

FOCiS Nutrient Criteria

Review 2016

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Introduction

The Federation of Canteens in Schools Inc (FOCiS), established in 1992, is a not-for-profit charity representing school canteens in Australia. As a peak body working with State and Territory Canteen Associations and Networks FOCiS believes school canteens are an integral part of the learning environment and play an important role in health promotion.

The FOCiS mission is to support, promote, facilitate and empower school communities, state and territory Associations and Networks, food industry and government to enable stakeholders to make decisions that result in healthy food services by providing tools, resources and information.

The objects of the Association are:

- To improve the health of Australian school children through the delivery of nutritious and healthy foods. This will be delivered by developing and promoting position statements on current national issues for food services in Australia.
- To advocate and support the broader community, school governing bodies, state canteen Associations and Networks, governments and industry on the value of nutritious and healthy foods.
- To promote healthy, safe and sustainable high quality food and drinks for Australian canteens.

FOCiS membership includes representation from most States and Territories and a range of organisations (Appendix 1).

The FOCiS product registration program is one of the main activities that support key stakeholders and school canteens to operate healthy food services. The program is underpinned by strict nutrient criteria based on cut-offs for energy, fat, sugar, sodium and serve sizes, and minimum levels of fibre and calcium, where appropriate.

The FOCiS nutrient criteria were first developed in 1998 in consultation with Canteen Associations and Networks, health and education professionals, and representatives from food industry. The criteria were reviewed in 2005, based on new Dietary Guidelines for Children and Adolescents in Australia (2003); minor changes were implemented in 2008; and another major review was conducted in 2012/2013 based on the revised Australian Dietary Guidelines and Guide to Healthy Eating (2012).

In 2016 FOCiS contracted the Western Australian School Canteen Association Inc (WASCA) to coordinate the current review. Objectives included:

1. Comparison of the existing FOCiS Nutrient Criteria with the NHSCG
2. Consider adopting a traffic light system of categorising food and drinks (current system is two-tiered, products are approved or declined)
3. Collate evidence from stakeholders (e.g. Canteen Associations and Networks; government representatives) particularly states/territories using the NHSCG (i.e. ACT, NT, TAS, VIC) and any changes they implemented and why
4. Consult food industry – survey sent to all companies with FOCiS and Star Choice™ registered products to identify areas in the current FOCiS nutrient criteria that do not cover recently developed food and beverage products, and the level of support for the FOCiS nutrient criteria
5. Collate evidence and any emerging trends (i.e. sweeteners; Australian Dietary Guidelines)
6. Consider current research and public health messages
7. Develop recommendations for the FOCiS Nutrient Reference Group (NRG) for consideration and voting (members of the 2016 NRG as summarised in Appendix 2)
8. Present findings to FOCiS Committee of Management for final endorsement (September 2016).

Background

State and Territory school canteen policy

Australian school canteens have the opportunity to be an exemplar of healthful eating by providing nutritious food and drinks to children and adolescents. As such school canteens are regulated by state and territory policies, guidelines and nutrient criteria to ensure discretionary foods high in energy, sodium, sugar and fat are not available. All States and Territories in Australia have mandated school canteen policies, with the exception of Tasmania.

Currently, each State and Territory in Australia follows a different canteen policy or set of guidelines (see Table 1). There are a great number of synergies across Australia, mostly due to the fact that the policies are based on the Australian Dietary Guidelines. In an effort to promote national consistency in the types of food and beverages provided to primary and secondary students in schools the 'National Healthy School Canteen Guidelines' (NHSCG) were developed in 2010. The NHSCG were last updated in 2014, following the 2013 update to the Australian Dietary Guidelines (Australian Government & Department of Health, 2014).

Table 1. School canteen policy/guidelines across Australian states and territories

Jurisdictions and year introduced or updated	Guidelines	Percentages or frequency of different foods allowed as specified by the nutrition standard
Australian Capital Territory, reviewed 2012 and 2015	ACT Public School Food and Drink Policy	Green, not defined Amber, not defined Red, ≤ twice per term
New South Wales 2004, updated in 2006 Currently under review; likely to adopt Health Star Rating	Fresh tastes @ School Healthy Canteen Strategy	Green, not defined Amber, not defined Red, ≤ twice per term
Northern Territory, 2013	Canteen, Nutrition and Healthy Eating guidelines	Green, not defined Amber, not defined Red, not defined
Queensland, 2005, updated in 2016	Smart choices - Healthy Food and Drink Supply Strategy	Green, not defined Amber, not defined Red, twice per term
South Australia, 2008	Right Bite - The Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschool	Green, not defined Amber, not defined Red, ≤ twice per term
Tasmania, 2014	School Canteen Handbook A Whole School Approach to Healthy Eating Plus - 3 level accreditation program linked to a traffic light system	Green, not defined Amber, not defined Red, not defined
Victoria , 2006 Currently under review; changes based on NHSCG	School Canteens and Other School Food Services Policy	Green, not defined Amber, not defined Red, ≤ twice per term
Western Australia, 2006, updated 2012/3	Healthy Food and Drink Policy Plus - Star Canteen Accreditation Program 2 (StarCAP2) linked to traffic light system	Green ≥60% Amber ≤40% Amber savoury commercial products ≤ twice per week Red 0%

The NHSCG have currently only been adopted by the Australian Capital Territory (ACT), Northern Territory (NT), Tasmania (shaded grey in Table 1). However, they have been considered in other jurisdictions when their policies were previously reviewed.

