

# SmartFood GUIDE



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A WHOLE SCHOOL APPROACH TO EATING WELL

## Section 6. Menu

This is a section of the SmartFood Guide

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You can access other sections of the Guide on the School Food Matters website:  
[www.schoolfoodmatters.org.au](http://www.schoolfoodmatters.org.au)



# MENU

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## Menu requirements for the SmartFood Award

To complete the Menu section of the SmartFood Program, your school needs to:

- Submit your school food service menu for assessment as PLATINUM, GOLD, SILVER or BRONZE (see Table 1 for the menu requirements for each level).

To support menu assessment, your local SmartFood Project Officer will collect information about all the foods, drinks and dishes on your menu and sold over the counter. This will include information on brand names, serve size, nutrition information and recipes.














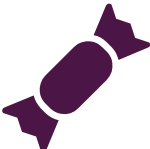




Using this information, a traffic light system based on the Australian Dietary Guidelines (2013) is used to categorise all the foods, drinks and dishes on your food service menu as GREEN, AMBER or RED.

One of our team Dietitians will review your school's menu and give feedback on any changes needed to reach your chosen level of the Award. We encourage schools, wherever possible, to prepare dishes from scratch using local and seasonal ingredients. Your SmartFood Project Officer can support you to make changes to your menu if you would like to aim for a higher SmartFood Award level.

### Levels of the SmartFood Program

Table 1: Menu requirements for each level of the SmartFood Program

	 PLATINUM	 GOLD	 SILVER	 BRONZE
 Menu items	 <ul style="list-style-type: none"> <li>• At least <b>80% GREEN</b> items</li> <li>• <b>No RED</b> items</li> <li>• Meals cooked from scratch using local produce</li> <li>• Sustainability focus</li> </ul>	 <ul style="list-style-type: none"> <li>• At least <b>60% GREEN</b> items</li> <li>• <b>No RED</b> items</li> </ul>	 <ul style="list-style-type: none"> <li>• At least <b>50% GREEN</b> items</li> <li>• Less than <b>10% RED</b> items</li> </ul>	 <ul style="list-style-type: none"> <li>• At least <b>40% GREEN</b> items</li> <li>• Less than <b>20% RED</b> items</li> </ul>
 Fruit and vegetable snacks	<p><b>2+</b></p> <p>2 or more (at least 1 fresh)</p>	<p><b>2+</b></p> <p>2 or more (at least 1 fresh)</p>	<p><b>1+</b></p> <p>At least 1</p>	<p><b>1+</b></p> <p>At least 1</p>
 RED items	<p></p> <p>None</p>	<p></p> <p>None</p>	<p><b>4</b></p> <p>No more than 4</p>	<p><b>8</b></p> <p>No more than 8</p>
(no RED drinks are allowed at any Award level)				
 Confectionary	<p></p> <p>None</p>	<p></p> <p>None</p>	<p><b>2</b></p> <p>No more than 2</p>	<p><b>3</b></p> <p>No more than 3</p>
(included in total count of RED foods)				

## The traffic light system

The SmartFood Program uses a traffic light system that is based on the Australian Dietary Guidelines (2013). The traffic light system classifies all food, drinks and dishes on the food service menu as GREEN, AMBER or RED. The system considers the nutritional value and portion size of the food, drink or dish. The table below summarises how the system defines GREEN, AMBER and RED food and drinks.

**Table 2:** *Traffic light system*

green

**Everyday foods – choose as often as possible**

G

**GREEN** food and drinks contain a wide range of nutrients and are low in saturated fat, sugar and sodium (salt).

In SmartFood schools GREEN food and drinks are:

- the main choice on the menu every day
- served in interesting and appealing ways
- promoted and displayed prominently
- the cheapest to buy.

amber

**Select carefully – choose sometimes and in small amounts**

A

**AMBER** food and drinks contain some valuable nutrients but contain more energy (kilojoules), saturated fat, sugar and/or sodium (salt) than GREEN items.

In SmartFood schools AMBER food and drinks are:

- less prominent on the menu
- less prominently displayed
- sold in smaller serve sizes
- served with or have GREEN foods added to them where possible
- no cheaper than GREEN foods.

red

**Limit – not recommended on the menu**

R

**RED** food and drinks are low in valuable nutrients and contain excess energy (kilojoules), saturated fat, sugar and/or sodium (salt).

They are not recommended for sale.

**RED** drinks are not permitted on Award menus.

## SmartFood nutrient criteria

When planning your food service menu, it is important to know whether each food, drink or dish is classified as GREEN, AMBER or RED. This is based on the item's overall nutritional content and portion size.

Some food and drinks can easily be classified by looking at Table 3, the traffic light table for food, drinks and ingredients. These items do not need any further assessment, for example fresh fruit, which is always GREEN.

Other food, drinks or dishes could be GREEN, AMBER or RED depending on their size, nutritional content or ingredients. These items need to be classified using the SmartFood nutrient criteria, which is shown in Tables 3 to 6. The SmartFood nutrient criteria is used to classify food and drinks based on the information on the nutrition information panel (NIP).

**Table 3: Hot food items and mixed dishes assessed per 100g**










Hot food items and mixed dishes assessed per 100g		Nutrient criteria			
		Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	
1.1	Savoury pastries, pizzas, oven-baked potato products, dim sims, spring rolls, cup style noodles, tinned spaghetti and dried packet-ready meals	 A	1000kJ or less	5g or less	400mg or less
		 R	More than 1000kJ	More than 5g	More than 400mg
1.2	Meat and plant-based products crumbed and non-crumbed (including burgers, patties, strips, balls or nuggets), sausages, frankfurts, saveloys and hot dogs	 A	1000kJ or less	5g or less	450mg or less
		 R	More than 1000kJ	More than 5g	More than 450mg
1.3	Commercial meals and dishes based on the five food groups: • Rice, noodle, pasta dishes • Stews, casseroles, curries • Salads • Egg dishes (without pastry)	 G	750kJ or less	2.5g or less	300mg or less
		 A	1000kJ or less	5g or less	450mg or less
		 R	More than 1000kJ	More than 5g	More than 450mg
1.4	Soups (commercial) • All dried soups are AMBER	 G	–	2g or less	300mg or less
		 A	–	More than 2g	More than 300mg

