

FRESH TASTES – CATHOLIC SCHOOL CANTEEN MENU ASSESSMENT REPORT

NAME OF SCHOOL: ST JOSEPH'S PRIMARY SCHOOL

DATE OF ASSESSMENT: 28 NOVEMBER 2016

CANTEEN LICENSE HOLDER/OPERATOR: JACKIE THORTON

All food and drinks provided for sale by the St Joseph's Primary School Canteen at the time of the canteen site visit on 28 November 2016 have been assessed against the *National Healthy School Canteen Guidelines*¹ under the *Catholic Education Food and Drink Policy (ACT)*.

The canteen menu assessment was undertaken using the *Methodology for Assessing School Canteen Menus against the National Healthy School Canteen Guidelines*.

The *National Healthy School Canteen Guidelines* use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

GREEN food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.

AMBER foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

RED foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).

Adapted from the National Healthy School Canteen Guidelines 2014.

¹ Australian Government Department of Health and Ageing. National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2014.

NUTRITIONAL PROFILE OF FOOD AND DRINKS SOLD AT ST JOSEPH'S PRIMARY SCHOOL CANTEEN

MENU STRUCTURE

St Joseph's Primary School Canteen is managed by the school P&C and operates for recess and lunch Wednesday - Friday.

POLICY REQUIREMENTS

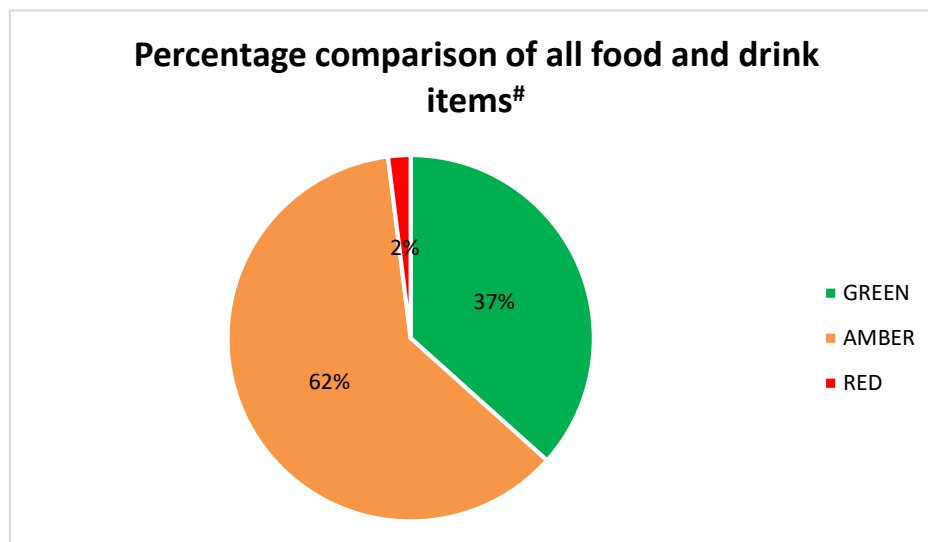
In order for school canteens to meet the requirements of the *Catholic Education Food and Drink Policy (ACT)*:

1. The majority of items on the canteen menu should be **GREEN** (i.e. over 50 per cent) and these should be promoted.
2. **AMBER** items should form a smaller proportion of the menu items and these should not be promoted.
3. No **RED** items should be available for sale in the canteen.
4. Menus should demonstrate a shift towards the **GREEN** end of the traffic light spectrum over time.

RESULTS

Graph 1A: Combined results of the food and drink menu items assessed

Graph 1A illustrates the percentage results of **GREEN**, **AMBER** and **RED** foods and drinks from St Joseph's Primary School Canteen, classified according to the *National Healthy School Canteen Guidelines*.



#Totals do not equal 100 as figures have been rounded.