State and Territory school canteen policy compliance

The proportion of public schools complying with the relevant state and territory canteen policies varies despite all States and Territories mandating a canteen policy, with the exception of Tasmania. Policy compliance in public schools was examined by Woods, Bressan, Langelaan, Mallon, and Palermo (2014) in all States and Territories, by comparing online menus to the relevant jurisdictions policy or guidelines. It was found that 62% of WA school canteen menus complied with the HFD policy, with WA being the most compliant of all the states and territories. In contrast, the second most compliant state was South Australia (SA) with only one third of schools complying with the 'Right Bite Healthy Food and Drink Supply Strategy'. In the ACT, the jurisdiction with the lowest proportion of policy compliant menus, only 5% of school menus assessed were compliant with the 'ACT Public School Food and Drink Policy'. Other studies support these findings. Woods et. al. (2014) found 27% of New South Wales (NSW) public school canteen menus were compliant with the NSW 'Fresh Tastes at School' policy, which is comparable to the 22% of menus in NSW public schools identified by Hills, Nathan, Robinson, Fox, and Wolfenden (2015) as complying with the policy. It should be noted that what constitutes compliance varies across Australia.

Barriers to policy compliance may include: parents and students being resistant to change, concerns regarding profitability, and canteen managers having insufficient knowledge, skills or time to implement policy requirements (Downs et al., 2012). This is supported by Abery and Drummond (2014) who found SA canteen managers reported profit as more important to school councils than nutrition, and felt little practical information was available on implementing the policy. In contrast, a study of WA canteen managers found implementing the HFD policy a relatively smooth process (Pettigrew et al., 2012).

Recent food and beverage product development

The nutrient criteria specified in canteen policies and guidelines, used to assess food and beverage products for sale in canteens, needs to be kept up to date with the ever-changing face of food industry product development. The food industry can also adapt to meet the nutrient criteria. An analysis of food and beverage products registered in the NSW Healthy Kids Association Buyer's Guide, conducted by Innes-Hughes, Hebden, King, Grunseit, and Bolger (2012), showed the nutrient content of supplied products were clustered just above or at the minimum nutrient cut-offs set by the Healthy Kids Association. As many of these foods are heavily processed, they are often higher in sodium and saturated fats compared to freshly prepared foods (Innes-Hughes et al., 2012).

There have been a number of recent developments in the food industry. An analysis of food and beverage product reformulation was conducted on products marketed to Australian children to compare product changes over a two year period. The analysis found 44% of products had been reformulated to make positive or negative changes to the nutrient content of sodium, sugars and saturated fat (Savio, Mehta, Udell, & Coveney, 2013). Currently many consumers are being driven to select food and beverages based on health claims (Nehir El & Simsek, 2012). This has led to a rise in novel food ingredients being submitted to Food Standards Australia and New Zealand (FSANZ) for approval. Items such as aloe vera, algae, the alternative grain Fonio and apple peel powder have all been submitted recently by the food industry for inclusion in food and beverage products (Food Standards Australia and New Zealand [FSANZ], 2016). Food and beverage manufacturers are also cited in the literature as currently expanding their ranges of lower kilojoule options containing intense sweeteners such as Stevia (Nehir El & Simsek, 2012; Shrapnel, 2015).

Methodology

A number of approaches have been utilized to compile information to form the basis of the FOCiS Nutrient criteria review. An examination of freely available online documents describing canteen policies, guidelines and nutrient criteria was conducted to determine what is happening in other States and Territories in regard to school canteens.

1. Food industry survey
 - Online survey using Survey Monkey with food industry representative who had FOCiS and Star Choice™ registered products (n=79)
 - Questions were developed to link to the objectives of identifying areas of the FOCiS nutrient criteria which have gaps or require modifications, and to ascertain the level of support for the nutrient criteria
 - Questions included open and closed responses. The closed questions were either multiple choice or Likert scale items, with respondents asked to rank their agreement with a statement from 'strongly disagree' to 'strongly agree'.

