

Information¹ for Tender Applicants (September 2015)

Requirements for the Live Life Well @ Health Policy Directive

(Provision of healthy food and beverages to staff and visitors of NSW Health Facilities)

Background:

As part of the **NSW Healthy Eating and Active Living Strategy 2013-2018**, NSW Health is committed to providing healthy food for staff, visitors and patients in health facilities. All food premises in NSW Health facilities are required to meet the requirements of the *Live Life Well @ Health Policy Directive*² which aims to:

- increase the availability of healthier food and beverage choices at all times;
- identify and promote the healthier choices;
- display the healthier choices more prominently; and
- model healthy eating for the broader community.

Scope:

This document applies to all foods and drinks, whether freshly made on premises or supplied pre-packaged. It is relevant to all vendors who sell food and drinks in NSW Health facilities including:

- Cafeterias, cafes, coffee shops, kiosks (including mobile food kiosks), and coffee carts
- Retail outlets that serve mainly food and drink (e.g. convenience stores)
- Catering at meetings, functions and other events (e.g. workshops, education and training seminars, conferences, community events, launches, celebrations and ceremonies)
- Advertising, promotion and sponsorship.

These requirements DO NOT APPLY to:

- Meals, snacks and drinks for inpatients;
- Meals on Wheels; Aged Care facilities;
- Foods and drinks staff and visitors purchase from outside the facility or bring from home for personal use.

Evidence base and development:

These requirements were developed using evidence-base advice from scientific and strategic Australian and NSW Government documents. They are reflective of current standard nutritional practice:

- Australian Dietary Guidelines³
- Australian Guide to Healthy Eating⁴
- Live Life Well @ Health Policy Directive¹
- FSANZ AUSNUT data base from the 2011-13 Australian Health Survey⁵

The Requirements include specifications on the nutritional aspects, promotion, placement and pricing options that **need to be followed** by vendors. The information in the Requirements table needs to be used together with the detail in Appendix 1.

¹ The *Live Life Well @ Health Policy Directive* is currently being reviewed and the review process may result in changes to these Guidelines. However any changes are expected to be small and will be communicated to vendors.

² http://www0.health.nsw.gov.au/policies/pd/2009/PD2009_081.html. This policy has been in place since 2009 and is currently under review.

³ National Health and Medical Research Council 2013, *Australian Dietary Guidelines*, Commonwealth of Australia, Canberra

⁴ National Health and Medical Research Council 2013, *Australian Guide to Healthy Eating*, Commonwealth of Australia, Canberra

⁵ Food Standards Australia and New Zealand. AUSNUT 2011-13 Food Nutrient Database. Accessed at <http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/Pages/default.aspx> on 18 March 2015.

The Food Ratings:

Food ratings of GREEN, AMBER and RED have been allocated to a food or drink item based on its nutritional profile. In some cases, weight, volume or kilojoule limits have also been included as these foods may be higher in kilojoules, saturated fats, added sugar and salt/sodium. Also in three food categories, breakfast cereals, yoghurts and ice creams, the Health Star Rating⁶ has been used to define the different food ratings.

GREEN: Predominantly use and/or sell these food and drink items as they are healthier with lower kilojoules, less saturated fat, added sugar and salt/sodium. These are core foods that should make up most of the food we eat.

AMBER: Limit the number and range of these food and drink items as they are less healthy – these may be core foods, but with higher kilojoules, saturated fat, added sugar and salt/sodium.

RED: These are 'extra' foods – not a necessary part of the foods we need to eat for health – they provide high levels of kilojoules, saturated fat, added sugar and salt/sodium. Food and beverages with this rating should NOT be used or sold. Instead look for alternatives from the GREEN or AMBER food and drink items. Exceptions to this requirement exist only for sweetened beverages, ice creams and confectionery, where specific red rated items may be sold in limited numbers and sizes. See separate *Sweetened beverages*, *Ice cream* and *Confectionery* sections.

