

COLLEGE COMMUNITY CHILD CARE CENTRE

GREEN, AMBER AND RED FOOD CHECKLISTS AND INFORMATION



SOURCED: HEALTHY OPTIONS WA: FOOD AND NUTRITION POLICY FOR WA HEALTH SERVICES AND FACILITIES.

Developed 24 MARCH 2011 Revised 26 JULY 2016



Background to the approach

The 'traffic light' system has been adopted by a number of government agencies, including the Western Australian Department of Education and Training's school canteen policy, the Queensland school canteen strategy and Queensland Health food policy, and the NSW school canteen policy and NSW Department of Health food policy.

The nutrient criteria to distinguish between categories for the WA Health policy are based on the Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide (the first policy developed in Australia), A Better Choice – Healthy Food and Drink Supply Strategy for Queensland Health Facilities and the FOCiS (Federation of Canteens in Schools) National Criteria for Product Registration for school canteens, amended to meet Western Australian requirements.

www.healthyoptions.health.wa.gov.au

Green, Amber and Red Foods

When we think about which lunch foods we should eat the most of, there are three different types of food.

These are **green** (everyday foods), **amber** (sometimes foods) and **red** (not very often) foods.

These traffic light colours tell us that **green** foods mean 'go for it' (you can use any of these foods for your lunchbox), **amber** foods mean 'be careful when choosing them' and **red** foods mean 'stop and think'.

We should always try to fill our lunchbox with **green** (everyday foods) because these are the foods we should eat the most of.

Sometimes, we can have **amber** (sometimes foods) in our lunchbox. You need to choose these sometimes foods carefully. **There should only be one sometimes food in our lunchbox and we should only eat a small serving of a sometimes food.**

On special family occasions, we might have a **red** (not very often food) at home. When we have a special **red** food, we should always have a **green** food as well.

Please do not bring any red foods in your lunchbox.



GREEN FOOD LIST

99% OF YOUR LUNCH BOX SHOULD BE FROM HERE

- **FRESH FRUITS, VEGETABLES AND SALAD ITEMS**

SUITABLE FOR YOUR CHILDS AGE)

EG:

VEGETABLE STICKS (PLAIN OR SERVED WITH DIP OR RICOTTA CHEESE)

STEAMED, MASHED AND OR PUREED VEGETABLES

VEGETABLE BAKES AND FRITTERS

VEGETABLE SOUPS

COLESLAW

FRESH FRUIT, STEWED FRUIT

TIN FRUIT IN NATURAL JUICE OR

UNSWEETENED

- **DAIRY PRODUCTS**

EG: PLAIN MILK

YOGHURTS

CHEESE (SLICES, CUBES AND STICKS)

SOY MILK

CREAMED RICE

PLAIN CUSTARD/ ALL FLAVOURED

YOGO (125 GRAMS)

- **BREADS AND CEREALS**

PLAIN –WHOLE GRAIN BREAD &

BREAD STICKS

FRUIT LOAF- BUNS (UN-ICED)

PLAIN, FRUIT AND PUMPKIN SCONES

ENGLISH MUFFINS, CRUMPETS & PIKELETS

WHOLEGRAIN CEREALS

PASTA

BAKED BEANS

SPAGHETTI

RICE CAKES

MOUNTAIN BREAD

WRAPS

PITA BREAD

LAVASH BREAD

FREEDOM FOOD NUT FREE CRUNCHOLA CHEWY

- **MEATS AND MEAT SUBSTITUTES**

COLD MEATS (SLICE LEAN MEATS SUCH AS TURKEY, CHICKEN, LAMB AND BEEF)

MEAT BALLS/ MEAT LOAF

THOROUGHLY COOKED LEFT-OVER STEAKS, SAUSAGE ETC. (HALF RAW MEATS CAN HARBOUR BACTERIA)

TINNED FISH/CHICKEN IN WATER OR BRINE

BEANS-LEGUMES

EGGS

TOFU

MEAT AND VEGETABLE SOUP (PEA & HAM, CHICKEN & VEGE SOUP)



(GREEN FOOD RECIPES ARE AVAILABLE FROM THE FOYER)