2. Stakeholder consultation
 - State or Territory Canteen Associations and Networks and/or government canteen policy representatives were contacted via email and invited to participate in a telephone interview lasting approximately fifteen minutes
 - The interview included questions on the current policy, guidelines or nutrient criteria used in the jurisdiction. Particular focus was placed on alterations made to the guidelines or nutrient criteria, and the reasons for making the changes. The interview guide included pre-coded responses which could be ticked for some questions (see Appendix 1 for participant details)
 - Interview participants (n=13) included representatives from all Canteen Associations and Networks and other key agencies e.g. Nutrition Australia
 - Additional consultation but not full interviews were conducted with representatives from ACT Health, SA Department of Education, FOCiS product registration officer and Commonwealth Health (n=5).

3. Review canteen policy documents
 - All State and Territory government and canteen association policies, guidelines, nutrient criteria, canteen support materials and evaluation documents available in the public domain were collected.
 - As each jurisdiction uses different categories to group food and beverage items, the core food groups in the 2013 Australian Guide to Healthy Eating (AGHE) were used to compare ready reckoner classifications. The core food groups were also used to compare the NHSCG nutrient criteria to the FOCiS nutrient criteria. The information collected from the document analysis was cross-checked with state and territory representatives during the telephone survey.

Results

Findings from comparison of school canteen policy, guidelines and nutrient criteria documents

All States and Territories in Australia have mandated school canteen policies, with the exception of Tasmania, currently based on a traffic light system of categorising food and drinks. In total, three jurisdictions have implemented the NHSCG. Very few evaluation and compliance monitoring measures have been put in place around Australia. A summary for each jurisdiction of policy, guidelines, nutrient criteria, alterations made to criteria or guidelines, resources provided to school canteens and evaluation and compliance monitoring measures were collated.

There are many similarities in colour coding of food and beverage items between the states and territories. A comparison between the FOCiS nutrient criteria and the nutrient criteria contained within the NHSCG shows the FOCiS nutrient criteria contains criterion for a greater number of food and beverage categories when compared to the NHSCG. Most nutrient values are quite similar, where a category includes criterion from both the NHSCG and FOCiS.

Key findings from canteen organisations and government canteen policy representatives

As few States and Territories currently use the NHSCG, representatives were asked why their jurisdiction had not implemented the NHSCG. In Queensland, the NHSCG were not used as they are considered to be less strict than the 'Smart Choices' guidelines and criteria. In South Australia, the NHSCG were piloted in a small selection of schools but it was deemed the 'Right Bite' guidelines were preferred. In Victoria, government is currently considering adopting the NHSCG.

A number of alterations have been made by States and Territories to both the NHSCG and other jurisdictions guidelines and nutrient criteria. For example:

- increasing sodium criterion for processed meats and savoury breads to allow lean ham and bacon products, and savoury breads which are accessible to school canteens to be purchased
- altering ice-creams, milk-based ices and dairy desserts category to include custard.

Findings from food industry online survey

In total, 19 food industry stakeholders participated in the survey. Whilst the response rate was moderate, the participants' produced or distributed products from a range of FOCiS categories .e.g. muffins, savoury snacks, ice-creams, milk or milk alternatives, bread products, fruit and vegetables, meat and meat alternatives and mixed foods such as hot and cold prepared dishes.

According to the survey:

- 68% have had products registered with FOCiS/ Star Choice™ for over four years
- 50% agreed or strongly agreed that they were satisfied with the current FOCiS nutrient criteria
- 39% of participants disagreed or strongly disagreed that it was easy to produce and distribute products which meet the nutrient criteria
- The majority of participants indicated they are affected by the inconsistencies that exist between the nutrient criteria and guidelines used in each state and territory
- 78% have a desire for national consistency
- the majority of respondents (73%) requested a lead time of 12 months before any changes to the nutrient criteria are effective
- 71% recognised the importance of incorporating the Australian Dietary Guidelines (ADGs) and Australian Guide to Healthy Eating (AGHE) into the nutrient criteria
- 82% support the use of nutrient criteria, guidelines and policies in school canteens.

Figure 1 represents the number of respondents who identified issues in producing and distributing products within the current FOCiS nutrient criteria. The most commonly identified issue was inconsistencies between each State and Territory.

