday</b> and no more than $\frac{1}{4}$ (25%) of the menu are <b>Occasional</b> food and drinks.	Your menu hasn't reached $\frac{3}{4}$ <b>Everyday</b> foods and drinks - it has too many <b>Occasional</b> items.	See Focus Area 2, page 8, below for details and recommendations for action.
3. <b>Occasional</b> packaged foods and drinks have a Health Star Rating of 3.5 stars or above.  AND  4. Portion limits are met for all <b>Occasional</b> foods and drinks and <b>Everyday</b> flavoured milk, juices and hot meals.	You still have some <b>Everyday</b> and <b>Occasional</b> foods and drinks that don't meet the criteria required for Health Star Rating.  <b>Congratulations</b> , all your <b>Everyday</b> and <b>Occasional</b> foods and drinks meet the criteria required for portion size; you've met Focus Area 4.	See Focus Areas 3 and 4, page 11, below for details and recommendations for action.
5. Only <b>Everyday</b> foods and drinks are actively promoted in advertising, meal deals, specials, and commercial branding on signage and displays.  <b>Occasional</b> foods and drinks are not placed at point of sale or eye level on shelves and counters.	You still have some canteen promotional activity that does not meet the criteria.	See Focus Area 5, page 13, below for details and recommendations for action.

## What next?

The Food and Drink Criteria aims to support student health and wellbeing by increasing the availability of healthy food and drinks in school canteens, to help make the healthy choice the easy choice for students.

It can be difficult to work out what changes to make first. Below are some suggestions and actions to help your school meet the Food and Drink Criteria.

Make changes to your menu so that your school canteen meets all 5 Focus Areas of the Food and Drink Criteria. Helpful information can be found via:

- Appendix 1 of this report
- The Healthy School Canteen Strategy website (<https://healthyschoolcanteens.nsw.gov.au/>)
- Menu Ready Reckoner (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner>)
- The Healthy Food Finder (<https://www.foodfinder.health.nsw.gov.au/>).

Your Local Health District Live Life Well@School Health Promotion Officer can provide you with support to meet the NSW Healthy School Canteen Strategy. Please contact Julie Parkinson at [Julie.Parkinson1@health.nsw.gov.au](mailto:Julie.Parkinson1@health.nsw.gov.au) or call on 02 4232 0197.

If you have any questions regarding this menu check please do not hesitate to contact the NSW School Canteen Menu Check Service at [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au) or phone 02 9133 8711 (TOLL FREE).

Once you've made changes to your school canteen please resubmit an application for a second menu check to see if your school canteen is achieving the Strategy to [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au), or fax to 02 9133 8719.

**Appendix 1**

# How can your school canteen meet the NSW Healthy School Canteen Strategy Food and Drink Criteria?

## Focus Area 1:

### *Sugar-sweetened drinks are not for sale at the canteen or in vending machines.*

Sugar-sweetened drinks include items such as soft drinks, energy drinks, iced teas, flavoured mineral waters and sports drinks and ice blocks with added sugar or <99% fruit juice. Milk and water are the best drinks for children and young people.

The sugar-sweetened drinks on your menu that should not be sold are listed below with some recommendations:

Menu item	Why is this item classified as a sugar-sweetened drink and should not be sold?	Recommendations:
Callipoo	<99% fruit juice ice blocks	Swap with an <b>Everyday</b> option such as 99% fruit juice ice-blocks. For healthy swap ideas, see the <a href="#">Healthy Food Finder</a> .

See the Healthy School Canteen website and the Healthy Food Finder for other suggestions on what can be sold instead (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/the-food-and-drink-criteria/sugary-drinks> and <https://www.foodfinder.health.nsw.gov.au/>).

And a list of **Everyday** drinks (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/the-food-and-drink-criteria/sugary-drinks#Alternative2>).