Table 4: Snack food items assessed per serve

Snack food items assessed per serve		Nutrient criteria				
		Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve	
2.1	Sweet snack food, biscuits, slices, balls and bars	<b>A</b>	600kJ or less	3g or less	–	1g or more
		<b>R</b>	More than 600kJ	More than 3g	–	Less than 1g
2.2	Savoury snack food, biscuits, crackers, chips and crisps	<b>A</b>	600kJ or less	2g or less	200mg or less	–
		<b>R</b>	More than 600kJ	More than 2g	More than 200mg	–
		<i>Energy must be 1800kJ or less per 100g</i>				
		<i>Energy more than 1800kJ per 100g</i>				
2.3	Ice-creams, milk-based ices, custard and dairy desserts	<b>A</b>	600kJ or less	3g or less	–	–
		<b>R</b>	More than 600kJ	More than 3g	–	–
		<i>Milk listed as the first ingredient</i>				
		<i>Milk not listed as the first ingredient</i>				
2.4	Un-iced cakes, muffins, sweet pastries, scones or scrolls (plain or sweet)	<b>A</b>	900kJ or less	3g or less	–	1.5g or more
		<b>R</b>	More than 900kJ	More than 3g	–	Less than 1.5g
2.5	Unfilled savoury breads, pull-aparts, twists, garlic or herb breads, savoury or vegetable muffins, scones or scrolls	<b>A</b>	900kJ or less	3g or less	300mg or less	–
		<b>R</b>	More than 900kJ	More than 3g	More than 300mg	–

Table 5: Ingredients assessed per 100g

Ingredients assessed per 100g		Nutrient criteria		
Category		Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
3.1 Pasta sauces and simmer sauces	G	–	2g or less	300mg or less
	A	–	More than 2g	More than 300mg
3.2 Processed meats: • Luncheon meats - devon, chicken loaf, silverside, pastrami • Free flow chicken meat • Cured meats – ham, bacon • Smoked fish - salmon, trout	A	1000kJ or less	3g or less	1200mg or less
	R	More than 1000kJ	More than 3g	More than 1200mg
3.3 Corn chips and taco shells	A	2200kJ or less	5g or less	330mg or less
	R	More than 2220kJ	More than 5g	More than 330mg
<i>Serve size 30g or less; must be served with vegetables</i>				
<i>Serve size more than 30g; not served with vegetables</i>				
3.4 Dips and salsa: legume, dairy or vegetable based	G	–	2g or less	750mg or less
	A	–	More than 2g	More than 750mg
3.5 Mayonnaise and salad dressings	G	–	3g or less	750mg or less
	A	–	More than 3g	More than 750mg

Table 6: Breakfast cereals assessed per 100g

Breakfast cereals assessed per 100g		Nutrient criteria		
Category		Saturated fat (g) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
4.1 Breakfast cereals not containing dried fruit	G	2g or less	5g or more	20g or less
	R	More than 2g	Less than 5g	More than 20g
4.2 Breakfast cereals containing dried fruit	G	2g or less	5g or more	25g or less
	R	More than 2g	Less than 5g	More than 25g

## Criteria applying to all menu items

### Intense sweeteners

Intense (artificial) sweeteners are only permitted in milk, yoghurt, custard, dairy desserts and alternatives. These foods are a good source of calcium and evidence shows that many children and young people are not eating enough of these important foods. All other food and drinks containing intense sweeteners are classified as RED.

Any intense sweeteners in a food or drink must be declared in the statement of ingredients on the label. Intense sweeteners are listed under the class name 'sweetener' followed by the specific name or code number in brackets. For example, 'sweetener' (951) or 'sweetener' (aspartame).

Intense sweeteners include:

- Acesulphame potassium (950)
- Advantame (969)
- Alitame (956)
- Aspartame (951)
- Aspartame-acesulphame salt (962)
- Cyclamate (952)
- Erythritol (966)
- Isomalt (953)
- Lactitol (966)
- Maltitol (965)
- Maltitol syrup (965)
- Mannitol (421)
- Monk fruit extract
- Neotame (961)
- Polydextrose (1200)
- Saccharin (954)
- Sorbitol (420)
- Steviol glycosides (960)
- Sucralose (955)
- Thaumatococcus (957)
- Xylitol (967).



## Classifying food and drinks using the SmartFood nutrient criteria

To decide if a food, drink or dish is GREEN, AMBER or RED use the following steps:

### Step 1

#### Check the traffic light table:

Go to Table 7 to see if the food, drink or dish is already classified as GREEN, AMBER or RED:

- If yes, you do not need to do any further assessment.
- If no, move on to step 2.



#### Example: commercial chicken burger patty

The traffic light table shows this product may be AMBER or RED depending on the NIP. Move on to step 2.

Traffic light table for food, drinks and ingredients	Classification		
	GREEN	AMBER	RED
<b>Meat, poultry and fish products</b>			
Meat, poultry and fish products (crumbed and non-crumbed) Commercial e.g. burgers, patties, strips, balls or nuggets		● Meets nutrient criteria 1.2	● Doesn't meet nutrient criteria 1.2

### Step 2

#### Find the NIP:

The NIP is found on most pre-packaged food and gives information about the amount of energy, protein, total fat, saturated fat, carbohydrate, sugars and sodium in the food or drink.

If the manufacturer has made a claim about any other nutrients in the product then that must also be shown on the NIP. For example, if a food has a 'good source of calcium' claim then the amount of calcium in the food must also be shown.