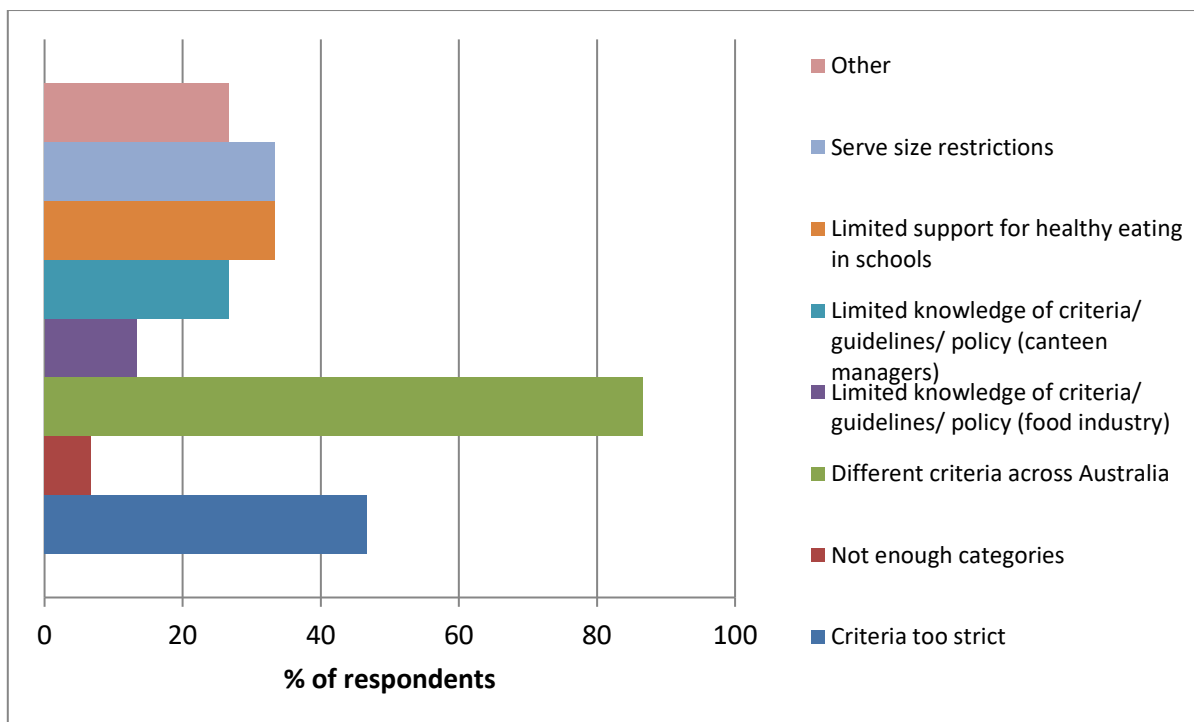


Figure 1: Issues faced by food industry in producing and distributing products which meet the FOCiS nutrient criteria

Climate of change in school canteen policy, guidelines and nutrient criteria in Australia

It is currently a time of change in Australia for school canteen policies, guidelines and nutrient criteria. Some states and territories have either recently reviewed their jurisdictions canteen policy documents or are in the process of doing so, such as Queensland and Victoria. Most jurisdictions have considered implementing the NHSCG into their respective jurisdictions school canteens, although at this time only three States or Territories have implemented the NHSCG.

NSW are considering moving away from the traffic light system, at present used nationwide in school canteens, to the Health Star Rating (HSR). A limitation of the HSR is the system can only be currently applied to classifying standard packaged foods, not freshly prepared food items (NSW Ministry of Health & The George Institute, 2015). A report published by the NSW Ministry of Health and The George Institute (2015) investigated both the use of the HSR instead of a traffic light system, or using the HSR criteria for determining the traffic light classification of a product. Findings from the report show some discretionary food products, such as cake, were given a HSR of greater than 3.5, which if used as criteria for determining the traffic light classification would assign the product as green. It appears at this time the desire for national consistency expressed by over three quarters of food industry representatives surveyed in this project will not be met in the near future.

Final Outcomes

The comparison between the FOCiS and NHSCG nutrient criteria revealed a great number of synergies; however, the FOCiS nutrient criteria contain more categories and criterion. Although the FOCiS criteria was only two-tiered where by products were either approved or declined, aligning the categories with the NHSCG traffic light system and core foods was easily achievable. The final FOCiS Nutrient Criteria and traffic light categories are shown in Appendix 3.

The NRG recommended to the FOCiS Management Committee to adopt the NHSCG with minor adaptations, including:

	Category	FOCiS	NHSCG	Rationale for non-alignment with NHSCG
1.2	Breakfast cereal	Green/Red	Green/Amber	NHSCG categorised a high sugar cereal (e.g. Coco Pops, Fruit Loops) as amber as there is no red cut-off. FOCiS does not currently register this type of product and it would be considered lowering the standard. There is a wide variety of healthy cereals that would be considered core foods that meet the green criteria.
3.7	Fruit juice mixed (>50% juice; <50% water; no added sugar or sweetener)	Amber	Red	Not specified in NHSCG. Only 99% fruit juice, 250mL or less is amber. New product introduced to the market after the NHSCG were developed in 2010.
4.3	Smoothies and shakes	Green/Amber/Red Maintained energy criteria of 900kJ or less per serve	Green/Amber/Red No energy criteria	Maintained energy criteria to maintain higher standard, otherwise a product such as a Brownes Dairy Supashake (600mL, made with reduced fat milk; contains over 2000kJ); this would be Amber under the NHSCG.
6.1	Soup	Green/Amber	Amber/Red Commercial Green/Amber - Canteen	Soup is generally a healthy nutritious meal (unless containing cream or added salt). Traffic light colour coding needs to be consistent for commercial based and canteen made. NHSCG guidelines are not consistent.
6.3	Savoury bread	Green/Red	Amber/Red	Bread is a core food and on its own is categorised as green, therefore a filled bread product should also have the potential to be green. Traffic light colour coding needs to be consistent for commercial based and canteen made. Under the NHSCG a chicken and salad sandwich made in the canteen is green, yet a commercially prepared option is amber.
6.4	Pre- prepared meals	Green/Amber/Red	Amber/Red - Commercial Green/Amber - Canteen	As above. In addition, a commercially prepared meal must be made the same every time to match the ingredient list and NIP; a canteen made meal may or may not be made to a standard recipe every single time e.g. extra salt or cheese could be added.

