



FOOD AND DRINKS GUIDELINES FOR CAFETERIAS

healthy families
South Auckland
He oranga whānau

The Southern Initiative

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BRONZE

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 setting e.g. kids size, half size, taster size
- Promote smaller portions with specials

Drink Guidelines

Water is the most available and cheapest drink option

- Where possible, free water is provided and/or the cheapest drink available
- Water is the most prominent drink option on display: ≥55% of options, placement at eye level and points of sale, promoted through specials
- 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
- Consider other ways to provide water e.g. free chilled water stations

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.)
- Prices for other drinks should be higher than water
- 'Other' drinks include diet/zero sugar drinks, low sugar drinks, fresh made fruit/vegetable juices and sugary drinks
- If selling low added sugar, fresh made fruit/vegetable juices, and/or sugary drinks, limit these (as a group) to be <20% of all drinks on sale and reduce the number of diet/zero sugar drinks so the combined total of 'Other Drinks' on sale 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 on sale.

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 confectionery 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 on sale 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