#### Example: commercial chicken burger patty

Nutrition information		
Servings per package: 12		
Serving size: Approx. 69g (1 burger)		
	Quantity per serving	Quantity per 100g
Energy	796kJ	1171kJ
Protein	10.6g	15.6g
Fat, total	11.4g	16.8g
- Saturated	3.6g	5.3g
Carbohydrates	11.4g	16.7g
- Sugar	1.1g	1.6g
Sodium	490mg	720mg

## Step 3

### Find the correct SmartFood nutrient criteria table:

Go to Tables 3 to 6, and find the correct nutrient criteria table for the food, drink or dish. Find the correct category for the food, drink or dish.

**Example:** *commercial chicken burger patty.*

- This product is assessed under nutrient criteria 1.2.

## Step 4

### Work out whether to assess per 100g or per serve:

Using the correct SmartFood nutrient criteria and category, check to see whether the food, ingredient or dish is assessed per serve or per 100g.

**Example:** *commercial chicken burger patty*

- The nutrient criteria table tells us that this product is assessed per 100g.

## Step 5

### Compare the information in the NIP against relevant SmartFood nutrient criteria:

Using the NIP for the food, drink or dish, compare it against the correct SmartFood nutrient criteria and category to work out if it is GREEN, AMBER or RED.

**Example:** *commercial chicken burger patty*

This product is RED. It does not meet AMBER requirements for any of the three criteria.

Hot food items and mixed dishes assessed per 100g		Nutrient criteria		
Category		Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
1.2 Meat and plant-based products crumbed and non-crumbed (including burgers, patties, strips, balls or nuggets), sausages, frankfurts, saveloys and hot dogs	A	1000kJ or less	5g or less	450mg or less
	R	More than 1000kJ	More than 5g	More than 450mg

Nutrition information		
Servings per package: 12		
Serving size: Approx. 69g (1 burger)		
	Quantity per serving	Quantity per 100g
Energy	796kJ	1171kJ
Protein	10.6g	15.6g
Fat, total	11.4g	16.8g
- Saturated	3.6g	5.3g
Carbohydrates	11.4g	16.7g
- Sugar	1.1g	1.6g
Sodium	490mg	720mg

## The traffic light table for food, drinks and ingredients

The traffic light table (Table 7) includes a range of food, drinks and ingredients organised by food group or category. It visually represents the classification of foods as GREEN, AMBER or RED using the traffic light system.

The traffic light table includes:

- Breads, cereals and alternatives
- Grains, rice, noodles and pasta
- Vegetables
- Fruit
- Meat, poultry and fish products
- Legumes, lentil, nuts, seeds and other meat alternatives
- Dairy and alternatives

- Mixed meals – hot or cold dishes
- Savoury snack foods
- Sweet snack foods
- Ice creams and icy poles
- Drinks
- Fats and oils
- Sauces, dressings, dips and spreads
- Miscellaneous ingredients and condiments

Please note: in the table below, we use the term ‘one serve of vegetables’. This is equivalent to ½ cup cooked vegetables, 1 cup salad vegetables or 1 small potato.

**Table 7: Traffic light table for food, drinks and ingredients**

Traffic light table for food, drinks and ingredients	Classification		
	GREEN	AMBER	RED
<b>Breads, cereals and alternatives</b>			
Bread, rolls, bagels, burritos, English muffins, focaccia (plain), lavash, pita, tortillas, soft tacos, Lebanese bread, Turkish bread Including wholemeal, wholegrain, white high fibre, white, rye and gluten free varieties	●		
Raisin and fruit bread or buns and glazed hot cross fruit buns	● No icing		
Crumpets, pancakes and pikelets (plain, vegetable or fruit)	●		
Corn chips and taco shells		● Meets criteria 3.3	● Doesn't meet nutrient criteria 3.3
Breakfast cereals: Not containing dried fruit	● Meets nutrient criteria 4.1		● Doesn't meet nutrient criteria 4.1
Breakfast cereals: Containing dried fruit	● Meets nutrient criteria 4.2		● Doesn't meet nutrient criteria 4.2

Traffic light table for food, drinks and ingredients

Classification		
GREEN	AMBER	RED

Grains, rice, noodles and pasta











Grains (plain) e.g. couscous, polenta, cracked wheat, burghul, quinoa, barley, semolina, buckwheat, oats	●		
Rice (plain) e.g. brown, white, wild	●		
Fresh or dried noodles (plain) e.g. udon, vermicelli, Singapore, hokkien, soba, ramen	●		● Deep-fried
Sushi, rice paper rolls and cold rolls	●		
Noodle cups		● Meets nutrient criteria 1.1	● Doesn't meet nutrient criteria 1.1
Pasta (plain) e.g. wholemeal, white, gluten-free	●		
Tinned spaghetti		● Meets nutrient criteria 1.1	● Doesn't meet nutrient criteria 1.1

Fresh vegetables	●		
		Choose seasonal when possible	
Frozen vegetables	●		
Canned vegetables	●		
		Choose reduced salt when possible	
Pickled/ dried vegetables e.g. olives, onions, gherkins, sundried tomatoes		●	
Baked potato	●		● Served with sour cream or cream
		No added fat or only small amounts of poly- or monounsaturated fats/oil added	
Oven-baked potato products e.g. wedges, chips, gems, hash browns		● Meets nutrient criteria 1.1	● Doesn't meet nutrient criteria 1.1







Traffic light table for food, drinks and ingredients

Classification		
GREEN	AMBER	RED

**Fruit**

Fresh fruit	 Choose seasonal when possible		
Frozen fruit			
Canned or in tubs including fruit puree	 In natural juice	 In syrup or with added sugar	
Dried fruit		 No added sugar	
Fruit leathers and other dried fruit-based items		 100% fruit	 Less than 100% fruit
Crystallised or glacé fruit e.g. cherries, ginger			
Coconut (fresh or dried)		 Used sparingly in a product/dish that meets relevant nutrient criteria	 Used in large amounts or in a product/dish that doesn't relevant nutrient criteria