Conclusion

The FOCiS Management Committee reviewed the findings of the nutrient criteria review and endorsed the final version in August/September 2016. The new criteria are effective 1 July 2017.

Further plans include:

- a) Notify food industry and key stakeholders of the changes by November 2016
- b) Hold a Food Industry Forum early 2017
- c) Continue to advocate for greater national consistency
- d) Write to Health and/or Education government representatives notifying them of the review, the process and the outcomes. FOCiS to advocate that other jurisdictions consider the changes to the FOCiS nutrient criteria (i.e. updated NHSCG) when their policies are next reviewed
- e) Investigate the development of suitable resources to support food industry with FOCiS registered products and FOCiS members.

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Appendix 1. FOCiS Membership 2016

First name	Surname	Membership category	Location
Megan	Neeson	Chairperson	WA
Jillian	Drury	Vice-Chairperson	SA
Anthea	Brand	Hon. Secretary	NT
Gail	Boate	Hon. Treasurer	ACT
Carla	Battaglia	Committee member	VIC
Caroline	Coulter	Committee member	SA
Amanda	Ferguson	Committee member	WA
Anna	Prosper	Committee member	WA
Sally (Rosalie)	Dix	Member	SA
Peita	Pearce	Member	WA
Leanne	Pope	Member	NT
Kathryn	Ruston	Member	SA
Debbie	Tobin	Member	ACT
Helen	Wenn	Member	WA
Robin	Bromley	Life member 2014	WA
Deirdre	Love	Life member 2009	ACT

Appendix 2. Nutrition Reference Group

Location	First name	Organisation
WA	Michelle Riekie	NRG Coordinator
ACT	Leanne Elliston	Nutrition Australia
NT	Anthea Brand	Department of Health
TAS	Monique Reardon	Department of Health
VIC	Carla Battaglia	Healthy Eating Advisory Service
WA	Megan Neeson	WA School Canteen Association
WA	Amanda Ferguson	FOCiS

FOCiS Nutrient Criteria for registration of products in school canteens

1: Breads and cereals

This category contains products which canteens and their suppliers are recommended to use in the production of freshly prepared cold and hot dishes such as sandwiches, rolls, wraps, focaccias, pasta dishes and for use in school breakfast programs. The foods in this food group are a potential source of fibre and thus most foods in this category must contain the amount of fibre specified for each sub-category.

1	BREADS & CEREALS	Energy	Saturated Fat	Sugar	Sodium	Fibre	Other	FOCiS Traffic light code
1.1	Wholemeal and wholegrain varieties are recommended, or white with added fibre <ul style="list-style-type: none"> Sandwich style breads, focaccia, bagels, pita bread, mountain bread, English muffins, tortillas, wraps, burritos Crumpets, pikelets, pancakes, hotcakes, pancake mix Sweet raisin and fruit breads, fruit buns, hot cross buns, scrolls, scones (plain, fruit or vegetable) 						No added confectionary; no icing	Green
1.2	Breakfast cereals		2g or less per 100g	Without fruit 20g per 100g or less With fruit 25g per 100g or less	600mg or less per 100g	5g or more per 100g	No added confectionary	Green Red
1.3	Plain pasta, rice, noodles, couscous, polenta							Green
1.4	Savoury breads, scrolls, cheese, garlic and herb breads and plain/flavoured pizza bases	1000kJ or less per 100g	5g or less per 100g		600mg or less per 100g			Amber Red

Definition of Confectionary: Confectionary is a blend of ingredients such as sugar, milk powder, hardened vegetable oil and various flavourings. A product is considered to be confectionary whether it is used as an ingredient, layer, coating or is marketed in such a way as to be considered confectionary or confectionary replacement.

2: Vegetables and vegetable products

This category contains products which canteens and their suppliers are recommended to use in the production of freshly prepared cold and hot dishes such as sandwiches, rolls, salads, pasta and noodle dishes and vegetable based snacks. It also contains vegetable based foods which can be heated and served and commercially prepared vegetables and juices. FOCIS does not register products which are deep-fried or where preparation instructions include deep frying.