WATER TO DRINK AMBER FOOD LIST

NO MORE THAN 1 ITEM PER DAY IN YOUR LUNCHBOX FROM THIS SECTION

- KRAFT CHEESE SPREAD (SNACK ABOUTS)
- SOFT AND JUICY APRICOTS (DRIED APRICOT HALVES)
- SUNBEAM AUSTRALIAN SULTANAS
- HEALTHIERIES KIDS CARE BITE SIZED RICE WHEELS
- MONSTER NOODLE SNACK CHICKEN
- REAL FOODS CORN THINS MULTIGRAIN
- UNCLE TOBYS FRUIT BREAKS
- ARNOTTS SHAPES BISCUITS
- SPC FRUIT SQUEEZIES (FUN FRUIT SNACK IN A TUBE)
- SAKATA WHOLE GRAIN (ALL NATURAL RICE CRACKERS)
- ARNOTTS TEDDY BEAR BISCUITS ALL FLAVOURS
- UNCLE TOBYS LE SNAK
- PLAIN NATURAL AIR POPPED POPCORN
- FRUIT MUFFINS
- BANANA BREAD-MUFFINS
- INSTANT MILK PUDDINGS
- SPC JELLY KRUSHERS
- FOSTER CLARKS CUSTARD SNACKS ANY FLAVOUR'S
- FRANKFURTERS
- VARIOUS FRUIT AND SAVOURY MUFFINS (RECIPES AVAILABLE IN THE FOYER RECIPE FOLDER)
- VARIOUS FRUIT AND SAVOURY BISCUITS, CAKE AND SLICES ETC (RECIPES AVAIL IN THE FOYER RECIPE FOLDER)
- BEAN NACHOS (RECIPE AVAILABLE IN THE FOYER RECIPE FOLDER)
- MACARONI CHEESE HOME MADE (RECIPE AVAILABLE IN THE FOYER RECIPE FOLDER)
- TACOS (RECIPE AVAILABLE IN THE FOYER RECIPE FOLDER)
- SHOP BOUGHT PIZZA'S (ALL TOPPINGS)



SANDWICH SPREADS AND PROCESSED MEATS

(IF YOU CHOOSE TO USE THESE PRODUCTS IN A SANDWICH, THERE CAN ONLY BE ONE SMALL AMBER SNACK TYPE FOOD CONTAINED IN THE REMAINDER OF THE LUNCHBOX)

- SPREADS, SAUCES AND JAMS/CONSERVES IN A SANDWICH LIGHTLY SPREAD.
- HONEY LIGHTLY SPREAD FOR OVER TWELVE MONTH'S ONLY
- HAM, POLONY, BACON, SALAMI, CHICKEN ROLL, SILVERSIDE Etc: NEED TO BE THINLY SLICED

**REMEMBER THAT CHILDREN LOVE TO HELP
COOK AND THIS IS A PERFECT TIME FOR
BONDING AND LEARNING**

UNLISTED PRODUCTS WILL BE ASSESSED USING THE LIVE LIGHTER SCALE. WHERE A QUESTION LIES ABOUT A PRODUCT, PARENTS ARE ASKED TO BRING IN THE NUTRITION INFORMATION FROM THE ORIGINAL PACKAGING. ALTERNATIVELY A DECISION WILL BE MADE AFTER THE CENTRE CAN SOURCE THIS INFORMATION.

▲ Compare packaged foods per 100g/mL

		GOOD	OKAY
Total fat	Food	Less than 3g	3 – 10g
	Drinks	Less than 1.5g	1.5 – 5g
Saturated Fat	Food	Less than 1.5g	1.5 – 3g
	Drinks	Less than 0.75g	0.75 – 1.5g
Sugar	Food	Less than 5g	5 – 15 g
	Drinks	Less than 2.5g	2.5 – 7.5g
Sodium (Salt)	Food	Less than 120mg	120 – 400mg
	Drinks	Less than 120mg	120 – 400mg

Also choose foods **high in fibre**
(3g or more per serve) for added benefits



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RED FOOD LIST

0 %

THESE FOODS ARE NOT TO BE IN LUNCHBOXES

- UNCLE TOBYS ROLL-UPS
- FRUIT JUICES OF ANY KIND
- GOLDEN DAYS FRUIT BAR
- GOLDEN DAY FRUIT POLES
- CORDIALS OF ANY KIND
- MUESLI BARS OF ANY KIND
- SWEET CAKES/ MUFFINS
- PIE, PASTIES & SAUSAGE ROLLS
- KRAFT EASY MAC
- FANTASIC NOODLES
- POTATO CHIPS
- SWEET AND CHOCOLATE BISCUITS
- LOLLIES & CHOCOLATE OF ANY KIND
- SWEET DONUTS
- ICED BUNS
- MC DONALDS
- CHICKEN NUGGETS AND CHIPS
- KFC
- CHICKEN TREAT
- HUNGRY JACKS
- FAIRY BREAD
- M&M'S/SMARTIES
- HOT CHIPS/FRIES
- DEEP FRIED BATTERED FOODS
- ALL CROISSANTS