**Meat, poultry and fish products**











Lean meat, poultry and fish (plain, fresh or frozen): • Red meat e.g. beef, lamb, pork, veal, kangaroo • Poultry e.g. chicken, turkey • Fish and crustacea e.g. prawn, crab	 Lean meat without visible fat e.g. chicken breast or thigh, reduced fat mince	 With visible fat or skin e.g. chicken wings or drumsticks, regular mince	 Deep-fried
Canned fish e.g. salmon, tuna, sardines, herring	 Canned in spring water	 Canned in brine, oil or flavoured	
Eggs			 Fried or cooked with cream
Meat, poultry and fish products (crumbed and non-crumbed) Commercial e.g. burgers, patties, strips, balls or nuggets		 Meets nutrient criteria 1.2	 Doesn't meet nutrient criteria 1.2
Meat poultry and fish products (crumbed and non-crumbed) School-made e.g. burgers, patties, strips, balls or nuggets	 All GREEN ingredients or some AMBER ingredients with at least one serve or three different fruit or vegetables (no RED ingredients)	 AMBER ingredients with no fruit or vegetables (no RED ingredients)	 Contains RED ingredient/s












Traffic light table for food, drinks and ingredients	Classification		
	GREEN	AMBER	RED
Sausages, frankfurts, saveloys and hot dogs		● Meets nutrient criteria 1.2	● Doesn't meet nutrient criteria 1.2
Sausage mince			●
Processed meats: <ul style="list-style-type: none"> <li>• Luncheon meats e.g. fritz, devon, chicken loaf, silverside, pastrami</li> <li>• Free flow chicken meat e.g. ready to eat, diced chicken</li> <li>• Cured meats e.g. bacon, ham, prosciutto</li> <li>• Smoked fish e.g. smoked salmon, trout</li> </ul>		● Meets nutrient criteria 3.2	● Doesn't meet nutrient criteria 3.2
<b>Legumes, lentils, nuts, seeds and other meat alternatives</b>			
Legumes and lentils (dried or canned) e.g. chickpeas, kidney beans, cannellini beans, borlotti beans, brown lentils	● Choose reduced salt when possible		
Baked beans	● Choose reduced salt when possible		
Plant-based products (crumbed and non-crumbed) Commercial e.g. falafels, soy, legume, lentil or other plant-based burgers, patties, strips, balls, nuggets, sausages		● Meets nutrient criteria 1.2 Grilled or baked	● Doesn't meet nutrient criteria 1.2
Plant-based products (crumbed and non-crumbed) School-made e.g. falafels, soy, legume, lentil or other plant-based burgers, patties, strips, balls, nuggets, sausages	● All GREEN ingredients or some AMBER ingredients with at least one serve or three different fruit or vegetables (no RED ingredients) Grilled or baked	● AMBER ingredients with no fruit or vegetables (no RED ingredients) Grilled or baked	● Contains RED ingredient/s
Tofu (silken or firm) and tempeh	● Plain, unflavoured	● Flavoured or marinated Meets nutrient criteria 1.2	● Flavoured or marinated Doesn't meet nutrient criteria 1.2
Nuts* and seeds e.g. sesame, poppy, pepitas, sunflowers, linseed *check school policy	● Raw, unsalted or dry roasted	● Salted or roasted	










Traffic light table for food, drinks and ingredients

Classification		
GREEN	AMBER	RED













**Dairy and alternatives**

Yoghurt: plain or flavoured	 Reduced fat	 Full fat	 With added confectionary
Cheese e.g. cheddar, mozzarella, swiss, feta, parmesan, haloumi, cottage, ricotta	 Reduced fat	 Full fat	
Cream cheese	 When served with GREEN foods in small amounts Choose reduced fat when possible	 When served with AMBER foods in small amounts Choose reduced fat when possible	 When served with RED foods or when used in large amounts
Custard and dairy desserts		 Meets nutrient criteria 2.3	 Doesn't meet nutrient criteria 2.3

Mixed meals based on the five food groups Commercial • Rice, noodle, pasta dishes • Stews, casseroles, curries • Salads • Egg dishes (without pastry) e.g. fried rice, stir-fry, spaghetti bolognese, Caesar salad, frittata, zucchini slice	 Meets GREEN nutrient criteria 1.3	 Meets AMBER nutrient criteria 1.3	 Doesn't meet AMBER nutrient criteria 1.3
Soups Commercial e.g. canned, packet, tetra-packs, ready to eat	 Meets nutrient criteria 1.4	 All dried soups Doesn't meet nutrient criteria 1.4	
Savoury pastries Commercial e.g. meat pies, vegetable pies, sausage rolls, pasties, quiches, triangles and samosas		 Meets nutrient criteria 1.1	 Doesn't meet nutrient criteria 1.1
Pizza Commercial		 Meets nutrient criteria 1.1	 Doesn't meet nutrient criteria 1.1
Spring rolls, dim sims and dumplings Commercial		 Meets nutrient criteria 1.1	 Doesn't meet nutrient criteria 1.1

Traffic light table for food, drinks and ingredients	Classification		
	GREEN	AMBER	RED
Mixed meals based on the five food groups School-made <ul style="list-style-type: none"> <li>• Soup</li> <li>• Spring rolls, dim sims, dumplings</li> <li>• Rice, noodle, pasta dishes</li> <li>• Stews, casseroles, curries</li> <li>• Salads</li> <li>• Egg dishes (without pastry)</li> </ul>	 All GREEN ingredients or some AMBER ingredients with at least one serve or three different types of fruit or vegetable (no RED ingredients)	 AMBER ingredients with less than one serve or three different types of vegetables (no RED ingredients)	 Contains RED ingredient/s
Savoury pastries School-made	 Filo pastry, lean meat /legumes and vegetables (no RED ingredients)	 Reduced fat pastry, lean meat/legumes and vegetables (no RED ingredients)	 Contains RED ingredient/s
Pizza School-made	 All GREEN ingredients or some AMBER ingredients with at least one fruit or vegetable topping (no RED ingredients)	 Some AMBER ingredients with no fruit or vegetable topping (no RED ingredients)	 Contains RED ingredient/s





