2	VEGETABLES AND VEGETABLE PRODUCTS	Sodium	Max single portion size	Other	FOCIS Traffic light code
2.1	All plain vegetables fresh or frozen (includes salad vegetables)	No added salt			Green
2.2	Vegetables and legumes canned all plain and flavoured types (excludes legumes in sauce i.e. baked beans see 5.9)	Reduced salt/regular			Reduced salt; no added salt Green Regular Amber
2.3	Vegetables prepared e.g. roast vegetables, vegetable mixes, mashed vegetables as reconstituted (including flavour additions)				Green
2.4	Vegetable juice (99% juice) prepared as described in the Food Standards Code ²		250mL	At least 99% juice; no added sugar, artificial or intense sweeteners	Amber Red

3: Fruit and fruit products

This category contains products which canteens and their suppliers are recommended to use in the production of freshly prepared cold and hot dishes such as desserts, fruit salads and fruit based drinks. It also contains fruit based commercially prepared foods such as fruit juices and canned fruit for individual sale. Commercially prepared fruit containing snacks such as bars, pies and crisps are assessed under category 7 Miscellaneous Foods.

3	FRUIT AND FRUIT PRODUCTS	Sugar	Other	Max single portion size	FOCiS Traffic light code
3.1	Fresh and frozen fruit; plain	No added sugar, artificial or intense sweeteners			Green
3.2	Prepared fruit; plain				Green
3.3	Cans/tubs of fruit and fruit puree		Canned in natural juice		Green
3.4	Plain dried fruit (excludes fruit chips, mixed fruit snack packs see snacks 7.7)		Must be at least 99% fruit		Amber Red
3.5	Fruit juices and blends prepared as described in the Food Standards Code ²		99% fruit; does not contain deionised fruit juice	250mL	Amber Red
3.6	Carbonated fruit juice		99% fruit; does not contain deionised fruit juice	250mL	Amber Red
3.7	Fruit juice mixed		>50% fruit juice (derived from 99% fruit juice); remaining ingredient to be water; does not contain deionised fruit juice	250mL	Amber Red

4: Dairy and dairy alternatives products

This category contains products which canteens and their suppliers are recommended to use in the production of freshly prepared cold and hot dishes such as sandwiches, rolls, pastas and milk based drinks. It also contains dairy and dairy alternative foods, which are packaged for individual sale such as yoghurts, yoghurt drinks and milk based smoothies. Dairy based impulse lines (e.g. ice creams and dairy desserts) are assessed in category 7 Miscellaneous Foods. This food group is an important source of calcium in children's diets; therefore milk must be listed as the first ingredient to ensure adequate calcium content. The Australian Dietary Guidelines encourage reduced fat varieties of dairy foods for children over two years therefore reduced fat varieties are encouraged. Only small serves of full fat varieties will be registered. FOCiS will register dairy foods such as milk, yoghurt and dairy alternatives, which are a source of nutrients such as calcium and protein, which are artificially sweetened. FOCiS encourages manufacturers to produce milk or dairy alternative beverages in bottles or boxes less than 375mL particularly for the primary school canteen market.

4	DAIRY PRODUCTS AND DAIRY ALTERNATIVES	Energy	Total Fat	Other	FOCiS Traffic light code
4.1	Plain milk and alternatives (including dairy, soy and nut milk)		Reduced fat/full fat	Alternative e.g. soy: must be calcium fortified	Reduced fat Green Full fat Amber
4.2	Flavoured milk (including dairy, soy and nut milk)		Reduced fat/full fat	Alternative e.g. soy: must be calcium fortified	Reduced fat ≤375mL Green >375-600mL Amber Full fat ≤375mL Amber >375mL Red
	Coffee flavoured milk drinks		Reduced fat	High schools only Alternative e.g. soy: must be calcium fortified	Reduced fat ≤375mL Amber Full fat Red
4.3	Smoothies, shakes, liquid breakfasts, yoghurt drinks and other milk containing drinks or dairy alternative	900kJ or less per serve	Reduced fat/full fat	Dairy: milk must be listed as the first ingredient Alternative e.g. soy: must be calcium fortified	Reduced fat ≤375mL Green >375-600mL Amber Full fat ≤375mL Amber >375mL Red

4	DAIRY PRODUCTS AND DAIRY ALTERNATIVES	Energy	Total Fat	Other	FOCiS Traffic light code
4.4	Plain and flavoured yoghurts		Reduced fat/full fat	No added confectionary	Reduced fat Green Full fat Amber
4.5	Hard, cheddar and soft/semi soft cheese e.g. Tasty, Colby, edam, mozzarella, Swiss, pizza cheese, fruit cheese, ricotta, cottage		Reduced fat/full fat		Reduced fat Green Full fat Amber

Definition of Confectionary: Confectionary is a blend of ingredients such as sugar, milk powder, hardened vegetable oil and various flavourings. A product is considered to be confectionary whether it is used as an ingredient, layer, coating or is marketed in such a way as to be considered confectionary or confectionary replacement.

