

# 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

## FOCiS nutrient criteria

The *Healthy Food and Drink* policy has adopted the FOCiS nutrient criteria as its benchmark.

Manufactured products must not exceed levels of energy, total fat, saturated fat, sodium and sugar and, in some cases, kilojoules per serve determined by FOCiS.

The FOCiS criteria have recently been reviewed nationally by qualified health professionals, food technologists and food industry representatives.

The *Star Choice Buyers' Guide* is a register of manufactured products that meet the FOCiS nutrient criteria. A requirement of the policy and standards is that schools using manufactured products use those products registered in the *Star Choice Buyers' Guide* or those that meet the FOCiS criteria for registration.

The Western Australian School Canteen Association (WASCA) has been providing support to canteens by conducting assessments on manufactured foods should they request it. WA Country Health Service dieticians in regional areas can also assist.

Canteen managers are encouraged to use their networks to share information on manufactured products that have been assessed against the FOCiS criteria and are lower in saturated fat and sugar.

Where canteens make food on the premises (for example, pikelets, muffins and lasagne), they are encouraged to use recipes that are lower in saturated fat and sugar.

WASCA can provide recommended recipes for the most popular items and is available to provide advice to canteens on recipes they are currently using. When a canteen submits a recipe to WASCA, it is assessed against the FOCiS criteria using a computer software program. All recipes in the *Canteen Cuisine* cookbook have been assessed against the criteria and categorised as either 'green' or 'amber'.

## For more information

On the FOCiS nutrient criteria and the registration process for food and drinks:

WA Registration

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