**Savoury snack foods**

Popcorn	 Plain, air-popped with nothing added	 Commercial pre-popped Meets nutrient criteria 2.2	 Commercial pre-popped Doesn't meet nutrient criteria 2.2
Crispbreads, biscuits, crackers, grissini, bread sticks, corn and rice cakes (plain and unflavoured)		 Meets nutrient criteria 2.2	 Doesn't meet nutrient criteria 2.2
Potato, grain, vegetable and legume-based chips and crisps		 Meets nutrient criteria 2.2	 Doesn't meet nutrient criteria 2.2
Un-filled savoury breads, pull-aparts, twists, garlic or herb bread, savoury or vegetable scones or scrolls School-made	 All GREEN ingredients or some AMBER ingredients with at least one fruit or vegetable (no RED ingredients)	 AMBER ingredients with no fruit or vegetables (no RED ingredients)	 Contains RED ingredient/s
Un-filled savoury breads, pull-aparts, twists, garlic or herb bread, savoury or vegetable scones or scrolls Commercial		 Meets nutrient criteria 2.5	 Doesn't meet nutrient criteria 2.5



Traffic light table for food, drinks and ingredients

	Classification		
	GREEN	AMBER	RED
<b>Sweet snack foods</b>			
Fruit jelly		● 99% fruit juice with no added sugar and less than 250mL in size	● Less than 99% fruit juice or with added sugar or more than 250mL in size
Sweet biscuits, slices, balls and bars Commercial e.g. cereal-based bars, nut and seed bars, fruit-filled bars, muesli bars, bliss balls		● Meets nutrient criteria 2.1	● Doesn't meet nutrient criteria 2.1
Un-iced cakes, muffins, sweet pastries, scones or scrolls (plain or sweet) Commercial		● Meets nutrient criteria 2.4	● Doesn't meet nutrient criteria 2.4
Un-iced cakes, muffins, sweet pastries, scones or scrolls (plain or sweet), biscuits, slices, bars or balls School-made	● Made with GREEN ingredients (no RED ingredients)	● Recipe meets nutrient criteria 2.4	● Recipe doesn't meet nutrient criteria 2.4
Confectionary e.g. boiled lollies, cough lollies, 100s and 1000s, liquorice, soft lollies, icing, chocolate or carob (including choc chips and coated), yoghurt coated			● Sold separately or added to products
<b>Ice creams and milk-based ices</b>			
Ice creams and milk-based ices		● Meets nutrient criteria 2.3	● Doesn't meet nutrient criteria 2.3 With added confectionary
<b>Fruit ice blocks and icy poles</b>			
Fruit ice blocks and icy poles		● 99% fruit juice with no added sugar and less than 125mL in size	● Less than 99% fruit juice or with added sugar or more than 125mL in size
<b>Water</b>			
Water (plain) e.g. tap, spring, mineral, sparkling	●		
Flavoured water		● Contains flavours and/or additives that provide a specific safety or stability function not listed in the RED criteria	● With added sugar, intense sweetener, colours, sodium, caffeine, quinine or any other ingredient that provides energy

Traffic light table for food, drinks and ingredients	Classification		
	GREEN	AMBER	RED
Plain milk: cows milk and plant-based alternatives e.g. soy, rice, oat, nut milks	 Full fat or reduced fat Choose calcium fortified plant-based milks when possible		
Flavoured milk: cows milk and plant-based alternatives		 Less than 600mL Full fat or reduced fat	 More than 600mL
Plain milk flavoured with syrup, topping, powder or flavoured straws		 Less than 600mL Full fat or reduced fat	 More than 600mL
Coffee-flavoured milk drinks <i>High school and College only</i>		 Less than 375mL Full fat or reduced fat	 More than 375mL Contains guarana
Coffee: <i>College only (Yr 11–12)</i>		 Less than 250mL, one shot of coffee and made with milk (full fat or reduced fat)	 More than 250mL, more than one shot of coffee, or not made with milk (e.g. espresso)
Energy drinks			
Milk and fruit smoothies and modified milk drinks: cows or plant-based alternatives	 School-made with all GREEN ingredients, encourage less than 375mL serve	 Less than 600mL and less than 900kJ per serve	 More than 600mL or more than 900kJ per serve
Fruit and/or vegetable juice		 99% fruit/vegetable juice with no added sugar and less than 250mL size (primary school) or 350mL size (high school)	 Less than 99% fruit/vegetable juice or with added sugar or more than 250mL size (primary school) or 350mL size (high school)
Sparkling fruit and/or vegetable juice		 99% fruit/vegetable juice with no added sugar and less than 250mL size	 Less than 99% fruit/vegetable juice or with added sugar or more than 250mL size
Ice crushes and slushies		 99% fruit juice with no added sugar and less than 200mL in size	 Less than 99% fruit juice or with added sugar or more than 200mL in size
Fermented drinks e.g. Kombucha			 As per Tasmanian Department of Education Policy

**Traffic light table for food, drinks and ingredients**

Classification		
GREEN	AMBER	RED

**Fats and oils**

Poly- and monounsaturated margarine, spreads and oils  
e.g. grapeseed, olive, canola, sunflower, soya bean, sesame, peanut, safflower

 Use in small amounts

Butter

 Full fat or reduced fat

Other fats, spreads and oils  
e.g. tallow, lard, copha, coconut oil, ghee, palm oil, blended vegetable oil, dairy blend spreads


 Full fat or reduced fat

Cream, sour cream and coconut cream

 Full fat or reduced fat

**Sauces, dressings, dips and spreads**

Sauces  
e.g. gravy, tomato, sweet chilli, BBQ, mustard, soy, oyster, hoisin, satay\*  
\*check school policy


 Choose reduced salt where possible

Relish and pickles




Pasta sauces and simmer sauces  
e.g. chicken, Mexican, Indian, Asian cooking sauces, curry pastes

 Meets nutrient criteria 3.1

 Doesn't meet nutrient criteria 3.1


Mayonnaise and salad dressings  
e.g. French, Italian, aioli, ranch, thousand island