5: Meat and meat alternatives products

This category contains products which canteens and their suppliers are recommended to use in the production of freshly prepared cold and hot dishes such as sandwiches, rolls, burgers, pasta, noodle and other hot dishes. Some commercially processed meat and meat alternative products are a source of sodium and thus there are specified limits on the amount of sodium, which is allowed in some of these products. There is also a limit placed on the serving size of some of these lines to limit excess consumption of energy and sodium. Serving suggestions for these lines are encouraged to include foods from the bread and cereals and vegetable groups, which may change the traffic light classification of the end product e.g. plain chicken sandwich served with salad. *Management of allergies and anaphylaxis is a school based decision, many schools choose not to stock or sell nuts or products containing nuts.

5	MEAT AND MEAT ALTERNATIVES	Energy	Total Fat	Saturated Fat	Sugar	Sodium	Max single portion size	FOCiS Traffic light code
5.1	Fresh and frozen raw meat, poultry (including mince); lean, trimmed of visible fat							Green
5.2	Processed luncheon meat e.g. chicken loaf, meat loaf, cured meats (ham, bacon, corned beef, silverside), free flow pre-cooked meat (chicken, beef, turkey roll)	1000kJ or less per 100g		3g or less per 100g		750mg or less per 100g		Amber Red
5.3	Processed meat, fish, poultry and soy (meat alternative) products e.g. meat, poultry, fish burgers, patties, meat balls, sausages, crumbed or battered nuggets, strips or balls, frankfurts, saveloys, vegetable patties (felafel, lentil)	1000kJ or less per 100g		5g or less per 100g		450mg or less per 100g	100g max serve size	Amber Red
5.4	Fish unflavoured canned/vacuum packed e.g. in water or brine							Green
5.5	Fish flavoured canned/vacuum packed e.g. in sauce							Amber Red
5.6	Nuts and seeds (all types)*		No added fat		No added sugar	No added salt Added salt		Green Amber
5.7	Nut and seed spreads e.g. peanut butter*				No added sugar	Reduced salt/ no added salt		Amber 100% nut spread Green
5.8	Whole eggs (in shell); (processed see 6.4)							Green
5.9	Legumes canned in sauce e.g. baked beans (for plain varieties see 2.2)					Reduced salt/regular		Reduced salt Green Regular Amber

6: Mixed Foods (hot and cold prepared dishes)

This category contains products which canteens may use as ready to serve or heat and serve. It includes lines such as pies and other hot savouries, quiche, pizzas, commercially prepared salads, sushi, noodles dishes, pasta dishes, soups and rolls. Some commercially processed food products are a source of excess energy (large portion sizes), sodium and fat particularly saturated fat and thus there are specified limits on the amount of fat and type and sodium, which is allowed in some of these products. There is also a limit placed on the serving size of these products to limit excess consumption of energy. Where extra energy is required by some age groups such as teenagers, it is recommended that serving suggestions to canteens such as serve with salad or bread be provided on the packaging.

6	MIXED FOODS: HOT AND COLD MEALS/DISHES	Energy	Saturated Fat	Sodium	Max single portion size	FOCiS Traffic light code
6.1	Soups (prepared in the canteen and commercially prepared)		2g or less per 100g	300mg or less per 100g		Green Amber (if does not fit criteria)
6.2	Hot savoury pastry and pizza style products e.g. meat pies, sausage rolls, spring rolls, calzone, vegetable pies, quiche, savoury pizza style pockets, nachos	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g	200g	Amber Red
6.3	Savoury bread based products e.g. filled wraps, prepared rolls, focaccias including fillings/toppings, spread and condiments (note: if the product meets the criteria but only contains an amber ingredient/filling e.g. ham it will be amber, not green)	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g	200g	Green Red
6.4	Meals/dishes: <ul style="list-style-type: none"> Pre-prepared dishes based on core foods e.g. spaghetti bolognese, macaroni cheese, curry and rice, stir-fry vegetables and noodles, cottage pie (no pastry), sushi, rice paper rolls Pre-prepared salads (e.g. green leaf, potato, pasta, meat and mixed salads including dressings); Eggs - curried eggs; frittata; omelette Cup style noodles, instant noodles, instant rice (made up as per packet instructions) 	750kJ or less per 100g 1000kJ or less per 100g >1000kJ per 100g	3.5g or less per 100g 5g or less per 100g >5g per 100g	300mg or less per 100g 400mg or less per 100g >400mg per 100g	300g 300g >300mg per 100g	Green Amber Red
6.5	Cooking, simmer sauces, salsa, pasta sauce, stock		2g or less per 100g	300mg or less per 100g		Amber Red

7: Miscellaneous foods

This category is for products which are generally commercially prepared and are ready to eat or ready to heat and serve snack foods. Snacks or mid meals are an important source of nutrition for children and adolescents. They are also a potential source of excess energy, fat particularly saturated fat and sodium. Foods in this category have specified limits on the amount of fat, saturated fat and sodium they contain as well as needing to be a source of fibre. There is also a limit placed on the energy they contain per serve. Dairy based snacks must have milk listed as the first ingredient therefore ensuring adequate calcium content. FOCiS does not register fruit leather style products or products which are deep-fried and does not recommend the use of deep fryers in school canteens.