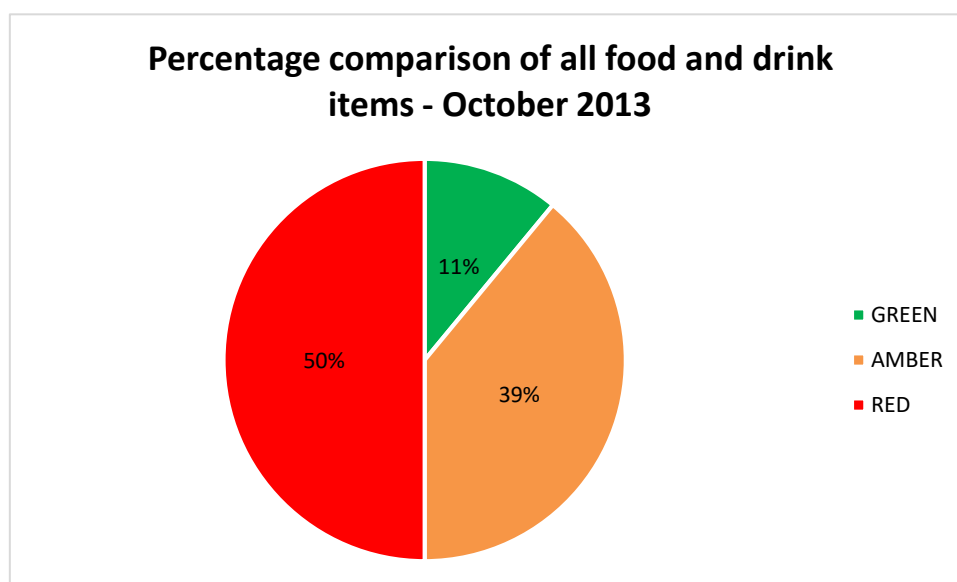
Graph 1A shows the population percentage results for assessed canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=19) items, **AMBER** (n=32) items and **RED** (n=1) items by the total number of items (n=52). Results were then multiplied by 100 to obtain percentage values.

Table 1A: Total number and percentage results for assessed canteen menu food and drink items

Percentage of food and drink items available for sale by traffic light classification (n=52) at the current audit (28 November 2016) [#] :		
GREEN n=19	AMBER n=32	RED n=1
37%	62%	2%

Graph 1B: Combined results of the food and drink menu items assessed at the last review in October 2013

Graph 1B illustrates the percentage results of **GREEN**, **AMBER** and **RED** food and drinks from St Joseph’s Primary School Canteen, classified according to the *National Healthy School Canteen Guidelines* at the last review in October 2013.



Graph 1B shows the population percentage results for assessed canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=4) items, **AMBER** (n=15) items and **RED** (n=19) by the total number of items (n=38). Results were then multiplied by 100 to obtain percentage values.

Table 1B: Total number and percentage results for assessed canteen menu food and drink items at the last review in October 2013

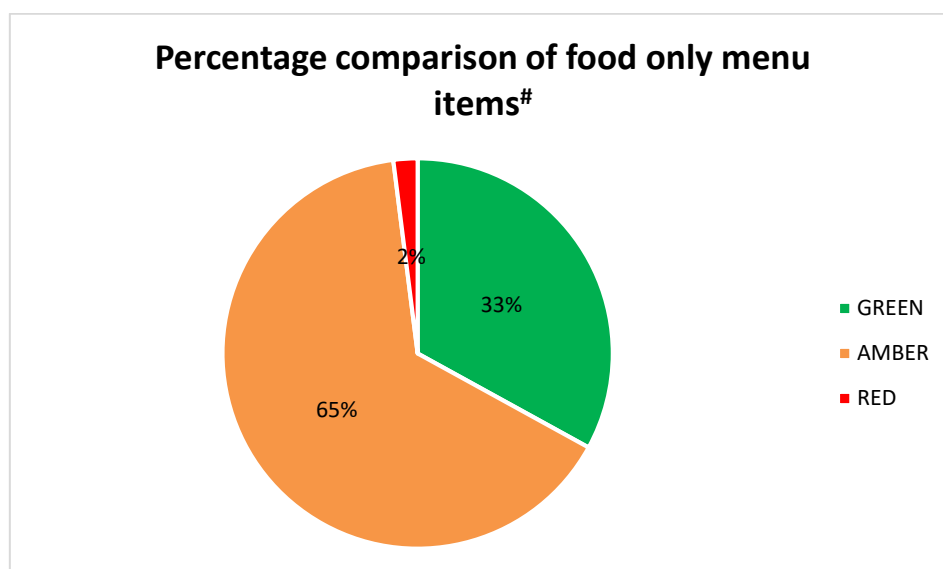
Percentage of food and drink items available for sale by traffic light classification (n=38) at the last review (October 2013):		
GREEN n=4	AMBER n=15	RED n=19
11%	39%	50%