⁶ Commonwealth Department of Health. Health Star Rating System www.healthstarrating.gov.au/

Requirements for all vendors providing food and drinks to staff and visitors in health facilities

Minimum Catering Requirements

1. Vendors are required to meet the minimum catering requirements outlined in detail in Appendix 1 for all meals, snacks and drinks, both pre-packaged and prepared on site.
 - At least 60% of main meals, snack items and beverages available for sale should be **Green rated**.
 - No more than 40% of main meals snacks items and beverages available should be **Amber rated**.
 - In the case of frozen ice cream products in frozen ice-cream-only vending machines, there are no Green-rated options -- at least 90% of the products offered must be Amber rated, as outlined in Appendix 1.
 - **Red rated** meals and snacks (mainly large portion sizes of amber rated products) **should not be sold**.
 - **Red rated** bottled/canned **SUGAR SWEETENED DRINKS, ICE CREAMS and CONFECTIONERY items only** should be less than 10% of product range. These **Red rated** items are not to be placed in a prominent position (see Placement section below and Appendix 1).

There is no NSW Health requirement to provide meals for special diets in Health Facilities food outlets for staff and visitors. Vendors can choose to cater for special diets such as 'Gluten Free' and 'Vegetarian' at their discretion. However these meals must also comply with the minimum catering requirements outlined in Appendix 1.

Promotion - NSW Health will provide standard messages and signage asset files to enable vendors to implement these requirements in a consistent way.

2. The average energy content (expressed as kilojoules (kJ)) of all standard food items⁷ must be displayed on the menu board or shelf display. The reference statement "*The average adult daily energy intake is 8700 kJ*" must be also be prominently displayed nearby. This may be done through a staged process:
 - Within the first 12 months, all pre-packaged standard foods (e.g. cakes, muffins, pies and drinks) will need to display kilojoule values; and
 - Within the second 12 months, all food prepared on the premises will need to display relevant kilojoule values.

There are numerous methods for calculating the average kilojoule content. To do this yourself, you can use:

- as per manufacturer's nutrition information panel (NIP) or information provided by the manufacturer
- online Nutrition Panel Calculator developed by Food Standards Australia New Zealand (FSANZ), <http://www.foodstandards.gov.au/industry/npc/Pages/Nutrition-Panel-Calculator-introduction.aspx>
- nutritional analysis software such as *FoodWorks*®.

You can also have the kilojoule content independently assessed by laboratory analysis or a dietitian.

⁷ A "Standard food item" means an item of ready-to-eat food (i.e. not pre-packaged) sold in single or multiple serves that is standardised for portion size and content and shown on a menu, or displayed with a price tag or label. Standard food items displayed for sale as a combination (e.g. meal deal) are also included. Under Section 106K – 106R of Food Act 2003 and Clause 16P – 16W of Food Regulation 2010, this information is already required by law to be provided for standard food items in food businesses that sell standard food items at 20 or more locations in NSW or at 50 or more locations in Australia.

Further information on kilojoule values and displaying the kilojoule value of prepared foods is at www.8700.com.au.

3. All **Green rated** food and drinks must be clearly promoted with signage on the menu boards, fridges and on shelf displays e.g. a green tag. Suggested signage material will be detailed by NSW Health.
4. It is optional for **Amber rated** and **Red rated** food, snack and drink items to be signposted on the menu boards, fridges and shelf displays.

5. **Green rated** meal and drink items should always be available and actively advertised and promoted:
 - Green rated meals, snacks and drinks should dominate the positioning or display in all sections of the outlet, i.e. on shelf displays, in refrigerators and for meal items etc.
 - 'Value add' offers should only include **Green rated** food and drink items.
 - 'Meal deals' should only include **Green rated** foods and drink items.
 - Use 1-2 strategies to increase the demand for **Green rated** meals, food items and beverages. These could include:
 - For Quick Service Retail and Casual Dining with more than one checkout, an "express lane/checkout" for the **Green rated** healthy options could be established for efficiency and convenience, and to increase healthy eating amongst patrons.
 - Loyalty card for **Green rated** items.