7	MISCELLANEOUS FOODS AND SNACKS	Energy	Saturated Fat	Sugar	Sodium	Fibre	Other	FOCiS Traffic light code
7.1	Sweet and savoury muffins, muffin bars, fruit pockets, sweet fruit pies, fruit cakes, plain and flavoured cakes, custard pies and slices, waffles and waffle mix	900kJ or less per serve	3g or less per 100g			1.5g or more fibre per serve	No added confectionary; no icing	Amber Red
7.2	Sweet biscuits and cookies	600kJ or less per serve	3g or less per 100g			1g or more fibre per serve	No added confectionary	Amber Red
7.3	Snack items <ul style="list-style-type: none"> Sweet and savoury snacks e.g. plain and flavoured crackers, crisps, noodles, popcorn, pretzels, fruit chips Rice based plain and flavoured crackers, cakes, and crisp breads (75% or more rice) 	600kJ or less per serve AND 1800kJ or less per 100g	2g or less per serve		200mg or less per serve			Amber Red
7.4	Potato wedges and chips (oven baked varieties only); formed vegetable products e.g. Hash browns, potato gems, shaped potato balls (oven baked varieties only)	1000kJ or less per 100g	5g or less per 100g		400mg or less per 100g		100g max serve	Amber Red
7.5	Dairy based ice creams, frozen yoghurt, dairy desserts	600kJ or less per serve	3g or less per serve				Milk listed as first ingredient No added confectionary	Amber Red
7.6	Fruit based slushes and icy poles 99% fruit juice			No added sugar, artificial or intense sweeteners			Does not contain de-ionised fruit juice Max serves: Slushies 200mL Icy poles 150mL	Amber Red
7.7	Cereal/muesli/breakfast bars, fruit and nut bars, (excludes fruit leathers)	600kJ or less per serve	3g or less per serve			1g or more per serve	No added confectionary	Amber Red

7	MISCELLANEOUS FOODS AND SNACKS	Energy	Saturated Fat	Sugar	Sodium	Fibre	Other	FOCiS Traffic light code
7.8	Snack packs, dip and biscuit packs, cheese and biscuit packs	500kJ or less per serve	5g or less per serve		300mg or less per serve		No added confectionary	Green Red

Definition of Confectionary: Confectionary is a blend of ingredients such as sugar, milk powder, hardened vegetable oil and various flavourings. A product is considered to be confectionary whether it is used as an ingredient, layer, coating or is marketed in such a way as to be considered confectionary or confectionary replacement.

8: Beverages

This category is to provide improved guidance to school food service in selecting appropriate beverages to have available for purchase by students. Dairy based drinks are assessed under the Dairy category 4, Fruit Juice under category 3 and Vegetable Juice under category 2. FOCiS will not register drinks that contain artificial and/or intense sweeteners with the exception of dairy or dairy alternatives such as soy. FOCiS encourages plain water to be available and sold in school canteens.

8	BEVERAGES	Sugar	Max single portion size	Other	FOCiS Traffic light code
8.1	Water plain, still and carbonated (not fortified or flavoured)				Green
8.2	Mixed juices 99% juice (e.g. mixed fruit and vegetable juice)	No added sugar, artificial or intense sweetener	250mL	99% fruit and vegetable juice Does not contain de-ionised juice	Amber Red

9: Fats, oils, dressings and dips

FOCiS does not support deep fried foods being sold in school canteens

9	FATS, OILS, DIPS AND SAUCES	Fat type	Sat fat	Sodium	FOCiS Traffic light code
9.1	Spreads and oils <ul style="list-style-type: none"> Margarine and other mono and polyunsaturated spreads Oils (e.g. olive canola, sunflower, grapeseed) Note: butter, ghee, copha, lard, cream, coconut oil and other saturated fat spreads are red				Amber
9.2	Salad dressings and mayonnaise		3g or less per 100g	750mg or less per 100g	Amber Red
9.3	Dips - includes legumes, dairy and vegetable based types e.g. hummus		2g or less per 100g	750mg or less per 100g	Amber Red
9.4	Sauces, condiments and gravies (tomato, BBQ, satay, soy)	Use reduced fat and salt varieties			Amber Red