The number of **GREEN** menu items have increased significantly since the last review from 4 (or 11%) in 2013 to 19 (or 37%) in 2016. **AMBER** menu items have also increased during this time from 15 (or 39%) in 2013 to 32 (or 62%) in 2016. **RED** menu items have decreased significantly from 19 (or 50%) in 2013 to 1 (or 2%) in 2016. The total number of menu items have increased from 38 in 2013 to 52 in 2016.

NB: There has been a change in canteen management since the last review in October 2013 to the time of the current assessment.

Graph 2: Results of the food only menu items assessed

Graph 2 illustrates the percentage results of **GREEN**, **AMBER** and **RED** foods items from St Joseph’s Primary School Canteen, classified according to the *National Healthy School Canteen Guidelines*.



#Totals do not equal 100 as figures have been rounded.

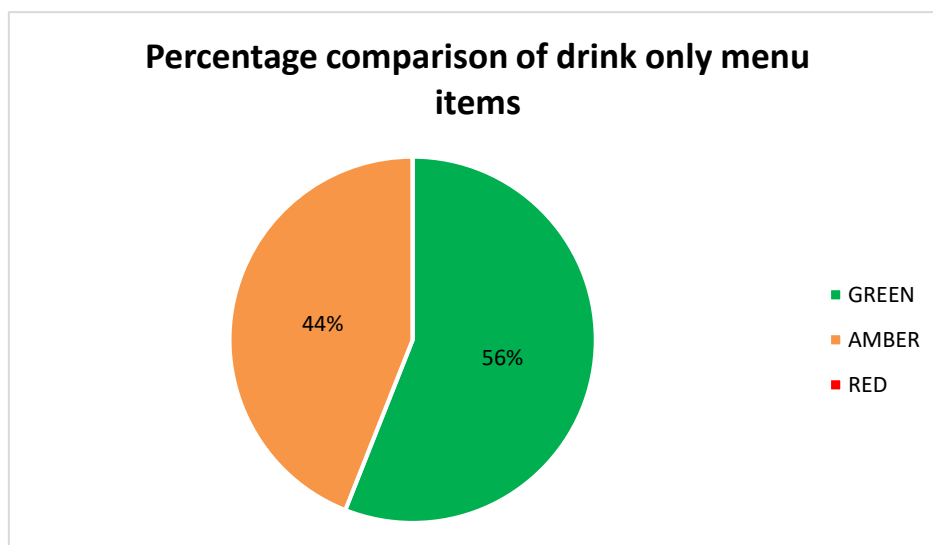
Graph 2 shows the population percentage results for assessed food only canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=14) items, **AMBER** (n=28) items and **RED** (n=1) items by the total number of items (n=43). Results were then multiplied by 100 to obtain percentage values.

Table 2: Total number and percentage results for assessed canteen menu food items

Percentage of food only items available for sale by traffic light classification (n=43)#:		
GREEN n=14	AMBER n=28	RED n=1
33%	65%	2%

Graph 3: Results of the drink only menu items assessed

Graph 3 illustrates the percentage results of **GREEN**, **AMBER** and **RED** drink items from St Joseph’s Primary School Canteen, classified according to the *National Healthy School Canteen Guidelines*.



