



FOOD AND DRINKS GUIDELINES FOR CAFETERIAS

healthy families
South Auckland
He oranga whānau

The Southern Initiative

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GOLD

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

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
- Selling price for diet/zero sugar drinks should be higher than water
- **No low added sugar, fresh made fruit/vegetable juices, or sugary drinks for sale**
 - **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 on sale. That is, for every one snack item, have another 4-non snack or treat items on sale.
- 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