**Appendix 1**

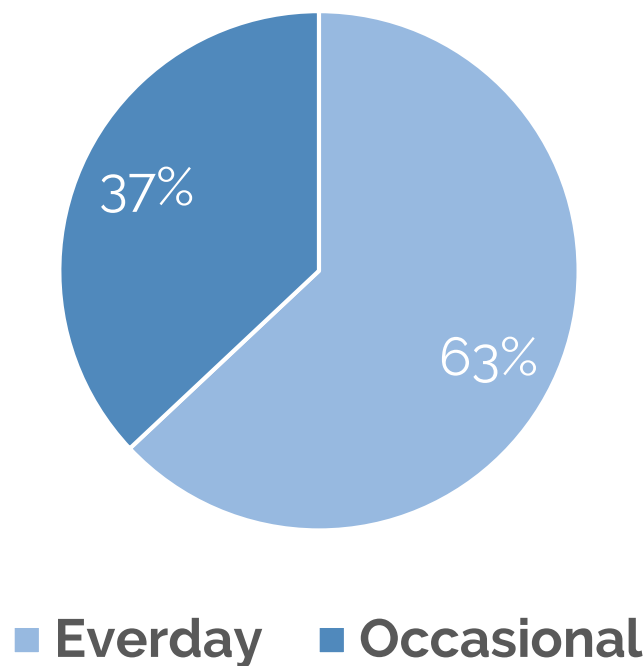
**Focus Area 2**

*At least  $\frac{3}{4}$  (75%) of the menu are **Everyday** and no more than  $\frac{1}{4}$  (25%) of the menu are **Occasional** foods and drinks.*

Your menu hasn't reached three-quarters **Everyday** foods and drinks - it has too many **Occasional** items. To meet Focus Area 2, at least  $\frac{3}{4}$  of the menu items offered each day must be **Everyday** foods and drinks. To balance your menu better, follow the tips below to increase the number of **Everyday** foods and drinks.

# Menu Check Results

## Proportion of Everyday and Occasional Food and Drinks





**Appendix 1**

# Menu Summary

	Standard Menu		Winter Specials	
	No. of items	%	No. of items	%
Everyday	33	63	35	67
Occasional	19	37	17	33

## **Appendix 1**

To balance the menu, you need to increase the proportion of **Everyday** foods and drinks, which means adding more **Everyday** foods and drinks, swapping some **Occasional** ones to **Everyday** options, or removing some of the **Occasional** choices. Here are some tips on how to do this:



Add **Everyday** snack foods to the menu such as fruit (frozen, tinned or fresh), low-fat yoghurt, wholegrain crackers and cheese, frozen low-fat milk or low-fat yoghurt bites, air-popped popcorn, pikelets, 99% fruit juice ice blocks and lunch items such as egg or baked bean sandwiches and salad boxes.



Remove less popular **Occasional** foods and drinks.



Reduce the flavours and variety of **Occasional** snack foods - every flavour is counted as a separate menu item. Decreasing the number of flavours of **Occasional** chips, ice blocks etc. will increase your **Everyday** percentage.



Replace **Occasional** or sugar-sweetened drinks (that should not be sold) with **Everyday** alternatives. For example, replace <99% juice ice blocks (sugar-sweetened drinks should not be sold) with 99% frozen juice ice blocks (**Everyday**).



Ensure all **Everyday** foods and drinks meet the criteria. For **Everyday** flavoured milks, 99% juice and 99% frozen juice ice blocks to meet the criteria, they must not exceed the maximum portion size.



If using spreads on bread and sandwiches, avoid using butter (or choose margarine).



In addition to stocking your fridges and pantry with **Everyday** foods, such as vegetables, legumes, fruit, bread, pasta, rice, lean meats, fish, chicken and dairy foods, use pantry and fridge ingredients from the Essentials Shopping List to make healthy **Everyday** meals and snacks.



Make sure you check your school's policy on the provision of peanuts, tree nuts, and nut products within the school.

