

Healthy food and drink choices in schools

GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative.

Acknowledgement NSW Health

Healthy school events

All events arranged by schools (whether on site or off site) are required to comply with the policy and standards for healthy food and drink choices, eg school discos, graduation ceremonies and musicals.

With the introduction of the policy and standards for healthy food and drinks, foods now categorised as 'RED' in the 'traffic light' system (ie fizzy drinks, chips, lollies) will not be provided on these special occasions.

Alternatives could include:

- ✓ BBQ with a salad bar and using reduced fat sausages, frankfurters, burgers, rissoles, and chicken breasts *
- ✓ Pizzas *
- ✓ Sausage rolls and pies *
- ✓ Muffins *
- ✓ Cobs of corn
- ✓ Plain popcorn
- ✓ Dairy based ice cream *
- ✓ Frozen yoghurts *
- ✓ Sorbet
- ✓ Fruit based ices, slushes, and icy poles *
- ✓ 100% fruit juices
- ✓ Bottled water.

* Star Choice® registered products or those products that meet the criteria for registration.

