

INQUIRY INTO FRESH FOOD PRICING EDUCATION PANEL

Supplementary questions: Ms Lisa Alonso Love, NSW Department of Education

1. When did the Healthy Canteens program begin?

ANSWER:

The Healthy School Canteen Strategy was launched in February 2017 to increase the availability of healthy food and drink options in school canteen menus. This strategy is based on the Australian Dietary Guidelines and uses the national Health Star Rating to guide school canteen menus.

‘Everyday’ foods, including fruits, vegetables, sandwiches, salads, pasta and stir fries will make up at least three-quarters of the menu. ‘Occasional’ foods, such as pies and sausage rolls will be no more than 25 per cent of the canteen’s menu.

All NSW public schools are encouraged to implement the Strategy by the end of 2019.

2. When did the Healthy Canteens Initiative (or the correct name) begin? When did it commence accrediting canteens?

ANSWER:

The Department’s previous Nutrition in Schools Policy required schools to implement the Fresh Tastes @ School Canteen Strategy for school canteens. This Strategy was based on a ‘traffic light’ approach to determining foods sold in school canteens.

Under the revised Healthy School Canteen Strategy released in 2017, the ‘traffic light’ approach has been replaced by criteria to classify food and drink as either ‘Everyday’ or ‘Occasional’. ‘Everyday’ foods will comprise at least 75% of the menu and ‘Occasional’ foods no more than 25%.

The strategy also includes the use of a Health Star rating which has been developed by the Australian Government in consultation with states and territories. Packaged, occasional food sold in school canteens will be required to have a Health Star Rating of 3.5 or above.

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The table below shows the food and drink criteria for 'Everyday' or 'Occasional' foods.

Everyday food and drinks	Occasional food and drinks
At least $\frac{3}{4}$ of the menu	No more than $\frac{1}{4}$ of the menu
No Health Star rating cut-off	Health Star rating of 3.5 stars and above
Portion limits for flavoured milk, juices and ready-to-eat meats	Portion limits for all Occasional foods and drinks
Display, favourably price, promote and advertise Everyday choices	Occasional food and drinks not promoted at point of sale
Examples include: vegetables, fruit, grains (bread rice pasta), lean meats, poultry, fish, eggs, tofu, milk, yoghurt, cheese	Examples include: pies, sausage rolls, cakes, muffins, potato wedges, chicken nuggets, chips

Public schools will be able to transition to full implementation of the revised strategy over the three year period 2017-2019.

The voluntary Menu Check was introduced in Term 2, 2018.