Graph 3 shows the population percentage results for assessed drink only canteen menu items. Percentages were derived by dividing the number of **GREEN** (n=5) items, **AMBER** (n=4) items and **RED** (n=0) items by the total number of items (n=9). Results were then multiplied by 100 to obtain percentage values.

Table 3: Total number and percentage results for assessed canteen menu drink items

Percentage of food only items available for sale by traffic light classification (n=9):		
GREEN n=5	AMBER n=4	RED n=0
56%	44%	0%

Please refer to the attached Food and Drink Classification Table for a breakdown outlining which food and drinks fall into each traffic light category. This table also provides recommendations for increasing healthier choices on the menu.

If your school has its menu published online or is printed and distributed to families with identification of the healthier choice items (e.g. colour coded items or symbols) it is recommended that you confirm these against the Food and Drink Classification Table provided in this report.

For free, professional advice and recommendations on suitable food and drink alternatives that meet the *National Healthy School Canteen Guidelines*, schools are encouraged to contact the ACT Nutrition Support Service Monday to Friday 9:00am-5:00pm by email on info@actnss.org or phone (02) 6162 2583.

The ACT Government’s *Fresh Tastes* service also offers a range of free services and resources to support nutrition education, growing and cooking healthy food, and aligning school canteen menus with the *National Healthy School Canteen Guidelines*. For information and advice please email freshtastes@act.gov.au or phone (02) 6205 1452.

FOOD AND DRINK CLASSIFICATION TABLE
DATE ASSESSMENT UNDERTAKEN: 28 NOVEMBER 2016

Thank you for participating in the *Fresh Tastes* canteen menu assessment process in demonstrating your commitment to improving the availability of healthier food and drink choices within St Joseph's Primary School Canteen. The results from this assessment show significant improvements have been made to the canteen menu since the last assessment in October 2013, well done!

The tables below represent all food and drink items submitted for assessment from St Joseph's Primary School Canteen categorised as **GREEN**, **AMBER** and **RED** against the *National Healthy School Canteen Guidelines*. This section also includes recommendations to improve your menu in line with the *Catholic Education Food and Drink Policy* (ACT).

ANALYSIS OF RESULTS

There were 52 items assessed from your school canteen menu. The *National Healthy School Canteen Guidelines* require that the main items on your canteen menu are **GREEN** (i.e. over 50%). There are currently 19 **GREEN** food and drink items on the menu (37% of the total).

To comply with the *ACT Catholic Education Food and Drink Policy 2015*, **RED** items must be removed from the menu or replaced with a healthy alternative. If **RED** items are replaced with **GREEN** or **AMBER**, you will need to ensure the menu is balanced in favour of **GREEN** items.

We recommend you complete the 'Action taken and timeframes' section in table on the following pages and provide it to your Principal and/or Community Council within the next month. This will help to develop a practical action plan for your school canteen that takes steps to improve your menu and monitor change.

~ Please ensure you keep a copy of the below tables for your records ~

Menu item number	Product	Brand	Serving size and other relevant information about the product and how it is served (if applicable)	NHSCG Classification	Assessment methodology	Recommended actions to comply with the <i>National Healthy School Canteen Guidelines</i> and improve the menu		School to complete
						Remove	Improve	Action taken and timeframes <i>For example –</i> <ul style="list-style-type: none"> • RED Item: removed by [DATE] • RED item: ingredients changed to make it an AMBER item by [DATE]
Sandwiches								
1	Salad wrap	Canteen made	N/A	GREEN	Recipe assessed by ingredients.	No	-	-
2	Toasted sandwich - ham, cheese and tomato	Canteen made, KR Castlemaine Heart Tick Leg Ham	Reduced-fat cheese	AMBER	Recipe assessed by ingredients.	No		
3	Toasted sandwich - ham and cheese	Canteen made, KR Castlemaine Heart Tick Leg Ham	Reduced-fat cheese	AMBER	Recipe assessed by ingredients.	No		
4	Toasted sandwich - ham and tomato	Canteen made, KR Castlemaine Heart Tick Leg Ham	Reduced-fat cheese	AMBER	Recipe assessed by ingredients.	No		
5	Wrap - chicken and salad	Canteen made, Steggles Diced Oven Roasted Chicken	N/A	AMBER	Recipe assessed by ingredients. Product NIP for chicken assessed against Nutrient Criteria Tables.	No	To make this GREEN: - use freshly cooked chicken.	
6	Wrap - ham and salad	Canteen made, KR Castlemaine Heart Tick Leg Ham	N/A	AMBER	Recipe assessed by ingredients.	No		

