

## A 3-STEP GUIDE

# TO MAKING HEALTHY KIOSKS AND COFFEE SHOPS NORMAL – FOR FUNDRAISERS IN NSW HEALTH FACILITIES.

Part of the *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework*

### STEP 1. SWAP SUGAR-SWEETENED DRINKS FOR HEALTHIER ALTERNATIVES

#### Ideas for healthier drinks to sell



Water



Plain and flavoured milk



99% Fruit juice



Diet drinks



Tea or Coffee



Smoothies/ Milkshakes

This is the most important step you can take because sugar-sweetened drinks like soft drinks, fruit drinks, cordials, energy drinks and sports drinks have no nutritional value.

### STEP 2. PROVIDE SMALLER PORTIONS

#### Snacks and confectionery



50g: Max portion

#### Muffins and Cakes



80g: Max portion, about the size of a tennis ball

#### Drinks



Juice: 400ml max



Flavoured Milk: 500ml max

Large food and drink portions add more energy (kilojoules). Offering smaller portions is a simple but important step to making the healthy choice easier.



Health

## STEP 3. PROVIDE MAINLY EVERYDAY FOODS AND DRINKS

Three quarters (75%) of all foods should be healthy, **Everyday choices**

One quarter (25%) of food choices can be less healthy, **Occasional choices**

**EVERYDAY CHOICE**  
Include most of these

**OCCASIONAL CHOICE**  
Include fewer of these

### SNACKS

#### Savoury snacks

Nuts, popcorn, rice crackers, rice cakes, cheese and crackers, wholegrain crispbread, wholegrain crackers, bagels or crumpets with healthy toppings, tuna snack packs

Potato chips, corn chips, pretzels: 50g max

#### Hot savoury snacks

Toasted sandwiches (e.g. tuna, corn, cheese, tomato), mini frittata, savoury muffins, corn on the cob, vegetable dumplings

Savoury pastries/sausage rolls: 120g max  
Pies: 180g max

### SWEETS

Fresh fruit, trail mix, scones, pikelets, fruit toast, low fat yoghurt, fruit salad, fresh and dried fruit, diced fruit in juice, muesli bars

Cakes 80g max, Sweet muffins 80g max  
Ice cream 85ml max, Frozen yoghurt 85ml max  
Lollies 50g max, Confectionery 50g max  
Fruit gummies 50g max

### MEALS

#### Hot meals

Pasta, soups, toasties and melts, healthy burgers with salad, frittata, stir fry, baked potato with filling, pizza (e.g. Hawaiian, margarita), Mexican style wraps (e.g. burrito, fajita, enchilada) for Packaged "Ready to Eat" meals: 450g max

Meals containing processed or crumbed meat (e.g. bacon, salami, schnitzel), nachos, hard tacos, instant noodles, fried food, for Packaged "Ready to Eat" meals: 450g max

#### Cold meals

Sandwiches, wraps, salads, sushi, frittata, rice paper rolls

Meals containing processed or crumbed meat (e.g. bacon, schnitzel, salami)

## WHY IT'S IMPORTANT?

Overweight and obesity increases the risk of developing

- Type 2 diabetes
- High blood pressure
- Heart disease
- Some cancers

## TOOLS AND SUPPORT

### SUPERMARKET SHOPPING LIST TOOL

HOT FOOD	COLD FOOD	SWEET SNACKS	SAVOURY SNACKS	DRINKS
Healthy packaged convenience meals Frittata Pasta & lasagne Cottage pie Refrigerated, canned or instant soup Microwave rice (flavoured/stir fry)	Sandwich Wrap Rice paper roll Sushi Salad Fruit salad Fruit cups in juice Cereal	Fresh fruit Fruit muesli bars Dried fruit Scone, pikelet, pancake Yoghurt Custard	Fresh vege sticks with dip Nuts and dried fruit Plain biscuits and rice crackers Trail mix Cheese and tuna crackers	Water - plain, sparkling and soda 99% Fruit juice Plain milk Flavoured milk Plain coconut water Diet ice tea Diet soft drink

### NEED HELP



Questions about foods and drinks, and the Framework, are welcomed to NSW Health's Healthy Food Information Service on **1800 930 966** or [healthyfood@moh.health.nsw.gov.au](mailto:healthyfood@moh.health.nsw.gov.au).

For help identifying foods and drinks suitable for sale in NSW Health facilities, also check out NSW Health's useful **Healthy Food Finder** at [www.foodfinder.health.nsw.gov.au](http://www.foodfinder.health.nsw.gov.au).