



**GREAT
CHOICE**

Healthy School Canteens

RECIPE CHECKLIST



How to use this Recipe Checklist

Use this Checklist to help you find out whether your recipe is **EVERYDAY** or **OCCASIONAL** and ways you can make your recipe healthier.

Information on the NSW Healthy School Canteen Strategy is available on the website healthyschoolcanteens.nsw.gov.au

1. IS YOUR RECIPE ACHIEVING THE KEY ELEMENTS OF THE STRATEGY FOOD AND DRINK CRITERIA?

Have you:

- Used EVERYDAY foods and drinks from the Five Food Groups? (2) These groups are Vegetables and legumes, fruit, grains e.g. bread and pasta, lean meats, milk, yoghurt and cheese
- Used Ingredients from the Essentials Shopping List (1) 'buy' column? See table below for these ingredients.
- Made sure any packaged OCCASIONAL food or drink ingredients have a Health Star Rating of 3.5 stars or more? (Check the Healthy Food Finder (3)) Examples of OCCASIONAL ingredients include: pastry, ice-cream/gelato/sorbet/frozen yoghurt, processed meats, corn chips, hot potato products and sweet biscuits.
- Followed the recommended portion size? (4)
- Swapped ingredients to healthier choices, such as swapping confectionary for fruits or vegetables, and processed meats like bacon, sausages, salami for lean meats or ham? (e.g. swapping a choc chip muffin to a blueberry muffin; swapping a pepperoni pizza to a chicken pizza).
- Checked that any cooking method required is healthy (i.e. boiled, baked, BBQ or grilled, steamed, roasted, poached, stir fried, or microwaved)?

If you have ticked ALL of the boxes in Question 1, then your recipe is achieving the key elements of the Strategy.

If you haven't, go back through Question 1 and see how you can make some healthier changes.

2. HOW TO TELL IF THIS RECIPE IS FOR AN EVERYDAY OR OCCASIONAL FOOD OR DRINK

Everyday recipes are those made from foods and drinks in the five food groups. Occasional foods and drinks are mostly high in saturated fat, sugars and/or salt and offer little nutritional value. These should be eaten in small amounts and only the healthiest versions should be sold in canteens.

For Question 2, please go to the **OCCASIONAL foods and drinks list** on the Healthy School Canteens website: healthyschoolcanteens.nsw.gov.au/canteen-managers/everyday-and-occasional/occasional-food-list

Is the recipe for an OCCASIONAL food or drink on this list?(5)

Yes

No

Or

Does the recipe contain any OCCASIONAL foods in the ingredients?

- ice cream/gelato/sorbet/frozen yoghurt
- processed meats (excluding lean ham)
- corn chips
- a crumbed or coated product (e.g. schnitzel)
- pastry
- hot potato products (e.g. hash brown or wedges)
- cake
- sweet biscuits
- coffee

Yes

No

If you ticked 'Yes' to either box, then your recipe is for an OCCASIONAL food.

If you ticked 'No' to both boxes, then your recipe is for an EVERYDAY food.

If you would like to make your recipe the healthiest you possibly can,
please go to question 3.

3. TIPS ON HOW TO MAKE YOUR RECIPE HEALTHIER

If you can tick these boxes, your recipe will be healthier:

- Have you included 1-2 types of fruits or vegetables?
- Have you used the wholegrain and high-fibre varieties of breads and cereals?
- Have you used lean meats?
- Have you used reduced fat varieties of milks, cheeses and yoghurts?
- Have you used only small amounts of oils, dressings or margarines?
- Have you used only small amounts of salt, such as from salt reduced sauces, stocks and minimal added salt?

If you ticked all of the boxes above, congratulations your recipe is the healthiest version.
If you did not tick all of the above boxes, you may wish to use them as a guide to make your recipe healthier.

CONGRATULATIONS...

you should now know if your recipe achieves the **EVERYDAY** status under the Healthy School Canteen Strategy.

For more detailed information, please refer to the [menu ready reckoner](https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner)
healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner

INGREDIENTS FROM THE 'BUY' COLUMN OF THE ESSENTIAL SHOPPING LIST

Fats and Oils

- oils e.g. canola, sunflower, olive, grapeseed, corn, soy-bean

Spreads, salad dressings and mayonnaise

- Margarine
- Yeast spreads and vegetable extracts
- Jam/marmalade/honey/golden syrup
- Red, white and balsamic vinegar
- Lemon or lime juice
- Salad dressing made from oils listed above e.g. French, mayonnaise, aioli, ranch and Caesar dressing.

Dairy Foods and alternatives

- Milk (preferably reduced-fat)
- Milk alternatives (soy or rice milks) with added calcium.
- Cheese including cottage and cream cheese, preferably reduced fat.
- Yoghurts, preferably reduced-fat. No added confectionery.

Condiments, sauces and marinades

- Recipe bases/cooking sauces, look for products that have a Health Star Rating of 3.5 stars or above – prepare as per instructions on the pack
- Tomato paste

- Tomato and other table sauces e.g. BBQ, sweet chilli, fish, soy, satay sauce and gravies (use salt-reduced where available).
- Pesto
- Cranberry, apple and mint sauces
- Chutney, pickles, mustard, horseradish, chilli, relish and salsa.
- Marinades (use salt-reduced where available).
- Vinegar (distilled, rice, cider, balsamic).
- Reduced fat/light coconut cream and coconut milk.

Flavourings

- Milk flavourings, powder and syrups
- Use in small amounts (in drinks use no more than 1 level tablespoon per portion).

Stock

- Stock or soup base (use no added salt or salt-reduced where available)

Pastry

- Pastry (puff, shortcrust, filo), use products that have a Health Star Rating of 3.5 stars or above.
- Ice-cream cones, use products that have a Health Star Rating of 3.5 or above.

Note: all sweet and savoury pastries are OCCASIONAL foods.

Herbs, spices and seasoning

- Fresh and dried herbs and spices
- Curry powder
- Seasoning packets (use salt-reduced where available).

Baking products

- Sugar (brown, caster or raw; single serve packs for beverages), honey and syrups (e.g. maple and golden syrup). Limit use in canteen-made recipes.
- Desiccated coconut (in small amounts)
- Baking powder or bi-carb soda
- Cocoa
- Vanilla essence
- Yeast (instant dried)
- Bread Crumbs
- Flour (preferably wholemeal)
- Pancake and pikelet mix
- Eggs
- Artificial or natural intense sweeteners e.g. aspartame or stevia.
- Food colouring
- Gelatine, agar

FURTHER REFERENCES

➤ **Essentials Shopping List**

healthyschoolcanteens.nsw.gov.au/canteen-managers/everyday-and-occasional/essentials-shopping-list

➤ **Australian Guide to Healthy Eating**

www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

➤ **Healthy Food Finder**

www.foodfinder.health.nsw.gov.au/

➤ **The Importance of Portion Size**

healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices

➤ **Occasional Food and Drink List**

healthyschoolcanteens.nsw.gov.au/canteen-managers/everyday-and-occasional/occasional-food-list