

## Healthy Drinks in the Canteen Factsheet – for primary schools

### NSW Healthy School Canteen Strategy 2018

Sugary drinks (also known as sugar-sweetened beverages) **cannot be sold** in NSW school canteens or vending machines. Sugary drinks are those with any types of sugar added to them, except milk. These include drinks sweetened with regular sugar (sucrose), fructose, glucose, honey/syrup and fruit juice concentrates. Examples of sugary drinks:

- soft drinks.
- iced teas.
- flavoured mineral waters.
- sports waters/drinks.
- energy drinks.
- fruit drinks containing less than 99% fruit/vegetable juice.
- Slushies (not based on 99% juice)
- cordials with added sugar.

EVERYDAY Drinks	OCCASIONAL Drinks
Include; - water - plain milk and milk alternatives (e.g. soy), preferably reduced fat - flavoured milk, preferably reduced fat - 99% fruit or vegetable juice	Include; - thick shakes/smoothies made with ice-cream/gelato or sorbet - diet soft drinks & diet drinks – flavoured with artificial or natural sweeteners
Maximum portion size for: - flavoured milk: 300ml primary schools - 99% fruit or vegetable juices: 250ml (all school canteens)	Maximum portion size for: - thick shakes/smoothies: 300ml primary schools - diet soft drinks: 250ml
Display the EVERYDAY choices at eye level.	Place OCCASIONAL choices at the bottom of the fridge.
	Packaged OCCASIONAL drinks require a Health Star Rating of 3.5 or more, excluding diet soft drinks and diet drinks.
	Caffeinated drinks cannot be sold in primary school canteens.

More information: <https://healthyschoolcanteens.nsw.gov.au/canteen-managers/the-food-and-drink-criteria/sugary-drinks>