Hot dishes								
7	Corn cobbette	Canteen made	N/A	GREEN	Recipe assessed by ingredients.	No	-	-
8	Cheesy garlic bread	Canteen made	Tolerance for unsaturated spreads met with <1 tsp/serve Reduced-fat cheese	GREEN	Recipe assessed by ingredients.	No	-	-
9	Chicken nuggets	Ingham Chicken Breast Nuggets	N/A	AMBER	Product NIP for nuggets assessed against Nutrient Criteria Tables.	No		
10	Pie	Four'N Twenty Traveller Beef Pie	160g	AMBER	Product NIP for meat pie assessed against Nutrient Criteria Tables.	No		
11	Good Eating Snack Beef Pie	Mrs Mac's	50g	AMBER	Product NIP for meat pie assessed against Nutrient Criteria Tables.	No		
12	Slams - ham and pineapple	Four'N Twenty	110g	AMBER	Product NIP for pies assessed against Nutrient Criteria Tables.	No		
13	Slams - bacon and cheese	Four'N Twenty	110g	AMBER	Product NIP for pies assessed against Nutrient Criteria Tables.	No		

14	Good Eating Sausage Roll	Mrs Mac's	120g	AMBER	Product NIP for sausage roll assessed against Nutrient Criteria Tables.	No		
15	Pizza bread - ham and cheese	Canteen made, KR Castlemaine Heart Tick Leg Ham, Leggo's Pizza Sauce	Reduced-fat cheese	AMBER	Recipe assessed by ingredients. Product NIP for pizza sauce assessed against Healthier Choices Criteria.	No	To make this GREEN: - remove ham - replace pizza sauce with no-added-salt tomato paste and flavour with herbs.	
16	Pizza singles - ham and pineapple	McCain	100g	AMBER	Product NIP for pizza assessed against Nutrient Criteria Tables.	No	Consider only offering one pizza option.	
17	Pizza singles - bacon and cheese	McCain	100g	AMBER	Product NIP for pizza assessed against Nutrient Criteria Tables.	No	Consider only offering one pizza option.	
18	Beef lasagne	Enrico's	220g	AMBER	Product NIP for lasagne assessed against Nutrient Criteria Tables.	No	For a GREEN alternative: - consider replacing with a canteen made lasagne. See recipe attached.	
19	Macaroni and cheese	Enrico's	200g	AMBER	Product NIP for macaroni cheese assessed against Nutrient Criteria Tables.	No	For a GREEN alternative: - consider replacing with a canteen made macaroni and cheese. See recipe attached.	

20	Spaghetti Bolognaise	Enrico's	200g	AMBER	Product NIP for pasta assessed against Nutrient Criteria Tables.	No	For a GREEN alternative: - consider replacing with a canteen made spaghetti bolognaise. See recipe attached.	
21	Chicken burger - chicken patty, tomato, lettuce, cucumber and carrot	Canteen made, Ingham School Chicken Breast Patty	Reduced-fat mayonnaise or sauce	AMBER	Recipe assessed by ingredients. Product NIP for chicken patty assessed against Nutrient Criteria Tables.	No	To make this GREEN: - consider making chicken patties from scratch using lean chicken mince or chicken breast. See recipe attached. - Sauce may be offered on the side as an optional extra.	
22	Beef hamburger - beef burger patty, tomato, lettuce, cucumber and carrot	Canteen made, Angel Bay Lite Burger Patty	Reduced-fat mayonnaise or sauce	AMBER	Recipe assessed by ingredients. Product NIP for burger patty assessed against Nutrient Criteria Tables.	No	To make this GREEN: - replace burger patty with a GREEN variety or consider making beef patties from scratch using lean mince. See recipe attached. - Sauce may be offered on the side as an optional extra.	

