

# FAQs NSW Healthy School Canteen Strategy

## Questions related to the Food and Drink Criteria

### **Do all iced coffees contain coffee/caffeine?**

Most iced coffee drinks contain real coffee, and are equivalent to regular coffee. These are classified as **Occasional** and can only be sold in secondary schools. Children and teenagers should limit their coffee intake. When choosing packaged iced coffee drinks, choose the regular strength versions over the double or triple espresso strength.

There are a few iced coffee drinks that contain de-caffeinated coffee powder or coffee flavouring. These drinks are classified as **Everyday** flavoured milks and can be sold in both primary and secondary schools. Use the Healthy Food Finder to determine which coffee flavoured drinks are Everyday.

### **Why is the maximum portion size of fruit juice for secondary schools the same as for primary students (250mL)?**

The maximum portion limits have been set to meet the nutritional needs of children and adolescents. According to the 'Australian Guide to Healthy Eating', children and adolescents are recommended to consume 2 serves of fruit daily, swapped for juice only sometimes and in small amounts. One serving of fruit as juice is 125ml, therefore a 250ml serve of fruit juice is equivalent to the recommended 2 servings of fruit.

Please note that whole fruit should be consumed daily because it contains dietary fibre not present in juice.

### **Why are diet soft drinks allowed when sugar-sweetened drinks are not?**

Diet soft drinks do not contain any energy, because sugar has been replaced with alternative intense sweeteners. Intense sweeteners have been approved by our national food regulation agency, Food Standards Australia and New Zealand, as being safe for consumption.

However, it is not recommended that children consume large quantities of diet drinks, which is why they are classified as **Occasional** drinks. Water and plain milk are the healthiest drink choices for children.

**Why are foods with additives and preservatives allowed?** All additives and preservatives sold in food and drink in Australia have been approved by our national food regulation agency, Food Standards Australia and New Zealand, as being safe for consumption.

### **Do milk and cheese products have to be light (reduced fat)?**

No, regular fat milk, yoghurt and cheese are classified as **Everyday** products. However it is recommended that dairy products used in the canteen including cheese, milk and yoghurt be the reduced fat versions to limit the saturated fat and kilojoule content while retaining the protein and calcium contained in that product.

## Promotion and marketing

**I have pies and sausages rolls on the menu every day. I plan to restrict the sale of these items to one or two days a week to further reduce availability of Occasional foods. Will these items be regarded as 'specials'?**

No, provided you don't:

- promote or highlight these items in any way or
- sell these items at a reduced price.

**I have a 'Daily options' box on my menu that doesn't stand out from the rest of the menu. Are items in this box regarded as specials?**

No because you haven't called these items 'specials' or drawn attention to them in any way. They are just the options available on particular days. However, if you promote these items on a specials board and call them 'Daily Specials' then they will be regarded as specials.

**Occasional foods are not to be promoted or displayed in marketing. Does this include the regular price board?**

No. Occasional foods and drinks should not be promoted or advertised in specials but this does not include regular price boards.