For tips on balancing the menu and sample menus see the Healthy School Canteens website - <https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices>.

**Appendix 1**

**Focus Area 3:**

*Packaged **Occasional** foods and drinks have a Health Star Rating of 3.5 stars or above.*

**AND**

**Focus Area 4:**

*Portion limits are met for all **Occasional** foods and drinks and **Everyday** flavoured milk, juices and hot meals.*

Your **Everyday** and **Occasional** foods and drinks meet the relevant criteria for and portion size. If you are thinking of introducing a new menu items, make sure you consider how it compares against the NSW Healthy School Canteen Strategy.

Your menu has **Occasional** foods and drinks that don't meet the criteria - they must have a Health Star Rating of 3.5 stars or above. Freshly prepared on site (canteen made) items must follow the recommendations in the Menu Ready Reckoner and use ingredients from the Essentials Shopping List.

The table below lists the **Occasional** items on your menu that do not meet the criteria and some recommendations:

Menu item	Why is this item classified as OCCASIONAL – does not meet the criteria?	Recommendations
Paddle pops	Has a Health Star Rating of <3.5 stars	Swap with a similar product with a Health Star Rating 3.5 or above or swap with an Everyday product. For healthy swap ideas, see the <a href="#">Healthy Food Finder</a> .
Muffins, and mini muffins with choc chips	Contains choc chips	Confectionary (chocolate chips) should not be sold in school canteens. Only use ingredients from the Essentials Shopping List 'Buy' column.

### **Appendix 1**

For healthy swap ideas and to ensure all **Occasional** and **Everyday** foods and drinks meet the criteria, refer to the:

- Healthy Food Finder (<https://www.foodfinder.health.nsw.gov.au/>)
- Healthy School Canteen Strategy website (<https://healthyschoolcanteens.nsw.gov.au/>)
- List of Everyday foods and drinks (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/everyday-and-occasional>)
- Menu Ready Reckoner (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner>)
- Essential Shopping List (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/everyday-and-occasional/essentials-shopping-list>).

If you believe your menu items have been incorrectly classified as below 3.5 Health Stars, please contact the Menu Check Service.

**Appendix 1**

**Focus Area 5:**

***Everyday*** foods and drinks are actively promoted in advertising, meal deals, specials, and commercial branding on signage and displays. ***Occasional*** foods and drinks are not placed at point of sale or eye level on shelves and counters.

To meet the NSW Healthy School Canteen Strategy only promote **Everyday** foods and drinks in advertising, meal deals, specials, in commercial branding on signage and display and at point of sale or eye level on shelves or counters.

The table below lists the **Occasional** items promoted and some recommendations.

Menu item	Meal deal/ Special/ Branding / Display	Recommendations:
Special - Pasta + Garlic Bread	Meal deal	Swap <b>Occasional</b> garlic bread with an <b>Everyday</b> food

Along with the recommendations above, encourage the sale of more **Everyday** foods and drinks by:



Favourably pricing **Everyday** foods and drinks.



Promoting and advertising **Everyday** foods (i.e. displaying them at eye level so that students can easily see them).



Including only **Everyday** foods and drinks in 'meal deals' or 'special' offers.

### **Appendix 1**

Use the Marketing tips: The 4 Ps checklist (product, price, place and promotion) to successfully run and promote a healthy canteen

(<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/marketing>)

For more information on the Strategy please see the Healthy School Canteens website: - <https://healthyschoolcanteens.nsw.gov.au>

All NSW Government schools are working towards having a healthy canteen by the end of 2019. Independent and Catholic schools are strongly encouraged to adopt the Strategy.

If you have any questions regarding this menu check please do not hesitate to contact the **NSW School Canteen Menu Check Service** [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au) or phone **02 9133 8711 (TOLL FREE)**.

Your Local Health District Live Life Well@School Health Promotion Officer can provide you with support to meet the NSW Healthy School Canteen Strategy. Please contact Julie Parkinson at [Julie.Parkinson1@health.nsw.gov.au](mailto:Julie.Parkinson1@health.nsw.gov.au) or call on **02 4232 0197**.