23	Spring roll	Pacific West	N/A	AMBER	Product NIP for spring roll assessed against Nutrient Criteria Tables.	No		
24	Chicken chippies	Ingham	N/A	RED	Product NIP for chicken assessed against Nutrient Criteria Tables.	Yes. The sale of RED items in school canteens does not meet the policy guidelines.		
Snacks								
25	Apple	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
26	Orange wedge	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
27	Watermelon slice	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
28	UFO (frozen pineapple)	Frozen fruit	Served frozen	GREEN	Assessed against GREEN Category Table.	No	-	-
29	Grape cup	Fresh fruit	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
30	Apple slinky	Canteen made	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
31	Pikelets	Canteen made	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-
32	Carrot sticks	Canteen made	N/A	GREEN	Assessed against GREEN Category Table.	No	-	-

33	Popcorn - plain, air-popped	Canteen made	No added flavours or oil	GREEN	Assessed against GREEN Category Table.	No	-	-
34	Custard cup	Canteen made, Pauls 97% Fat Free Vanilla Custard	Reduced-fat custard	GREEN	Assessed against GREEN Category Table.	No	-	-
35	Custard cup with fruit	Canteen made, Pauls 97% Fat Free Vanilla Custard	Reduced-fat custard	GREEN	Assessed against GREEN Category Table.	No	-	-
36	Cheese and crackers	Canteen made, Woolworths Plain Rice Crackers, Coon Tasty Cheese	Full-fat cheese	AMBER	Recipe assessed by ingredients. Product NIP for crackers assessed against Nutrient Criteria Tables.	No	For a healthier AMBER alternative: - use reduced-fat cheese.	
37	Anzac biscuit	Canteen made	ACTNSS recipe	AMBER	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No		
38	Oat bites	Canteen made	N/A	AMBER	Recipe NIP developed and assessed against Nutrient Criteria Tables.	No		
Frozen desserts								
39	Frozen juice cup - apple	Berri	110ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		
40	Frozen juice cup - orange	Berri	110ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		

41	Frozen yoghurt - chocolate and vanilla	Twisted	120ml	AMBER	Product NIP assessed against Nutrient Criteria Tables.	No		
42	Frozen yoghurt - strawberry and vanilla	Twisted	120ml	AMBER	Product NIP assessed against Nutrient Criteria Tables.	No		
43	Frozen yoghurt - watermelon and mango	Twisted	120ml	AMBER	Product NIP assessed against Nutrient Criteria Tables.	No		
Drinks								
44	Water - plain	Woolworths	600ml	GREEN	Assessed against GREEN Category Table.	No	-	-
45	Milk - chocolate	Moove	250ml, reduced-fat	GREEN	Assessed against GREEN Category Table.	No	-	-
46	Milk - strawberry	Moove	250ml, reduced-fat	GREEN	Assessed against GREEN Category Table.	No	-	-
47	Smoothie - choc banana	Canteen made, Milo	Reduced-fat milk, reduced-fat yoghurt	GREEN	Assessed against GREEN Category Table.	No	-	-
48	Smoothie - berry	Canteen made	Reduced-fat milk, reduced-fat yoghurt	GREEN	Assessed against GREEN Category Table.	No	-	-

49	Juice - apple and blackcurrant	Just Juice	200ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		
50	Juice - apple	Just Juice	200ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		
51	Juice - orange	Just Juice	200ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		
52	Juice - orange and mango	Just Juice	200ml, 99% fruit juice	AMBER	Assessed against AMBER Category Table.	No		