6. **Amber rated** meal choices should **not** be actively promoted:
 - **Amber rated** foods and drinks should not dominate positioning or display.
 - No combo or upsizing "meal deals" with **Amber rated** food or drink.
 - **Amber rated** food and drinks, including deep fried or less healthy meal options, are not to be promoted as the "Special of the Day".

Placement

7. **Green rated** choices should be:
 - Always available across all menus and product lines and/or stock (except for ice creams or confectionary, where there are no green-rated options).
 - Positioned in prominent locations such as at eye level and/or at the register, the entrance/exit and in high traffic areas. Examples include a basket of fruit positioned in direct visual path on counter, and water bottles in the middle rows of the fridge.

Price

8. **Green rated** food and drink items should be competitively priced in relation to **Amber rated** items within the same food range.

Auditing: To ensure these requirements are met and NSW Health's aims achieved, all vendors will be subject to random audits.

Appendix 1 - Minimum Catering Requirements

Vendors are required to meet the following requirements for food and beverages sold to staff, visitors and volunteers in NSW Health Facilities.

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
Preparation of all foods and snacks	<p>Fats and Oils: only the healthier cooking fats and oils should be available for use in the kitchen. These oils are available commercially. Please contact your supplier for more information:</p> <ul style="list-style-type: none"> ▪ Canola, olive, sesame, sunflower, safflower, soybean, corn, peanut ▪ Oil blends with saturated fat ≤21.7g/100g and trans fat ≤1.1g/100g on the Nutrition Information Panel (NIP) of the oil can/box. ▪ Salad dressings, mayonnaise: made from oils listed above. ▪ All salad dressings are to be used in small amounts of ≤20ml per serve. They may be provided in individual sachets or served on the side in a small container of ≤20ml. ▪ Margarine spread instead of butter to be used on sandwiches and provided for toast. <p>Information on cooking with healthier oils can be found in the Heart Foundation's <i>3 Step Guide</i> at http://www.heartfoundation.org.au/SiteCollectionDocuments/3-HOIKit-3StepGuide_2010_Web.pdf</p>	<p>Light-cream based salad dressings eg light blue-cheese dressing, light sour-cream-based dressing.</p> <p>Reduced fat coconut milk</p>	<p>Maximum Serve Size</p> <p>All salad dressings are to be used in small amounts of ≤20ml per serve. They may be provided in individual sachets or served on the side in a small container of ≤20ml.</p>	<p>Butter (including all butter spreads), palm oil, coconut oil, cottonseed oil, hydrogenated oils, palm kernel oil, tallow, suet, copha, dripping, ghee, lard.</p> <p>Coconut cream or full fat coconut milk</p> <p>Full cream dressings, eg blue-cheese dressing, sour-cream-based dressing.</p>

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
	<p>Condiments and flavourings: no added salt/salt reduced sauces (tomato, soy sauce) and liquid stock/stock powders. Pepper and raw spices; mustard and chutney.</p> <p>Do not add salt to items such as sandwiches, chips etc. Add if customer asks. Pepper may be added. Pepper and salt sachets may be provided separately however, salt shakers are not to be placed on the tables.</p>	<p>Regular sauces (not salt reduced)</p> <p>Sugar sachets may be displayed near coffee counter areas.</p>	Maximum Serve Size NA	<p>Do not add salt to cooking or place on tables or in displays – this includes MSG and chicken salt. Salt not to be offered on chips etc. Only add if customer asks.</p>
Breakfast Items	<p>Breakfast cereals: Whole grains, whole wheat flakes, wholegrain puffed cereals, porridge, whole wheat biscuits - low in added sugar, higher in fibre and without added confectionery.</p> <p>Products with a Health Star Rating of ≥3.5 Stars (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)</p>	Breakfast cereals with a Health Star Rating of <3.5 Stars		
	<p>Toast (see bread varieties under Sandwiches), English muffins. Raisin & fruit toast</p> <p>Margarine spread instead of butter to be used on/provided for toast.</p> <p>Poached, scrambled or boiled eggs or omelette with mushrooms, spinach, tomato, baked beans, smoked salmon, capsicum, onion, feta, herbs.</p> <p>Pancakes and fruit with thick low fat Greek yoghurt</p> <p style="text-align: right;"><i>(continued)</i></p>	<p>Savoury breads and scrolls. <i>e.g. cheese and bacon rolls</i></p> <p>Vegemite and peanut butter spreads</p> <p>Lean bacon, fried eggs, deep fried hash brown</p> <p>Jams, syrups, honey (small amounts, use sparingly)</p>	<p>Savoury breads and scrolls: Small-medium serve ≤90g or ≤1,100kJ per serve</p> <p>Croissant ≤70g or ≤1,100kJ per serve</p>	<p>Savoury breads, buns and scrolls >90g or >1,100kJ per serve</p> <p>Croissants >70g or >1,100kJ per serve</p>

