

Fill the menu
>60%

Select carefully
<40%

Off the menu

Traffic light colour coding - drinks

Canteen fact sheet

The Department of Education's *Healthy Food and Drink* policy uses a Traffic light system to categorise items as green, amber or red based on the nutritional quality and serve size. If you are unsure of the colour coding of an item see the Star Choice™ Buyer's Guide or contact WASCA for advice

Green - fill the menu

- Plain water
- Plain mineral water (sparkling)
- Plain reduced fat milk, small and large serves
- Flavoured reduced fat milk (375mL or less)



Amber - select carefully

- Plain full fat milk
- Flavoured full fat milk (375mL or less)
- Flavoured reduced fat milk (375mL - 600mL)
- 99% juice, no added sugar (250mL or less)



Red - off the menu

- Sugary drinks e.g. soft drinks, including artificial sweetened
- Energy drinks and sports drinks
- Flavoured water
- Flavoured milks (more than 600mL)
- Fruit juice (more than 250mL) and/or with added sugar



Department of Health
Department of Education



Contact us:

E: wasca@education.wa.edu.au

P: 08 9264 4999

W: waschoolcanteens.org.au

What's on the menu in WA school canteens?

Fill the menu >60%

- Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal
- Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings)
- Fruit, fresh and frozen, whole, fruit salad, sliced fruit
- Fruit canned in natural juice
- A variety of sandwich/roll fillings, preferably served with salad e.g.
 - egg
 - reduced fat cheese
 - tuna, canned in spring water or brine
 - lean meats i.e. roast beef
 - yeast spreads
 - hummus
- Lean meats, fish, poultry
- Meals#, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls
- Reduced fat dairy products including:
 - plain
 - milk flavoured milk (375mL or less)
 - cheese
 - plain and flavoured yoghurt
- Plain water
- Plain mineral water

Select carefully <40%

- Savoury breads such as garlic, herb and pizza base
- Reduced fat pastry items#
- Frankfurts and sausages for hot dogs and/or sausage sizzles#
- Savoury commercial products, e.g. fish, chicken, potato portions, pizza#
- Hamburger patties#
- Processed meat e.g. ham, skin-free processed chicken
- Assorted cakes/biscuits or muffins#
- Sweet and savoury snack foods#
- Plain dried fruit
- Ice creams and icy poles#
- Reduced fat flavoured milk (more than 375mL & less than 600mL)
- High schools only: reduced fat coffee flavoured milk (375mL or less)
- Full fat dairy products e.g. plain milk, yoghurt, cheese
- Full fat flavoured milk (375mL or less)
- 99% fruit juices (250mL or less) and no added sugar
- Dairy desserts# e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)

NOTE: Reduced fat dairy recommended for children over the age of 2 years

Off the menu

- Full-fat pastry items
- Deep fried food of any description
- Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles
- High fat sandwich meats including polony and salami
- Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies)
- Sweet or savoury snack items that do not meet the criteria e.g. potato chips
- Soft drinks, cordial, sports drinks
- Reduced fat flavoured milk (more than 600mL)
- Reduced fat coffee flavoured milk drink (more than 375mL)
- Full fat coffee flavoured milks all sizes
- Full fat flavoured milk (over 375mL)
- High caffeine drinks (e.g. drinks containing guarana)
- Chocolate coated and premium style ice-creams
- Desserts: jelly; fruit with jelly; dairy desserts high in energy
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juice (more than 250mL) and/or with added sugar or sweetener
- Water flavoured with fruit juice, sugar and/or sweetener



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#*Only those meeting FOCIS/Star Choice™ nutrient criteria