Once you've made changes to your school canteen please resubmit an application for a second menu check to see if your school canteen is achieving the Strategy to [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au), or fax to **02 9133 8719**.

# Your Colour Coded Menu

● Everyday ● Occasional

Item	Price	E/O	Count	Availability
<b>SANDWICHES</b>				
Vegemite / Honey /Jam	1.5	e	3	Standard Menu
Ham	2.5	e	1	Standard Menu
Ham & Cheese	\$3.00	e	1	Standard Menu
Chicken	\$3.00	e	1	Standard Menu
Egg	\$2.00	e	1	Standard Menu
Salad Only	\$1.50	e	1	Standard Menu
<b>Extras:</b>				
Lettuce, tomato,	choose one: \$0.20	-	-	-
Cucumber, carrot	choose 2-4: \$0.40	-	-	-
Pineapple	\$0.50	-	-	-
Cheese	\$0.50	-	-	-
Bread Roll	\$0.50	-	-	-
Extra to Toast Sandwich:	\$0.20	-	-	-
<b>DRINKS</b>				
Calci Yum Milk• Chocolate or Strawberry	\$1.50	e	2	Standard Menu
Plain Milk	\$1.20	e	1	Standard Menu
Water	1.2	e	1	Standard Menu
Juice• Apple, Orange, Apple / Blackcurrant	\$1.20	e	3	Standard Menu
<b>HOT FOOD</b>				
Chicken Burger • Chicken pattie, lettuce, tomato, roll	\$4.00	o	1	Standard Menu
Mini Chicken Burger•Chicken goujon, lettuce, tomato, mini	\$2.00	o	1	Standard Menu
Pizza• Hawaiian or Cheese & Bacon	2.2	o	2	Standard Menu
Chicken Goujons	\$1.50	o	1	Standard Menu
Garlic Bread	\$0.80	o	1	Standard Menu
Sausage Roll (v)	\$2.50	o	1	Standard Menu
Corn on the Cob	\$1.00	e	1	Standard Menu
Pasta Bolognese	2.5	e	1	Standard Menu
Special - Pasta + Garlic Bread	3	-	-	-
<b>FROZEN TREATS (counter sales only)</b>				
Paddle Pops	\$1.50	o	2	Standard Menu
Calippo Mini	1.2	o	1	Standard Menu
Quelch Ice Blocks	\$0.80	e	5	Standard Menu
Slushie	\$2.00	e	1	Standard Menu
Frozen Pineapple Rings	\$0.50	e	1	Standard Menu
Frozen Grapes & Blueberries w	\$0.50	e	2	Standard Menu

Item	Price	E/O	Count	Availability
<b>SNACKS</b>				
Fruit Salad Cup	\$0.90	e	1	Standard Menu
Piece Seasonal Fruit Ili	\$0.50	e	1	Standard Menu
Watermelon Slice V	\$0.50	e	1	Standard Menu
Carrot & Cucumber Sticks	\$0.50	e	1	Standard Menu
Custard Cup	0.9	e	1	Standard Menu
Custard Cup with Banana	0.9	e	1	Standard Menu
Red Rock Deli Chips• Sea Salt or Honey Soy	\$1.50	o	2	Standard Menu
Vege Crackers• BBQ or Salt + Vinegar	\$1.50	o	2	Standard Menu
Muffins	\$0.90	o	1	Standard Menu
Mini Muffins	\$0.40	o	1	Standard Menu
Anzac Minis	0.2	o	1	Standard Menu
Popcorn	\$0.20	e	1	Standard Menu
<b>WINTER SPECIALS</b>				
Milo (counter sales only)		e	1	Winter Specials
Raisin Toast	\$0.80	e	1	Winter Specials



# **GREAT CHOICE**

Healthy School Canteens