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
	Porridge, wholegrain/flake/puffed grain or bran cereals, bircher muesli (with reduced fat milk or yoghurt, not cream), granola Fruit salad, yoghurt, and fruit parfait.		Maximum Serve Size	Fresh fruit smoothies, milkshakes, protein shakes >400 ml per serve.
	Breakfast and Muesli Bars: Primarily whole grains. <ul style="list-style-type: none"> Muesli bars and breakfast bars ≤50g Products must have a Health Star Rating of ≥3.5 Stars (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au) 	Bars: Muesli and breakfast bars with a Health Star Rating of ≤3.0 Stars	Muesli and breakfast bars ≤50g	Muesli and breakfast bars >50g
	Liquid breakfast drinks: Liquid breakfast meals drinks ≤350ml	Products greater than these sizes are not to be sold in this food category		Products greater than these sizes are not to be sold in this food category.
	Yoghurt: may be plain or with added fruit or muesli <u>Fresh yoghurt (scooped on site):</u> small to medium size only. All must be ≤250g <u>Pre-packaged yoghurt in tubs:</u> All must be ≤200g and have a Health Star Rating of ≥3.5 Stars (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au) May contain artificial sweeteners.	<u>Fresh Yoghurt (scooped on site) –</u> medium size only <u>Pre-packaged tubs:</u> May contain artificial sweeteners.	Fresh Yoghurt ≤350 g Pre-packaged yoghurts must be ≤200g serving size. Included here with a Health Star Rating of ≥3.0 Stars (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)	Fresh yoghurt (scooped on site) >350g Pre-packaged tubs >200g

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
Sandwiches, Wraps, Toasties	<p>Breads: Bagels, burritos, crumpets, English muffins, focaccia, gluten free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white. Raisin bread, un-iced fruit buns, glazed hot cross fruit buns. Plain and savoury scones, pikelets and pancakes. Plain (unflavoured) rice and corn cakes, low fat crispbreads, wholegrain crackers.</p>	<p>Garlic bread, savoury breads and scrolls. <i>e.g. cheese and bacon rolls</i></p> <p>Fruit Breads <i>e.g. apple and raspberry, banana bread</i> (see Cakes & biscuit section)</p>	<p>Garlic bread, savoury breads and scrolls: Small-medium serve ≤90g or ≤1,100kJ per serve</p> <p>Croissant – see Cakes, biscuits & pastries</p>	<p>Garlic bread, savoury breads and scrolls >90g or >1,100kJ per serve</p> <p>Croissants – see Cakes, biscuits & pastries</p>
	<p>Fillings : lean meat and poultry (no visible fat or skin), fish, reduced fat cheese, hummus, egg with salad/vegetables, for example, roast pumpkin, baked eggplant, tinned beetroot, pickles, marinated artichoke, sundried tomato, grated carrot, chopped cucumber, tomato, lettuce.</p> <p>Add flavour with small amounts of mustard, chutney, pesto, tzatziki, or salsa.</p> <p>Margarine spread instead of butter on sandwiches and toast.</p> <p>It is ideal to include 1-2 salad/vegetables in pre-made sandwiches.</p>	<p>Processed luncheon meats such as lean bacon or ham, trimmed corned beef and pastrami. Devon, chicken roll, and salami.</p> <p>Full fat cheese.</p> <p>Caesar chicken wrap</p> <p>Toastie with egg/lean bacon or ham/cheese</p>	<p><i>See meals section if using schnitzels on rolls.</i></p> <p>Processed meats <i>e.g. salami, chicken roll and devon</i> ≤30g per serve.</p>	<p>Processed meats >30g per serve.</p>
Salad bar or salads	<p>A variety of fresh vegetables and fruit may be included with lean meat, chicken, fish, eggs, legumes or tofu; may contain added unsalted nuts (≤40g/serve).</p> <p>Individually packed salads should include 2 serves (2 cups) of <u>different</u> salad vegetables. See Appendix 2 for serving sizes.</p>	Caesar salad; entire serves of potato salad, pasta salad, chicken pasta salad (must be made with Green dressings).	NA	NA

