

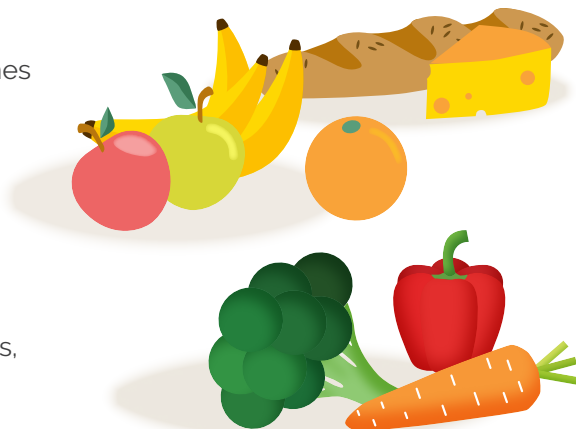
GENERAL PRINCIPLES

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 minimise sugar, fat, and salt

Minimally processed can include fresh, washed, aged, dried, frozen, canned, pasteurised 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 occasion e.g. kids size, half size, taster size
- Promote smaller portions with specials

HIGH FAT, SUGAR OR SALT

Limited snack, deep fried, confectionery and ice-cream options

- Snacks, deep fried, confectionery and ice-cream options are a choice rather than the only option. This group should make up less than 20% of items available on sale.

Snack foods

- 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

Confectionery

- Confectionery includes sweets, chocolate, and candied fruit.
- Serving size of confectionery should be single serve, less than 50g

Deep fried foods

- Use alternative cooking options as much as possible, such as baking and grilling.
- If you do choose to deep fry, check out the free online best practice training and certification from the Chip Group.
- Portion sizes for deep fried food are limited to an appropriate size
 - » <300g (uncooked) per serve of chips
 - » <130g (uncooked) Battered fish.

Ice-cream

- Serving size of ice-cream should be single serve
 - » 100% fruit and/or vegetable ice blocks <120 ml
 - » Ice-creams with no added sugar <200 ml
 - » Added-sugar fruit and/or vegetable ice blocks <75 ml
 - » Added-sugar ice-creams ≤ 120 ml
 - » Lower sugar (<10g per 100ml) and natural sugar products are promoted over high sugar (>10g per 100ml) products

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

- More than half of the bakery items on sale 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. If using confectionery as an ingredient, limit bakery items as a group to 20% of total food options.
- 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: ≤ 40g
 - » Pies and quiches: ≤ 180g
 - » Pastries: ≤ 65 g,
 - » Sausage rolls: ≤ 100g

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: $\geq 55\%$ 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 portion size in this category
- Consider other ways to provide water e.g. free chilled water stations

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

- Portion sizes should be 360mL or less for individually portioned packages (cans, bottles etc.)
- Prices for 'other' drinks should be higher than water
- 'Other' drinks include diet/zero sugar drinks, low sugar drinks, fresh made fruit/vegetable juices
- Sugary drinks with $>5g$ sugar per 100mL not allowed for sale

- » Diet/zero sugar drinks only contain artificial or natural sweeteners and have 0g sugar
- » Low added sugar drinks are those with $\leq 5g$ sugar per 100mL. These drinks could include: plain and flavoured milk, sugar-sweetened flavoured water, reduced-sugar juices.

- » Fresh pressed/squeezed fruit and vegetable juices – minimise sugar content by diluting with water/ice and serving smaller portions ($\leq 360mL$). Flavouring water with a splash of fruit and vegetable juice is also a good alternative.



CHECKLIST: BRONZE LEVEL

Plenty of **fruits** 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. Sugary drinks with $>5g$ sugar per 100mL are not allowed for sale.

FOR MORE INFORMATION

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