



# Healthy Drinks Canteen Checklist

Use this checklist to maximise your promotion of green drinks in the canteen  
(refer to Fresh Tastes @ school table below)

	HINTS & TIPS
<input type="checkbox"/> Are green drinks the main drinks on offer in the canteen?	<ul style="list-style-type: none"> <li>• Ensure your fridge is filled with green drinks</li> <li>• Limit amber drinks</li> </ul>
<input type="checkbox"/> Have all soft drinks, energy drinks, sports drinks and flavoured mineral waters (red drinks) been removed from the canteen?	<ul style="list-style-type: none"> <li>• This includes not stocking these 'red' drinks for teachers/staff or at school discos/carnivals etc.</li> </ul>
<input type="checkbox"/> Does your canteen limit the number of 'amber' drinks available?	<ul style="list-style-type: none"> <li>• Ensure green drinks fill the menu.</li> <li>• Select 'amber' drinks carefully</li> <li>• Only stock small size 'amber' drinks.</li> </ul>
<input type="checkbox"/> Does the canteen promote and market green drink choices?	<ul style="list-style-type: none"> <li>• Prominent placement e.g. water at eye level in the fridge.</li> <li>• Place small fridge near serving area stocked only with green drinks.</li> <li>• Display posters with nutritional information about green drinks.</li> <li>• Place stickers randomly on green drinks with prize giveaways for students who purchase that drink.</li> </ul>
<input type="checkbox"/> Does the canteen promote only green drinks in meal deals?	<ul style="list-style-type: none"> <li>• See table below for green drink options</li> </ul>
<input type="checkbox"/> Are green drinks sold at competitive prices?	<ul style="list-style-type: none"> <li>• Mark up 'amber' products to allow green drinks to be sold at lower prices.</li> </ul>
<input type="checkbox"/> Does your school newsletter promote green drinks?	<ul style="list-style-type: none"> <li>• Provide information to assist parents on drink choices.</li> <li>• See <a href="http://www.healthpromotion.com.au">www.healthpromotion.com.au</a> for newsletter snippets</li> <li>• Advertise meal deal promotions that include green drinks.</li> </ul>
<input type="checkbox"/> Does your canteen only provide green drinks at special events, meetings, programs, fundraising events etc?	<ul style="list-style-type: none"> <li>• Hold a Milkshake Day (reduced fat milk).</li> <li>• Provide only green drinks at sports carnivals, fetes, and school discos.</li> </ul>

## DRINKS SUMMARY TABLE

### BANNED DRINKS

All drinks previously categorised as **RED** can no longer be sold in school canteens and vending machines as of Term 1, 2007.

Drinks with more than 300kJ per serve or more than 100mg sodium per serve. Check:

- soft drinks
- energy drinks
- fruit drinks
- flavoured mineral waters
- sports drinks
- cordials
- iced teas
- sweetened waters
- sports waters
- flavoured crushed ice drinks

### AMBER DRINKS

'Select Carefully'

- diet soft drinks
- full fat plain milk
- full fat flavoured milk
- full fat soy drinks
- 99% fruit juices – 300ml serve size or less
- sugar sweetened drinks with less than 300kJ per serve and less than 100mg of sodium per serve
- sugar sweetened frozen crushed ice drinks with less than 300kJ per serve and less than 100mg of sodium per serve

### GREEN DRINKS

'Fill the Menu'

- water
- reduced fat plain milk
- reduced fat flavoured milk
- reduced fat soy drinks
- 99% fruit juices – 200ml serve size or less
- high fibre fruit juices – 250ml serve size or less
- 99% fruit juice frozen crushed ice drinks – 200ml serve size or less

Note: "Serve size" means the size of a food or drink as sold in the school canteen  
Adapted from 'Sugar Sweetened Drink Ban for NSW Schools' flyer