

# Ideas for your stall

Steamed  
Bao  
small \$5  
large \$8

Offer various  
portion sizes

Promote  
healthier  
options

Salad \$7  
+ water

Water  
\$2/bottle

Make water  
prominent

## CHECKLIST

Plenty of **fresh fruit** and **vegetables** (where possible) ☐

Grainy foods are mostly **wholegrain** or **wholemeal** (where possible) ☐

Food and drink are mostly **minimally processed** and prepared in ways that minimise sugar, fat, and salt ☐

A **range of portion sizes** are available and promoted ☐

**Limited snacks**, and pre-packaged snack foods have a Health Star Rating of at least 3.5 ☐

**Limited deep fried, confectionery & ice cream** options available ☐

**Limited bakery items**, and >50% of the bakery items must contain wholemeal flour, wholegrains and/or fruit or vegetables ☐

**Water is the most available** and cheapest drink option ☐

**Other drinks are not promoted** and, if available, make up less than 45% of drink options available ☐

## FOR MORE INFORMATION

Good Food Coordinator  
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# Food & Drink Guidelines

**BRONZE**

## GENERAL PRINCIPLES

### Plenty of fruit and vegetables



### A range of portion sizes are available and promoted

- Portions appropriate to the occasion, eg kids size, half size, taster size
- Promote smaller portions with specials



## HIGH FAT, SUGAR OR SALT

### Limited options for snacks, deep fried foods, confectionery and ice-cream

- A choice, not the only option
- Group is <20% of items on sale

#### Snack foods

- Pre-packaged snacks
- Health Star Rating of at least 3.5

#### Deep fried foods

- Alternative methods, eg baking, grilling, etc

#### Confectionery

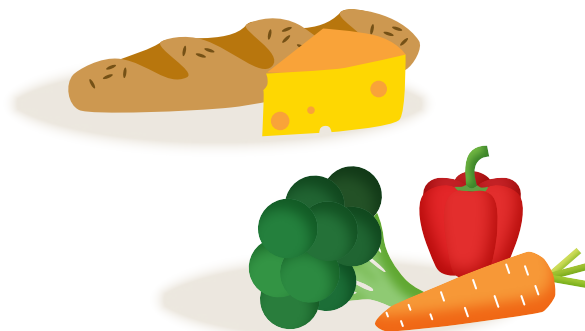
- Appropriate portions: single serve, <50g

#### Ice-cream

- Appropriate portions: single serve

### Choose foods that are wholegrain or wholemeal

- Eg, choose wholegrain or wholemeal rice, noodles, bread, wraps, naan etc.



### Minimally processed

- Food that are fresh, washed, aged, dried, frozen, canned, or pasteurized.

### Bakery items are less than 1/3 of total food options

- More than half contain wholemeal flour, wholegrains (eg grains, oats, bran, seeds) and/or fruit or vegetables (fresh, frozen or dried)
- If using confectionery as an ingredient, limit bakery items to 20% of total food options.



## DRINK GUIDELINES

### Water is the most available and cheapest drink option

- Water is either free or the cheapest drink
- Most prominent, >55% of options



### Other drinks are not promoted; if available, they make up <45% of drink options

- Portion size: <360mL for cans, bottles etc.
- Priced higher than water
- Drinks with more than 5g sugar per 100mL not allowed for sale