 Meets nutrient criteria 3.5

 Doesn't meet nutrient criteria 3.5

Dips and salsa: legume, dairy or vegetable based  
e.g. hommus, tzatziki, french onion, eggplant, beetroot, pesto

 Meets nutrient criteria 3.4


 Doesn't meet nutrient criteria 3.4


Spreads  
e.g. jam, honey, maple syrup, yeast spreads, fish, meat and chicken pastes




 Chocolate spread

Nut and seed pastes, butters and spreads\*  
\*check school policy

 99% nuts or seeds with no added salt, sugar or fat

 Less than 99% nuts or seeds


 With added confectionary

Traffic light table for food, drinks and ingredients


Classification		
GREEN	AMBER	RED


Miscellaneous ingredients and condiments

Herbs and spices: fresh and dried


  
No added salt, sugar or fat

Herb and spice mixes or rubs

  
No added salt, sugar or fat

  
With added salt, sugar or fat

Stock: liquid, powder or cubed  
e.g. chicken, beef, fish or vegetable

  
Choose reduced salt where possible

Pastry

  
Filo pastry


  
Reduced fat pastry

  
Full fat pastry

Flour: grain, legume or nut\* flour  
e.g. white or wholemeal wheat, rice, buckwheat, oat, spelt, chickpea, lentil, almond, hazelnut  
\*check school policy




Coconut flour

  
Used in small amounts in dishes that meet the relevant AMBER nutrient criteria


  
Used in dishes that don't meet the relevant nutrient criteria or used in dishes with other RED ingredients


Tomato paste

  
No added salt

  
Choose reduced salt where possible


Coconut milk

  
Used in small amounts in dishes that meet the relevant GREEN nutrient criteria  
Choose reduced fat when possible

  
Used in small amounts in dishes that meet the relevant AMBER nutrient criteria  
Choose reduced fat when possible

  
Used in large amounts in dishes that don't meet the relevant nutrient criteria or used in dishes with other RED ingredients

Croutons

  
School-made with no added fat or only small amounts of poly- or monounsaturated fats/oil added AND no added salt

  
Commercial

# Designing a SmartFood menu

Use these simple tips to design an interesting and tasty SmartFood menu. A well-designed menu makes choosing GREEN foods and drinks the easy choice.

*Let GREEN foods dominate the menu*

*offer a range of seasonal fruit and vegetable snacks*

## SmartFood School Term 1 Menu

We are open for recess and lunch on Wednesday, Thursday and Friday.

### Recess

Seasonal fresh fruit	\$0.50	Pikelets (2)	\$0.50
Veggie sticks with dip	\$1.00	Yoghurt with berries	\$1.00
Popcorn bag	\$0.50	Rice crackers and cheese	\$1.50
Small cheesy garlic roll	\$1.50	Mini fruit muffin	\$1.50

### Lunch

Chicken & veggie fried rice	\$4.50	<u>Toasted sandwiches</u> White, wholemeal or multigrain	
Pasta bolognaise	\$4.50	Select salad fillings:	
Salad box		Cheese, ham, chicken, tomato, pineapple	\$3.00
<i>Lettuce, grated carrot, cucumber, tomato, beetroot, capsicum, cheese</i>	\$3.00	Hot cheese roll	\$2.00
<i>Add ham, chicken, egg or tuna</i>	\$3.50		

Hawaiian pizza	\$3.00	<u>Fresh rolls or sandwiches</u> White, wholemeal or multigrain	
<i>Pizza base topped with tomato sugo, lean ham, pineapple, capsicum and cheese</i>		Select salad fillings:	
BBQ chicken pizza	\$3.00	Lettuce, grated carrot, cucumber, tomato, beetroot, capsicum, cheese	\$2.50
<i>Pizza base topped with BBQ sauce, cooked chicken, capsicum, spinach and cheese</i>		Add meat or alternative:	\$0.50
Fish wrap	\$4.50	Ham, chicken, tuna, egg	
<i>Crumbed fish fillet with coleslaw, cucumber and tomato served in a wrap</i>			

### Drinks

Bottled water (600mL)	\$1.00	<b>Snacks (lunch only)</b>	
Plain milk (250mL)	\$1.20	Tub seasonal fruit salad	\$1.00
Flavoured milk (250mL)	\$2.00	Wedges (serve of 8)	\$2.00
<i>Chocolate or strawberry</i>		Frozen yoghurt	\$2.00

**GREEN, UP  
AMBER items**

*if offering AMBER food and drink*

*Make sure AMBER items don't*



## Tips to GREEN up your menu

### Let GREEN dominate

Fill the menu with a range of tasty and interesting GREEN meals, snacks and drinks.

#### snacks



fruit pikelets\*



corn on the cob



vegetable wraps



sushi



reduced fat yoghurt  
with berries



air popped popcorn



vegetable sticks served  
with dip



school-made garlic  
bread\*



froZen fruit chunks  
(melon, grapes...)



reduced fat cheese  
& AMBER crackers



raisin toast



fruit salad



school-made pizza  
scroll\*



school-made  
savoury muffin\*



fruit kebab

#### meals



toasted sandwiches



vegetable soup  
(with a bread roll)\*



spaghetti bolognese\*



vegetable frittata\*



salad tub with ham,  
tofu, tuna or egg



school-made  
pizza with lots of  
vegetables\*



jacket potato with  
chilli con carne or  
bolognese\*



fried rice\*



meatball sub\*



chicken breast burger  
and vegetables

#### drinks



school-made smoothie\*



plain milk



unflavoured water  
(still or sparkling)