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
	<p>Small, individual serves of pasta/potato salads made with green dressings may be included within a larger mixed salad.</p> <p>Vegetable crudités and dip such as hummus, tzatziki, or salsa.</p> <p>Offer Green rated salad dressings ≤20ml per serve. Preferably in individual sachets or on the side. For information on Green rated dressings see <i>Food Preparation</i> section at top of Table.</p>	<p>Amber dressings, preferably in individual portions or on the side; ≤20mL per serve</p> <p>Individually packed salads with less than 2 serves (equal to 2 cups) of different salad vegetables.</p>		
Fruit	<p>Fresh, frozen and canned without added sugar e.g. fruit puree, fruit tubs, stewed fruit, apple sauce, baked fruit, fresh fruit salad; may be in fruit juice.</p> <p>Dried fruit ≤40g per serve. (See <i>Snack foods</i> for trail mixes with nuts.)</p>	<p>Dried fruit</p> <p>Fruit crumble</p>	Dried fruit ≤50g pkt	Dried fruit >50g pkt
Savoury Cold Foods	<p>Sushi: mini, party or regular size</p> <p>Rice Paper Rolls – fresh only (not fried)</p> <p>Meal packs ≤2500kJ per serve</p>			Meal packs >2500kJ per serve.
Savoury Hot Foods	<p>Vegetable frittata</p> <p>Vegetable filo</p> <p style="text-align: right;"><i>(continued)</i></p>	<p>Meat pie, sausage roll, quiche, pastie, tart, cheese spinach triangle, Deep fried products e.g. samosa, vegetable spring rolls or dim sims</p> <p style="text-align: right;"><i>(continued)</i></p>	<p>These items should be ≤175g or ≤1800kJ per serve.</p>	<p>All pastry or fried items >175g or >1800kJ per serve.</p> <p style="text-align: right;"><i>(continued)</i></p>

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
	Oven baked potato- topped with Green rated food items such as baked beans (salt reduced), flaked tuna/salmon, yoghurt, avocado and reduced fat cheese or salsa, pesto, dressings, sweet chilli sauce	Oven baked potato with other toppings such as sour cream, full fat cheese, gravy, cream based dressings. Potato products e.g. Chips, wedges, gems, hash browns. Prepared using Green rated oils.	All potato products such as chips, wedges, gems, hash browns, potato cakes etc. ≤150g or ≤1500kJ per serve	Shoestring chips or fries. Potato products e.g. chips, gems, hash browns, potato cakes >150g or >1500kJ per serve
Soups	Soups with vegetables, lentils or legumes, clear soups, noodle soups. Include vegetable based soup options. Some soups may contain lean meat or fish Low salt or reduced in salt and/or fat, and have a vegetable or clear stock base (i.e. not creamy options).	Cream based soups	NA	
Meals	<ul style="list-style-type: none"> Each main meal should contain at least two serves of vegetables, baked, roasted, steamed, stir fried; fresh or frozen. All regular meals should be available in a smaller serving size for children Any meal deals should offer only green rated foods and beverages 			
		Any addition of chips, fried potato products or roast vegetables to a meal will move the item into the Amber rating.		
	Grilled/baked/poached Lean meat, poultry and fish (visible fat and skin removed) with vegetables and potato/rice/pasta	Deep fried meat or chicken	Schnitzels on rolls, e.g. beef, veal or chicken etc. ≤140g or ≤1500kJ per serve.	Schnitzel >140g or 1500kJ per serve
	Roasts flavoured with herbs/mustard/garlic/marinades (not gravy) with vegetables	Gravies, untrimmed meat		

