

The FOCiS nutrient criteria and traffic light system (2016) closely align to the National Healthy School Canteen Guidelines (2010). The traffic light system enables the practical identification of food and drinks suitable for school canteens. Examples include:

	Green	Amber	Red
	Best choices for the school canteen menu as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt). These foods and drinks correspond to core food groups that should dominate canteen menus	Contain some valuable nutrients but may also contain higher levels of saturated fat and/or sugar and/or sodium (salt). Their over-consumption could contribute to excess energy intake and, therefore, guidelines recommend amber items are limited	Low in nutritional value and may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar and are often discretionary foods. Products that do not meet the FOCiS nutrient criteria are red and not recommended to be sold in canteens
	Fill the menu	Limit	Not recommended
<b>Drinks</b>	Water; plain reduced fat milk; reduced fat flavoured milk, ≤375mL	Full fat plain milk; reduced fat flavoured milk >375mL; reduced fat coffee flavoured milk drink ≤375mL; fruit and vegetable juice, 99%, ≤250mL	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured water, energy drinks, coffee flavoured milk drinks >375mL
<b>Bread and cereals</b>	All bread, preferably wholegrain, wholemeal e.g. breakfast cereals, bagels, crumpets, English muffins, pita, rye, fruit bread, plain and savoury scones, pikelets, pancakes, rice, pasta, noodles, cous cous, quinoa	Savoury bread e.g. cheese scroll, garlic bread, pizza bases	Croissant; chocolate scroll
<b>Fruit</b>	Plain and frozen fruit, canned in fruit juice	Plain dried fruit, 99% fruit bar	Chocolate coated fruit, fruit leathers
<b>Vegetables</b>	Fresh, frozen or canned without added flavourings, reduced salt baked beans, chickpeas, kidney beans, lentils	Baked beans (regular)	Deep fried vegetables
<b>Milk and milk products</b>	Plain and flavoured reduced fat yoghurt and cheese	Plain and flavoured full fat yoghurt and cheese	Chocolate coated ice cream; milkshakes made with cream
<b>Meat and alternatives</b>	Unprocessed lean beef, chicken, lamb, pork, turkey, fish; plain canned tuna, salmon, sardines; eggs; plain nuts	Burger patties; chicken strips; nuggets; sausages; frankfurts; lean processed meats, e.g. free flow chicken, ham, bacon	Deep fried meat; salami; polony
<b>Savoury hot and cold food</b>	Meals e.g. pasta and rice, soup, frittata, sushi	Meals e.g. pasta and rice, pies, sausage rolls, hot dogs, quiche, pizza	Meals e.g. pasta and rice made with high fat ingredients i.e. cream
<b>Snack foods</b>	Plain air popped popcorn; reduced fat cheese and plain cracker packs	Baked snack biscuits; flavoured popcorn; muesli bars; sweet or savoury biscuits; un-iced cakes, muffins and sweet pastries; milk-based ice cream; dairy desserts e.g. custard; fruit juice icy poles (99%)	Less than 99% fruit juice icy poles, jelly, iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes; confectionary e.g. boiled lollies, carob, chocolate