

Bronze Food and Drink Guidelines for Catering

General Healthier Food & Drink Principles

Plenty of fruits and vegetables

- Use as ingredients, sides, garnishes etc.
- Use seasonal and local produce where possible

Where possible, choose grainy foods that are wholegrain or wholemeal

- Grainy foods include rice, noodles, bread, wraps, naan etc.

Food and drink are mostly minimally processed and prepared in ways that minimize sugar, fat, and salt

- Minimally processed can include fresh, washed, aged, dried, frozen, canned, pasteurized or cooked
- Minimise sugar – use natural alternatives e.g. caramelised onions
- Minimise fat – use low fat ingredients and cooking methods e.g. steaming, baking, trimming fat off meat before cooking
- Minimise salt – flavour foods with herbs and spices instead of salt

A range of portion sizes are available and promoted

- Portion sizes should be appropriate to the occasion e.g. kids size, half size, taster size

Drink Guidelines

Water is the most available drink option

- Free water is always provided
- Water is the most prominent drink option on display: ≥55% of options, placement at eye level
- While plain, unflavoured water is preferable, water options can also include sparkling water and zero sugar-flavoured waters
- There are no limits to portions size in this category

Other Drinks are not promoted and, if available, make up less than 45% of drink options available

- Portion sizes should be 360ml or less for individually portioned packages (cans, bottles etc.)
- Glasses/cups for these beverages should be no more than 250ml.
- ‘Other’ drinks include diet/zero sugar drinks, low sugar drinks, fresh made fruit/vegetable juices and sugary drinks
 - If providing low added sugar, fresh made fruit/vegetable juices, and/or sugary drinks, limit these (as a group) to be <20% of all drinks available and reduce the number of diet/zero sugar drinks so the combined total of ‘Other Drinks’ available are <45% of all drink options
 - Diet/zero sugar drinks only contain artificial or natural sweeteners and have 0g sugar
 - Low added sugar drinks are those with ≤5g sugar per 100ml. These drinks could include: plain and flavoured milk, sugar-sweetened flavoured water, reduced-sugar juices.
 - Fresh pressed/squeezed fruit and vegetable juices – minimise sugar content by diluting with water/ice and serving smaller portions (≤360ml). Flavouring water with a splash of fruit and vegetable juice is also a good alternative.
 - Sugary drinks are those with >5g sugar per 100ml. These include: pre-bottled fruit and/or vegetable juice, regular fizzy, milky drinks (e.g. milk teas and milkshakes), sports drinks, iced tea.

High Fat, Sugar, Salt Foods

Limited Snack, Deep Fried, Confectionery and Ice-cream Options

- Snacks, deep fried, confectionery and ice-cream options are a choice rather than the only option. This group should make up less than 20% of items available available.

Snack Foods

- Pre-packaged snack foods have a Health Star Rating of at least 3.5
- Appropriate portion sizes:
 - Nuts and seeds: ≤50g salted, no-added sugar
 - Popcorn, chips, crackers etc.: ≤800kJ per packet

Deep fried foods

- Use alternative cooking options as much as possible, such as baking and grilling. Free online best practice training and certification is available from the [Chip Group](#).
- Portion sizes for deep fried food are limited to an appropriate size - typically >300g (uncooked) per serve of chips >130g (uncooked) Battered fish.

Confectionery

- Confectionery includes sweets, chocolate, and candied fruit.
- Serving size of confectionary should be single serve, less than 50g
- Whole, fresh, or low/no added-sugar alternatives must always be available and prominent.

Ice-cream

- Serving size of ice-cream should be single serve
 - 100% fruit and/or vegetable ice blocks <120 ml
 - Ice-creams with no added sugar <200 ml
 - Added-sugar fruit and/or vegetable ice blocks <75 ml
 - Added-sugar ice-creams ≤ 120 ml
 - Lower sugar (<10g per 100ml) and natural sugar products are promoted over high sugar (>10g per 100ml) products

Bakery items are less than 1/3 of total food options

- More than half of the bakery items available must contain wholemeal flour, wholegrains (e.g. grains, oats, bran, seeds) and/or fruit or vegetables (fresh, frozen or dried)
- No or minimal icing (e.g. water icing). Use less saturated fat, salt and sugar. If using confectionery as an ingredient, limit bakery items as a group to 20% of total food options.
- Pies are made using minimal saturated fats and heavily processed meats ([Better Pies Guidelines](#)).
- Appropriate portion sizes:
 - Scones, cake or dessert: ≤ 120 g
 - Loaf, muffins: ≤ 100 g
 - Slices, friands: ≤ 80 g
 - Biscuits, muesli bars, pikelets: ≤ 40 g
 - Pies and quiches: ≤ 180g
 - Pastries: ≤ 65 g
 - Sausage rolls: ≤ 100g