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
	Pasta bake with vegetables, low fat cheese/ricotta and vegetable bakes	Pasta bakes without vegetables or using full fat cheese or cream		
	Vegetable based stews and casseroles			
	Rissoles and meatloaf using lean mince and vegetables	Regular mince rissoles without vegetables		
	Baked potato with baked beans, flaked tuna/salmon, yoghurt, avocado and reduced fat cheese or salsa, pesto, dressings, sweet chilli sauce	Other toppings such as sour cream, full fat cheese, gravy, cream based dressings		
	Baked vegetable wedges, corn on the cob with sweet chilli sauce or pesto			
	MEXICAN: Wraps/tacos/burritos/enchiladas with plenty of vegetables, low fat cheese, salsa, beans, guacamole, lean meat strips (no sour cream)	Use of sour cream, full fat cheese		
	THAI: Stir fries, Tom Yum soup, Beef salad, rice paper rolls, chicken or beef skewers	Curries made from coconut milk, Thai fish cakes, satay sauce		
	VIETNAMESE: Pho noodle soup, papaya/noodle salad, rice paper rolls	Curries made from coconut milk		
	INDIAN: Dahl, okra masala, curry made with yoghurt and spices (not coconut milk), vindaloo, tandoori meats	Rogan Josh, curries, curry puffs, samosas, butter chicken		
	ITALIAN: Vegetarian pasta dishes, thin crust pizza with lean meat and vegetable toppings, minestrone soup, seafood (mixed seafood soup, mussels), pasta/risotto with tomato based sauce, osso bucco with vegetables, Caprese/pear parmesan rocket salad, pasta salad, bruschetta, cacciatore, vegetarian lasagne	Creamy pasta sauces, creamy risotto, pizzas with thick crusts and meats and cheese as the only toppings		

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
	CHINESE: Vegetable based stir fries, chicken corn/noodle soups, steamed fish with greens, steamed dim sims, steamed spring rolls	Deep fried items, sauces – sweet and sour/ blackbean/ oyster , fried rice		
	JAPANESE: Tofu based dishes, miso soup, teriyaki chicken/beef with vegetables, noodle soups/bowls, Sushi, seaweed, edamame beans, bento boxes with lean meat/fish, rice, vegetables/salad, vegetarian gyoza	Tempura Katsu meats		
	MIDDLE EASTERN: Lean grilled kebabs, chicken/beef/lamb skewers, vegetable based tagines, stuffed vegetables, cabbage rolls, tabouli, souvlaki, vegetarian kibbeh, Pita with falafel/hummus/tzatiki/tabouli/salad, chickpea salad, dip platters with vegetables, dolmades	Spinach and ricotta pastizzi or triangles		
	SEAFOOD: Grilled, poached, steamed, baked or marinated but without creamy sauces/butter	Battered deep fried or crumbed fried seafood Seafood with creamy sauces or butter.		
	CREPERIE: Fruit and vegetable based fillings with low fat cheese or low fat yoghurt or vegetable/fruit based sauces/dressings	Cream or creamy sauces, butter		
	FAST FOOD: Grilled chicken burgers with salad, sub-sandwiches, grilled burger patty with salad and wholemeal bun	Deep fried, crumbed or battered meats Full sized sub-sandwiches		
Cakes, Pastries and Biscuits:	Raisin toast, bagel. Offer 1 slice as well as 2 slices. Plain, fruit and savoury scone ≤75g per serve, pikelets. <i>(continued)</i>	Pastries (Danish pastries, doughnuts, croissant, scrolls), iced/filled buns <i>(continued)</i>	Pastries, doughnuts, scrolls and croissant ≤70g or ≤1,100kJ per serve	Pastry, tart and croissant serving sizes >70g or >1,100kJ per serve <i>(continued)</i>

