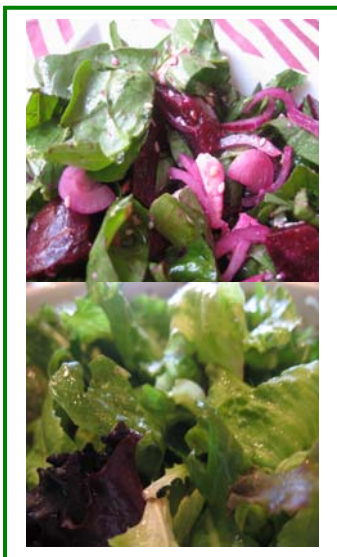


# A Good Food Canteen Checklist

It is a good idea to analyse your menu and canteen offerings regularly to make sure you are doing the best you can and serving and promoting real food to the students. Sometimes subtle changes can be made to a menu that the kids won't even notice but can make a difference to the quality of food that they are eating. Remember that school is a place of learning. We can teach kids, from the tiniest prep child to the most mature Year 12 student, that good food goes hand in hand with good health by offering a menu that will get their taste buds and bodies singing !

## Sandwiches

- Are you using good quality wholemeal, multigrain and rye breads with no added preservatives?
- Is there a good selection of fresh sandwiches, wraps, pita pockets, rolls etc?
- Are there plenty of salad choices?
- Is there an interesting mix of sandwich fillings rather than just ham, ham and tomato, egg, vegemite etc?
- Are they generously filled?
- Are the sandwiches fresh and do they taste sensational?
- Do they look sensational?
- Are they reasonably priced?

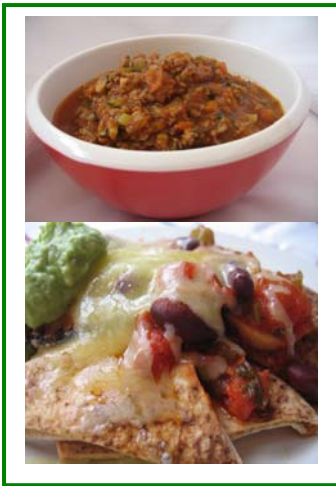


## Salads

- Are you using the freshest possible ingredients?
- Do you have a good selection of salads?
- Do you have a mix of simple, traditional salads and more stylish salads?
- Do they look and taste great?
- Are they dressed properly?
- Are they packaged appealingly?

## Snacks

- Are you offering a good variety of fresh snacks so that kids choose them over packaged snacks?
- Have you checked your packaged snacks for food additives such as MSG (621), Sulphur Dioxide (220) or colours?
- Is your fruit fresh, seasonal and tempting?
- Are there small portions of fruit/vegetables priced affordably?
- Are there hot and cold snacks available?
- Do you offer home baked biscuits, muffins?



## Main Meals

- Do you have several home made main meals on the menu?
- Do they taste fantastic so that the kids queue for more?
- Are they made with fresh ingredients?
- Is there plenty of what the kids demand? Homemade pizza, burgers, pasta, nachos etc with some new items thrown in?

## Beverages

- Are all juices no added sugar?
- Is there bottled water on the menu?
- Have you eliminated all soft drinks, including flavoured mineral waters?
- If you have milk on the menu is it plain or low fat rather than flavoured?
- Are cold drinks icy cold?
- Is it possible to offer alternative drinks such as Smoothies, Crushies etc?



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