

This statement replaces all previous information in relation to the sale of sugar sweetened drinks in the Fresh Tastes @ School Canteen Menu Planning Guide (2006 Edition).

Staple within the hard copy of the above resource for future reference.



## SUGAR SWEETENED DRINK BAN FOR NSW SCHOOLS



On 24 May 2006 the Minister for Education and Training announced a ban on the sale of sugar sweetened drinks in NSW government schools from the beginning of Term 1, 2007. The Catholic Education Commission and the Association of Independent Schools strongly support this ban and will encourage it in their sectors.

The sugar sweetened drink ban is an extension of the NSW Healthy School Canteen Strategy and acknowledges the vital role of schools in promoting good nutrition and physical activity.

### Why was the ban introduced?

The announcement coincided with the launch of the *2004 Schools and Physical Activity and Nutrition Survey (SPANS)* which reported the excessive consumption of sugar laden drinks by children and young people. Such drinks are high in kilojoules and contribute few, if any, nutrients to a child's diet.

### What does it include?

The NSW Healthy School Canteen Strategy requires that 'occasional' foods which fit into the RED segment of the spectrum are limited for sale to (no more than) two occasions per term. Under the ban, all sugar sweetened drinks categorised as RED may no longer be sold from school canteens and vending machines at any time. Drinks which exceed the 'occasional' food criteria of 300kJ per serve or 100mg of sodium per serve may include soft drinks, energy drinks, fruit drinks, flavoured mineral waters, sports drinks, cordials, iced teas, sweetened waters, sports waters and flavoured crushed ice drinks. A serve is the container as sold in the school canteen.

### What are the other names for sugar?

Sugar sweetened drinks include those sweetened with sucrose, fructose, glucose, fruit juice, fruit juice concentrate and fruit sugar syrup. Drinks that are sweetened with any of these forms of sugar must be assessed against the 'occasional' food criteria as they all provide kilojoules and convert to simple sugars in the body. A product that claims on the label that it contains 'no added sugar' may still be sweetened with a fruit juice concentrate or fruit sugar syrup.

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## What about drinks such as juice and milk?

Plain and flavoured milks, soy drinks and 99% fruit juices are not assessed under the 'occasional' food criteria and are therefore not included in this ban as these drinks offer other nutritional benefits.

## What about other drinks?

Sugar sweetened drinks with less than 300kJ and less than 100mg sodium per serve belong in the AMBER food category. These drinks may continue to be sold from school canteens and vending machines.

## How can schools plan for the ban?

When implementing the Strategy, schools are asked to review their current canteen menu and take appropriate steps to meet this new commitment by the beginning

of Term 1, 2007. Schools that have concerns about meeting the target should seek advice or support from appropriate sources within their jurisdiction.

## What about fundraising and classroom rewards?

Consistency across all areas of food provision in schools is a key component of the NSW Healthy School Canteen Strategy. Schools are asked to adopt a whole-of-school approach and use the aims of the Strategy to guide decisions regarding special events, fundraising and classroom rewards.

## Informing your school community

All schools are encouraged to acknowledge, involve and inform their school communities about the sugar sweetened drink ban so that, together, they, can make and support decisions that enhance the wellbeing of students.

# SUMMARY

## BANNED DRINKS

All drinks previously categorised as **RED** can no longer be sold in school canteens and vending machines as of Term 1, 2007.

Drinks with more than 300kJ per serve or more than 100mg sodium per serve. Check:

- soft drinks
- energy drinks
- fruit drinks
- flavoured mineral waters
- sports drinks
- cordials
- iced teas
- sweetened waters
- sports waters
- flavoured crushed ice drinks

## AMBER DRINKS

'Select Carefully'

- diet soft drinks
- full fat plain milk
- full fat flavoured milk
- full fat soy drinks
- 99% fruit juices – 300ml serve size or less
- sugar sweetened drinks with less than 300kJ per serve and less than 100mg of sodium per serve
- sugar sweetened frozen crushed ice drinks with less than 300kJ per serve and less than 100mg of sodium per serve

## GREEN DRINKS

'Fill the Menu'

- water
- reduced fat plain milk
- reduced fat flavoured milk
- reduced fat soy drinks
- 99% fruit juices – 200ml serve size or less
- high fibre fruit juices – 250ml serve size or less
- 99% fruit juice frozen crushed ice drinks – 200ml serve size or less

Note: "Serve size" means the size of a food or drink as sold in the school canteen

The NSW Healthy School Canteen Strategy is a partnership between the NSW Department of Education and Training, the NSW Department of Health, the Catholic Education Commission and the Association of Independent Schools.

### For more information

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