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
	Un-iced fruit buns, glazed hot cross fruit buns	Fruit and nut bread, un-iced e.g. <i>Banana, pear, berry or carrot breads</i> Muffins (fruit or choc chip), friands, Brownies, Cakes	Cakes, muffins, friands and fruit and nut breads. All ≤100g or ≤1500kJ per serve Serve without margarine.	Cakes, muffins, friands and fruit breads serving sizes >100g or >1500kJ per serve
		Cookies, Biscuits and Macaroons	Cookies, Biscuits and Macaroons ≤50g or ≤1,100kJ per serve	Cookies and Macaroons >50g or >1,100kJ per serve
Snacks (see separate section for ice creams and confectionary)	Plain popcorn (air popped; no added fat or salt) ≤50g per serve Plain unsalted nuts and trail mixes ≤40g per serve Rice crackers Pre-packaged snacks: Each snack item should be in an individual serve package with a Health Star Rating of ≥4.0 Stars; and also comply with serve sizes above (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)	Crisps or similar 'extruded' snack foods Popcorn with salt, oil or sugar added Dried fruit bars; snack food bars, breakfast and muesli bars, fruit and nut bars. Trail mixes, nuts, nut and seed mixes (salted) Reduced fat cheese/tuna and crackers in individual packets (continued)	Crisps etc. ≤45g packs Popcorn with added salt, fat or sugar ≤50g packs Snack food bars, breakfast and muesli bars, fruit, fruit and nut bars ≤900kJ or ≤50g per serve Trail mixes, nuts, nut and seed mixes (salted) ≤40g packs	Crisps and popcorn >45g packs Popcorn >50g packs Snack food bars, breakfast and muesli bars, fruit, fruit and nut bars >900kJ or >50g per serve Salted nuts and trail mixes >40g pack Pre-packaged snacks: with a Health Star Rating of >3.5 Stars.

Range of Products	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Not to be Used or Sold (Red)
Proportion (%) of Total Product Range	≥60%	≤40%		0%
			Maximum Serve Size	
		<p>Pre-packaged snacks: Each snack item (including crisps or similar 'extruded' snack foods) should be in an individual serve package with a Health Star Rating of 3.5 Stars; and also comply with the serve sizes above (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)</p>		
<p>Beverages (See separate section for sweetened beverages & fruit juices)</p>	<p>Plain water: tap, spring, mineral or sparkling with nothing added</p> <p>Plain or flavoured milks (may contain artificial sweeteners). Dairy alternatives with added calcium e.g. soy milk.</p> <p>All items but must be ≤900kJ per serve.</p> <p>Examples include:</p> <ul style="list-style-type: none"> ▪ Plain tea and coffee made on water with or without added milk. ▪ ≤300ml plain milk ▪ ≤300ml of reduced fat chocolate or strawberry milk ▪ ≤300ml Latte or cappuccino or chai made with reduced fat milk ▪ ≤250ml drinking yoghurt 	<p>Plain or flavoured milk-based items such as <i>hot chocolate or latte or cappuccino coffee or Chai</i>.</p> <p>Fresh fruit smoothies, milkshakes (with or without ice cream) and protein shakes</p>	<p>All items must be ≤1600kJ per serve</p> <p>Examples include:</p> <ul style="list-style-type: none"> ▪ ≤350ml Latte or cappuccino or chai made with full fat milk ▪ ≤300ml of reduced fat chocolate or strawberry milk ▪ ≤400ml serve of fresh fruit smoothie, milkshake or protein shake 	<p>All milk based items >1600kJ per serve</p> <p>Whipped cream</p> <p>Examples include:</p> <ul style="list-style-type: none"> ▪ ≥600ml flavoured regular milk ▪ Fresh fruit smoothies, milkshakes, protein shakes >400ml per serve.

