



# Menu assessment tool

Assessing canteen menu compliance with the Department of Education's *Healthy Food and Drink* (HFD) policy is easy. Simply follow this step by step guide to ensure the canteen meets all policy requirements and offers a wide range of healthy choices.

To assist menu planning, don't forget to check out the products listed in the Star Choice™ Buyer's Guide, access tasty recipes on the WASCA website and pull out your other WASCA resources such as the Canteen Cuisine cookbook, Big book of menus and What works in my canteen manual.

WASCA is also available to provide menu, product and recipe assessments to schools.

## STEP 1 – are there any red items on the menu?

Red food and drinks are 'off the menu' in WA school canteens.

Examples include, but are not limited to:



- Full fat pastry items; deep fried foods
- Jam, nut spreads, honey and confectionary sprinkles
- High fat sandwich meats such as polony and salami
- Confectionery including liquorice, cough lollies, fruit juice based jellies, chocolate
- Savoury snack items e.g. crisps and chips
- Desserts: chocolate coated and premium style ice-creams; jelly; jelly with fruit; yogo
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juice larger than 250mL and/or with added sugar or sweetener
- Water flavoured with fruit juice and/or sweetener
- Soft drinks, cordials, sports drinks, high caffeine (energy) drinks.



## STEP 2 – does the menu include all essential items according to the HFD policy? The following items should be available every day:

- Plain water
- Plain reduced fat milk
- Fruit and vegetables (fresh, frozen and/or canned in natural juice and/or no added salt)
- A variety of breads, preferably wholegrain
- A variety of sandwich fillings, e.g. lean meat, reduced fat cheese, baked beans, salad, egg, fish.

## STEP 3 – what items on the menu are categorised as amber?

There are **two** types of amber items:

### 1. Amber savoury commercial products

*Such as pastries, crumbed chicken products, frankfurts and sausages, burger patties, potato products, pizzas*

- Must be available no more than 2 days per week
- Burgers and wraps containing processed meat and chicken products are amber. When served with at least three vegetables/salad items, burgers and wraps are green
- Items such as crumbed chicken nuggets or fish are amber. When served in a meal that includes at least three vegetables/salad items PLUS either a wholegrain bread roll OR a serve of fruit they are green
- Check the recess menu:
  - Does the canteen sell amber savoury commercial items? If so, they must be restricted to no more than two days
  - If the menu lists a range of items – include a statement in the recess section that says ‘selection varies daily’
  - However, these items are not generally recommended at recess as it is not ideal to consume an amber savoury commercial item (e.g. chicken nugget) at recess followed by another amber item at lunch (e.g. pastry)
- Drinks categorised as amber (e.g. 99% fruit juice 250mL) included in a meal deal/combo make that meal amber.



### 2. ‘Other’ amber items

*Such as drinks and snacks e.g. 99% fruit juice, muffins, small biscuits, flavoured popcorn, ice cream, custard*

- Must be either registered (listed in the Buyer's Guide) or meet the nutrient criteria
- Limited in availability to recess OR lunch, not both
- Processed meat such as ham; diced chicken (e.g. 1kg packs)
  - A plain ham or chicken sandwich is amber; preferably wholegrain bread
  - A ham or chicken sandwich made with salad and/or reduced fat cheese is green; preferably wholegrain bread
  - Note: if you make plain, poached chicken in the canteen i.e. no added salt or fat, it is green.



# 4

## STEP 4 – assessing the menu

HFD compliance requires the menu to offer 60% or more green;  
40% or less amber

1. Count the total number of items available

*Note: do not include flavours of drinks e.g. water, choc milk, strawberry milk, banana milk, apple juice, orange juice = 2 green items and 1 amber item (i.e. NOT 4 green and 5 amber)*

2. Count the total number of green items
3. Calculate the percentage:

**Green items**

÷

**Total items**

**x**

**100**

**=**

**% green items**

## STEP 5 – greening up the menu

Try these ideas to increase the percentage of green items on the canteen menu

# 5

- Add at least three salad items to wraps and burgers
- Reduce the selection of drinks and ice creams
- Add soups; salad; fruit salad; and whole fruit
- Make pizzas on bread bases rather than pizza bases; preferably wholegrain
- Change the menu seasonally to increase variety
- If selling chicken strips/nuggets (or similar) team with a small salad and a small piece of fruit



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