\* See  
SFM  
website  
for recipe

### Choose the GREEN choice

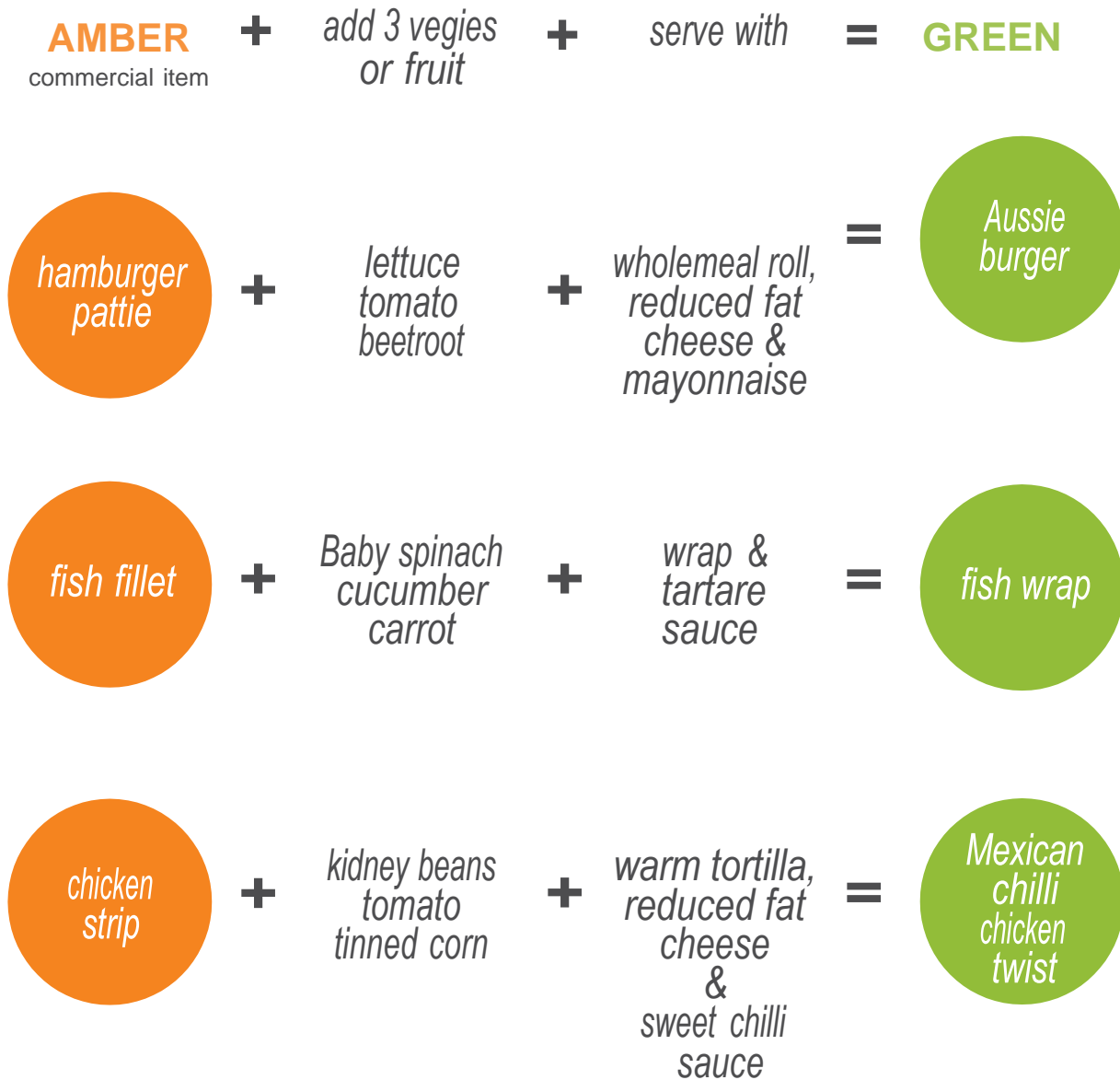
Many menu items can be GREEN, AMBER or RED depending on the nutritional content of the food, the size or the ingredients. Choose the GREEN option whenever possible.

<p><i>Chicken nugget</i> (doesn't meet AMBER nutrient criteria 1.2)</p>	<input type="checkbox"/>	<p><i>Chicken nugget</i> (meets AMBER nutrient criteria 1.2)</p>	<input type="checkbox"/>	<p><i>Chicken nugget</i> (school-made using chicken breast or thigh and oven baked)</p>
<p><i>Chocolate flavoured milk</i> (more than 600mL)</p>	<input type="checkbox"/>	<p><i>Chocolate flavoured milk</i> (less than 600mL)</p>	<input type="checkbox"/>	<p><i>Plain full fat or reduced fat milk</i></p>
<p><i>School-made meat lovers pizza</i> (with salami and bacon that doesn't meet AMBER nutrient criteria 3.2)</p>	<input type="checkbox"/>	<p><i>School-made cheese &amp; ham pizza</i> (full-fat cheese and ham that meets AMBER nutrient criteria 3.2)</p>	<input type="checkbox"/>	<p><i>School-made Hawaiian pizza</i> (with reduced fat cheese, pineapple and AMBER ham)</p>
<p><i>Crackers</i> (doesn't meet AMBER nutrient criteria 2.2)</p>	<input type="checkbox"/>	<p><i>Crackers and full fat cheese</i> (meets AMBER nutrient criteria 2.2)</p>	<input type="checkbox"/>	<p><i>Crackers and reduced fat cheese</i> (meets AMBER nutrient criteria 2.2)</p>
<p><i>School-made sausage roll using full-fat pastry and sausage mince</i></p>	<input type="checkbox"/>	<p><i>School-made sausage roll using reduced fat pastry, lean mince and vegetables</i></p>	<input type="checkbox"/>	<p><i>School-made spinach and cheese triangles using reduced fat cheese and filo pastry</i></p>
<p><i>School-made nachos using corn chips</i> (doesn't meet AMBER criteria 3.3) <i>salsa and sour cream</i></p>	<input type="checkbox"/>	<p><i>School-made nachos using 30g serve of corn chips</i> (meets AMBER nutrient criteria 3.3) <i>salsa and natural yoghurt</i></p>	<input type="checkbox"/>	<p><i>School-made nachos using baked pita bread triangles, salsa and natural yoghurt</i></p>



## GREEN-ing up AMBER items:

Some AMBER commercial products can be made GREEN by adding at least three fruit or vegetables, for example:



### Good to know:

Commercial pastry products such as pies, sausage rolls or pasties cannot be made **GREEN**.