Sweetened Beverages & Fruit Juices

	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Severely Restrict Number and Range of Products to be Sold (Red)
Proportion(%) of Total Product Range	≥60%	≤40% (All beverages to be in bottles, cans or served. No 'on tap' or self-serve stations to be used)		≤10%
Sweetened Beverages	Fruit/vegetable juice: Fruit/vegetable juice (includes plant water, such as coconut water) that is at least 99% juice with no added sugar ≤300 ml per serve. (To be counted with the previous section to give at least 60% of green beverages in total)	Artificially sweetened drinks e.g. <i>soft drinks and iced tea</i> Fresh or bottled fruit/vegetable juice (at least 99% juice)	Maximum Serving size Fruit/ vegetable juice, fresh and bottled, between 300ml and 395ml sizes	Sugar sweetened drinks ≤450ml serve only. This includes soft drinks, iced tea, energy drinks and sports drinks. Larger items not to be sold.

Confectionery

	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Severely Restrict Number and Range of Products to be Sold (Red)
Proportion(%) of Total Product Range	≥60%	≤40%		≤10%
Confectionery	N/A	N/A		Sweets/Lollies, Chocolate bars ≤50g per serve Larger items not to be sold

Ice creams

	Use and Sell Predominantly (Green)	Limit Number and Range of Products Used or Sold (Amber)		Severely Restrict Number and Range of Products to be Sold (Red)
Proportion(%) of Total Product Range	N/A	≥90%		≤10%
			Maximum serving size	
Ice Creams		Ice creams (not chocolate coated or with confectionery), fruit-based or milk-based ices, fruit or milk based gelato and sorbet, custards and dairy desserts.	<p>All products must be ≤600kJ per serve and in individual serves.</p> <p><u>For pre-packaged ice cream items:</u> All items must have a Health Star Rating of ≥2.0 stars; and <i>At least half of the AMBER products offered must be ≥3 stars</i> (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)</p> <p><u>For items scooped fresh on site:</u></p> <ul style="list-style-type: none"> All scoops should be no larger than medium/regular, i.e. ≤75g 	<p>May include ice creams with or without chocolate coating and/or confectionery, fruit-based or milk-based ices, gelato, sorbet, custards and dairy desserts products with >600kJ per serve.</p> <p><u>For pre-packaged ice cream items:</u> All items with a Health Star Rating of ≤1.5 Stars (a list of suitable products can be supplied or you can find suggestions at www.foodswitch.com.au)</p> <p><u>For items scooped fresh on site:</u></p> <ul style="list-style-type: none"> Scoops >75g

Confectionery includes: boiled lollies, carob, chocolate (including choc chips and chocolate-coating), chocolate spreads e.g. Nutella®, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt or carob-coating.

Appendix 2 – Serving Sizes⁸

Below are examples of what is defined as a serve for each food group. For instance, two slices of bread or one medium bread roll is equivalent to one serve.

Fruit

(A standard serve is about 150g or 350 kJ)

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

Vegetables and legumes

(A standard serve is about 75g or 100 – 350 kJ)

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

Grain (cereal) foods, mostly wholegrain or high fibre varieties.

(A standard serve is about 500 kJ)

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread

⁸ The Australian Guide to Healthy Eating, Commonwealth of Australia and NHMRC. 2013. Accessed from <http://www.eatforhealth.gov.au/food-essentials/five-food-groups> on 23 March 2015.

- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties*

Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)

(A standard serve is about 500-600 kJ)

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

(A standard serve is about 500-600 kJ)

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)