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- Glasses/cups for these beverages should be no more than 250ml.
- ‘Other’ drinks include diet/zero sugar drinks, low sugar drinks & fresh made fruit/vegetable juices
- **No sugary drinks to be provided**
 - **Sugary drinks** are those with more than >5g sugar per 100ml
 - Sugary drinks could include: pre-bottled fruit and/or vegetable juice, regular fizzy, milky drinks (e.g. milk teas and milkshakes, sports drinks, iced tea.)
- If providing low added sugar and/or fresh made fruit/vegetable juices, limit these (as a group) to be ≤20% of all drinks available and reduce the number of diet/zero sugar drinks so the combined total of ‘Other Drinks’ available are ≤45% of all drink options
 - **Diet/zero sugar drinks** only contain artificial or natural sweeteners and have 0g sugar
 - **Low added sugar drinks** are those with ≤5g sugar per 100ml. These drinks could include: plain and flavoured milk, sugar-sweetened flavoured water, reduced-sugar juices.
 - **Fresh pressed/squeezed fruit and vegetable juices** – minimise sugar content by diluting with water/ice and serving smaller portions (≤360ml). Flavouring water with a splash of fruit and vegetable juice is also a good alternative.

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 - Added-sugar fruit and/or vegetable ice blocks <75 ml
 - Added-sugar ice-creams ≤ 120 ml
 - Lower sugar (<10g per 100ml) and natural sugar products are promoted over high sugar (>10g per 100ml) products

Bakery items are less than 1/3 of total food options

- More than half of the bakery items available must contain wholemeal flour, wholegrains (e.g. grains, oats, bran, seeds) and/or fruit or vegetables (fresh, frozen or dried)
- No or minimal icing (e.g. water icing). Use less saturated fat, salt and sugar. If using confectionery as an ingredient, limit bakery items as a group to 20% of total food options.
- Pies are made using minimal saturated fats and heavily processed meats ([Better Pies Guidelines](#)).
- Appropriate portion sizes:
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 - Loaf, muffins: ≤ 100 g
 - Slices, friands: ≤ 80 g
 - Biscuits, museli bars, pikelets: ≤ 40 g
 - Pies and quiches: ≤ 180g
 - Pastries: ≤ 65 g,
 - Sausage rolls: ≤ 100g

Gold Food and Drink Guidelines for Catering

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Diet/zero sugar drinks can be <45% of all drink options

- Diet/zero sugar drinks are those that only contain artificial or natural sweeteners
- Portion sizes should be 360mL or less for individually portioned packages (cans, bottles etc.) Glasses/cups for these beverages should be no more than 250ml.
- **No low added sugar, fresh made fruit/vegetable juices, or sugary drinks to be provided**
 - **Low added sugar drinks** are those with ≤5g sugar per 100mL. These drinks could include: plain and flavoured milk, sugar-sweetened flavoured water, reduced-sugar juices.
 - **Sugary drinks** are those with >5g sugar per 100mL. These include: pre-bottled fruit and/or vegetable juice, regular fizzy, milky drinks (e.g. milk teas and milkshakes), sports drinks, iced tea.

Snacks, Treats, and Bakery

Limited Snack Foods

- Snacks are a choice rather than the only option – no more than 20% of items available. That is, for every one snack item, have another 4-non snack or treat items available.
- Pre-packaged snack foods have a Health Star Rating of at least 3.5
- Appropriate portion sizes:
 - Nuts and seeds: ≤50g salted, no-added sugar
 - Popcorn, chips, crackers etc.: ≤800kJ per packet

No Deep Fried, Confectionery and Ice Cream options available for sale

- Deep fried includes chips and crackers that have been deep fried
- Confectionery includes sweets, chocolate, and candied fruit etc.
- Ice cream includes ice blocks, gelato, frozen yoghurt etc.

Bakery items are less than 1/3 of total food options

- More than half of the baked products offered must contain wholemeal flour, wholegrains (e.g. grains, oats, bran, seeds) and/or fruit or vegetables (fresh, frozen or dried)
- No or minimal icing (e.g. water icing). Use less saturated fat, salt and sugar.
- No confectionery to be used as an ingredient
- Pies are made using minimal saturated fats and heavily processed meats (**Better Pies Guidelines**).
- Appropriate portion sizes:
 - Scones, cake or dessert: ≤ 120 g
 - Loaf, muffins: ≤ 100 g
 - Slices, friands: ≤ 80 g
 - Biscuits, muesli bars, pikelets: ≤ 40 g
 - Pies and quiches: ≤ 180g
 - Pastries: ≤ 65 g,
 - Sausage rolls: ≤ 100g