## SmartFood ingredient swaps

### GREEN-ing up a pizza

<i>Full fat cheese</i>	<input type="checkbox"/>	<i>Reduced fat cheese</i>
<i>Bacon or salami</i> <small>(doesn't meet nutrient criteria 3.2)</small>	<input type="checkbox"/>	<i>Ham or school cooked chicken</i> <small>(meets nutrient criteria 3.2)</small>
<i>No vegetables or fruit toppings</i>	<input type="checkbox"/>	<i>Add plenty of vegetable or fruit toppings</i> <small>(try mushrooms, capsicum, tomato, pineapple, olives, zucchini or spinach)</small>

### GREEN-ing up a Mexican dish

<i>Corn chips</i> <small>(doesn't meet nutrient criteria 3.3)</small>	<input type="checkbox"/>	<i>Corn chips</i> <small>(meets nutrient criteria 3.3 for AMBER option)</small> <i>Soft taco shells, tortillas or pita bread</i> <small>(for a GREEN option)</small>
<i>Full fat cheese</i>	<input type="checkbox"/>	<i>Reduced fat cheese</i>
<i>Sour cream</i>	<input type="checkbox"/>	<i>Reduced fat natural or Greek yoghurt</i>
<i>Commercial salsa or taco sauce</i>	<input type="checkbox"/>	<i>School-made salsa</i> <small>(using fresh herbs and vegetables such as tomato, red onion and capsicum)</small>
<i>Commercial Mexican spice mix (with added salt)</i>	<input type="checkbox"/>	<i>School-made Mexican spice mix</i> <small>(using fresh or dried herbs and spices with no added salt)</small>
<i>Minimal vegetables</i>	<input type="checkbox"/>	<i>Add plenty of vegetables and/or beans</i> <small>(try kidney beans or black beans, corn, capsicum or avocado)</small>

**GREEN-ing up a pasta dish**

<i>Regular mince</i>	<input type="checkbox"/>	<i>Lean mince</i>
<i>Commercial pasta sauce</i>	<input type="checkbox"/>	<i>Choose a <b>GREEN</b> option using nutrient criteria 3.1</i>
<i>Tinned tomatoes or tomato paste</i>	<input type="checkbox"/>	<i>Choose no added salt or salt reduced</i>
<i>Full fat cheese</i>	<input type="checkbox"/>	<i>Reduced fat cheese</i>
<i>Minimal vegetables</i>	<input type="checkbox"/>	<i>Add plenty of vegetables</i> (try onion, tomatoes, carrot, celery, mushroom, zucchini or capsicum)

**GREEN-ing up a stir-fry, rice or noodle dish**

<i>Asian flavour sauces</i>	<input type="checkbox"/>	<i>Use reduced salt options where possible</i>
<i>Meat</i>	<input type="checkbox"/>	<i>Use lean meat or poultry with skin removed and visible fat trimmed or try tofu</i>
<i>Fried noodles</i>	<input type="checkbox"/>	<i>Choose plain, dried or fresh noodles</i>
<i>Minimal vegetables</i>	<input type="checkbox"/>	<i>Add plenty of vegetables</i> (try carrot, Asian greens, Chinese cabbage, celery, capsicum, mushrooms or broccoli)

**GREEN-ing up a curry, casserole or soup**

<i>Stock</i>	<input type="checkbox"/>	<i>Use reduced salt or no added salt options where possible or homemade</i>
<i>Commercial simmer sauce</i>	<input type="checkbox"/>	<i>Choose a <b>GREEN</b> option using nutrient criteria 3.1</i>
<i>Meat</i>	<input type="checkbox"/>	<i>Use lean meat or poultry with skin removed and visible fat trimmed or try adding legumes or lentils</i>
<i>Rice</i>	<input type="checkbox"/>	<i>Try a variety of grains</i> (try white, brown or wild rice, quinoa or barley)

<i>Coconut cream</i>	<input type="checkbox"/>	<i>Use small amounts of reduced-fat coconut milk. Be sure to add plenty of vegetables.</i>
<i>Minimal vegetables</i>	<input type="checkbox"/>	<i>Add plenty of vegetables (try pumpkin, sweet potato, kale or spinach)</i>
<b>Sweet baked items</b>		
<i>Icing or frosting</i>	<input type="checkbox"/>	<i>Replace with yoghurt or remove altogether</i>
<i>Cream</i>	<input type="checkbox"/>	<i>Reduced fat yoghurt or ricotta</i>
<i>Butter</i>	<input type="checkbox"/>	<i>Polyunsaturated or monounsaturated oil or spread</i>
<i>Sugar</i>	<input type="checkbox"/>	<i>Reduce the amount used and replace with fresh or tinned fruit for sweetness</i>
<i>White flour</i>	<input type="checkbox"/>	<i>Use a mix of wholemeal and white flour or add fibre by using oats</i>
<i>No fruit or vegetables</i>	<input type="checkbox"/>	<i>Add fruit or vegetables where possible (try carrot, zucchini, beetroot, pumpkin, apple, pineapple, banana or berries)</i>
<i>Full-fat pastry</i>	<input type="checkbox"/>	<i>Replace with filo pastry with a light spray of polyunsaturated or monounsaturated oil</i>
<i>Choc chips or other confectionary</i>	<input type="checkbox"/>	<i>Remove or replace these ingredients as they will make your recipe <b>RED</b>. (try dried fruit, fresh berries or seeds instead)</i>

For recipe ideas:  
[www.schoolfoodmatters.org.au/school-canteen/recipe-ideas/](http://www.schoolfoodmatters.org.au/school-canteen/recipe-ideas/)

**Good to know:**  
 School-made baked items are classified by assessing the recipe against nutrient criteria 2.4. By keeping the portion size of these items small, they are more likely to be classified as **AMBER**.

