

ADDITIVE FREE

SCHOOL CANTEEN MENU



*Additive
Education*

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The Additive Free School Canteen Menu has been developed using the National Healthy School Canteen Guidelines as a reference for food categories.

The Menu is in line with the Department of Education and Early Childhood Development's *School Canteens and Other School Food Services Policy*.

Please be aware that different States have different School Canteen guidelines regarding food categories and also how frequently certain foods can be served per week/term.

Please refer to your State's Government policy regarding School Canteens and use this Menu as a guide only.

Additive Free School Canteen Menu

Introduction

This Additive Free School Canteen Menu includes canteen options that are free of nasty additives known to cause behaviour, health and learning problems in children. The list is very brief due to the restrictions placed on allowed “healthy” foods under the anti-obesity guidelines for Australian Schools which focus on reducing fat, salt and sugar. We believe canteens can only be truly “healthy” if they adopt low additive guidelines as well. Trials have shown that students do better when they avoid additives. The Federal Government includes a list of additives most likely to be a problem in school lunches within its National Healthy School Canteens Guidelines and these are the additives we suggest canteens avoid.

Nasty Additives

(Sourced from the Food Intolerance Network: www.fedup.com.au)

COLOURS

Artificial

- 102 tartrazine
- 104 quinoline yellow
- 110 sunset yellow
- 122 azorubine, carmoisine
- 123 amaranth
- 124 ponceau, brilliant scarlet
- 127 erythrosine
- 129 allura red
- 132 indigotine, indigo carmine
- 133 brilliant blue
- 142 green S, food green, acid brilliant green
- 143 fast green FCF
- 151 brilliant black
- 155 brown, chocolate brown

Natural

- 160b annatto, bixin, norbixin

PRESERVATIVES

- 200-203 sorbic acid, potassium & calcium sorbates
- 210-213 benzoic acid, sodium, potassium & calcium benzoates
- 220-228 sulphur dioxide, all sulphites, bisulphites, metabisulphites
- 249-252 all nitrates & nitrites
- 280-283 propionic acid, sodium, potassium & calcium propionates

SYNTHETIC ANTIOXIDANTS

- 310-312 all gallates
- 319-321 TBHQ, BHA butylated hydroxyanisole, BHT butylated hydroxytoluene

FLAVOUR ENHANCERS

- 620-625 glutamic acid and all glutamates, MSG monosodium glutamate
- 627 disodium guanylate
- 631 disodium inosinate
- 635 ribonucleotides
- Yeast extract, HVP HPP hydrolysed vegetable or plant protein

FLAVOURS

No numbers since they are trade secrets

Additive Free School Canteen Options

Check labels on all products to ensure there are no nasty additives!

Green Category (Everyday Foods)

Cold foods:

- Sandwiches/rolls/mountain bread wraps (preservative free bread and spreads)
Fillings:
 - egg
 - cheese (reduced fat)
 - freshly cooked chicken (lean, skin free, baked, poached or grilled)
 - tuna in springwater
 - mashed bananaExtras:
 - lettuce, grated carrot, beetroot, tomato, cucumber, avocado, cheese (reduced fat)
- Sushi
 - vegetarian, tuna, salmon

Hot Foods:

- Toasted sandwiches/jaffles (preservative free bread and spreads)
 - cheese (reduced fat) and chicken
 - mashed banana
 - cheese (reduced fat) or light cream cheese with creamed corn
 - baked beans (reduced salt) and cheese (reduced fat)
- Homemade chicken noodle soup (reduced salt stock, lean skin free chicken, vegetables, noodles)
- Baked potato with preservative free light cream cheese, grated carrot, shredded cabbage, spring onion, chopped beetroot
- Homemade pasta/ lasagna (lean mince, tomato based sauce, vegetables, reduced fat cheese)
- Homemade macaroni and cheese (reduced fat cheese, reduced fat milk)
- Homemade cottage pie (lean mince, vegetables)
- Sausage (preservative free failsafe recipe, refer to page 5) in bread (preservative free)

Snack foods:

- Boiled egg
- Corn cobbette
- Carrot, celery, cheese sticks (reduced fat)
- Plain, date, raisin, savoury or vegetable homemade scones
- Vanilla yoghurt (reduced fat)
- Riviana plain air-popped popcorn
- Homemade pikelets 2 per serve with banana/berries/stewed fruit and yoghurt (reduced fat)
- Plain Sakata rice crackers or veggie sticks served with low fat dips – hummus, beetroot, eggplant, avocado, tzatziki
- Fruit cups in 100% juice
- Fresh seasonal fruits (refer to page 6 for list of fruits that are lower in natural chemicals)

Drinks:

- Water
- Nippy's Low Fat Milk Chocolate or Honeycomb 250ml
- Milkshakes (reduced fat milk) flavoured with real fruit ie berries, banana
- Banana or mango yoghurt smoothies (reduced fat)

Additive Free School Canteen Options

Amber Category (Select Carefully)

Hot Foods:

- Homemade hamburger (lean mince, vegetables)
- Homemade sausage rolls (reduced fat pastry, lean mince, vegetables)
- Okka meat and vegetable pie 180g
- Tivall Vegetarian Nuggets 3 per serve

Snack foods:

- Homemade pikelets – 2 per serve with honey/ jam
- Jatz stacks – 4 Jatz crackers with cheese (preservative free and reduced fat)
- Cobs Organic Popcorn 25g
- Cool Pak Popcorn Original 20g
- Koala Popcorn lightly salted 25g
- Fruitwise 100% fruit wraps 14g (Gluten Free)
 - Apple + Apricot
 - Apple + Cherry
 - Apple + Mango & Passionfruit
 - Apple + Strawberry
 - Apple + Tropical Blend (Pineapple, Passionfruit, Banana, Guava, Mango)

Frozen Treats:

- Nestle Peters Dixie Cup Ice-cream
- Juicies frozen fruit tubes 100ml
- Moosies Milk Freeze 100ml Chocolate & Strawberry flavours only (Gluten Free)

Disclaimer – at the time of publication, all products listed in this document are free of nasty additives. Responsibility is with you as the consumer to always read labels to confirm that no nasty additives are present at the time of purchasing.

Additive Free School Canteen Options

Additional Information

Products and Recipes

Many simple recipes can be made additive free to expand this Additive Free School Canteen Menu. Purchase our SAFE Product List for \$15 from our website www.additiveeducation.com.au to provide additional additive free choices for items such as spreads, drinks, icypoles etc. (Note that not all products in the SAFE list will fit within the School Canteen Guidelines.)

For recipe ideas refer to fedup.com.au/recipes and also **The Failsafe Cookbook** by Sue Dengate.

For additive free sausages, [email us](mailto:) for a recipe. Your local butcher shop might be able to make these for you for special BBQ/fundraising days.

Company Details for Pre-Packaged Goods

Nippy's Low Fat Milk

www.nippys.com.au/products/our-range/flavoured-dairy-drinks

Okka Meat and Vegetable Pie (Victoria)

www.okkapiess.com.au/

Tivall Vegetarian Nuggets

www.trialiafoods.com.au/Tivall-Vegetarian-Nuggets

Fruitwise 100% Fruit Wraps

www.fruitwise.com.au/wraps.htm

Juicies Frozen Fruit Tubes

www.futurefoods.co.nz/futurefoods/products.htm

Moosies Milk Freeze

www.futurefoods.co.nz/futurefoods/products.htm

Further Information on Food Additives

Please refer to the following websites for more information on additives:

- Additive Education www.additiveeducation.com.au
- The Food Intolerance Network www.fedup.com.au

Does your school need information, support or advice to make the change to "**Healthy Additive Free**"? Additive Education can help with information packages, presentations to committees, or school canteen menu audits, highlighting the benefits of avoiding additives for your children's health, behaviour and learning.

Additive Free School Canteen Options

Natural Food Chemicals

Natural food chemicals, such as salicylates, are increasing in our food supply and can cause the same problems as additives if consumed in large doses or consumed by sensitive people. This has been well researched by the RPA Hospital Allergy Unit in Sydney. We are eating higher salicylate fruit and vegetables due to increased out-of-season availability and because our fruit and vegetables are bred and picked, firm and unripe, and are also then further concentrated in many processed foods and flavours. The research by the RPAH also looked at amines and glutamates, but salicylates are more common in fruits and vegetables. Some members of your school's community may need to minimise these food chemicals, just as some people observe benefits by avoiding food additives.

Lower Chemical Options - Which fruits and vegetables suit your school community's needs?

Fruits – pears, golden and red delicious apples, rhubarb, bananas and mangoes are safer than grapes, sultanas, oranges, kiwifruit, strawberries, and blueberries.

Vegetables – potatoes, cabbage, green beans, lettuce, Brussels sprouts, carrots, bok choy, and butternut pumpkin are safer than broccoli, tomatoes and silver beet.

Reference:

Royal Prince Alfred Hospital

www.sswahs.nsw.gov.au/rpa/allergy/

Food Intolerance Network

www.fedup.com.au

Additive Free School Canteen Options

Nutrition Australia

www.nutritionaustralia.org

VIC / SA / TAS	(03) 8341 5800
QLD / NT	(07) 3257 4393
WA	(08) 6201 0469
NSW	(02) 4257 9011
ACT	(02) 6162 2583

Canteen Associations

1. Victorian Healthy Eating Advisory

1300 22 52 88 (press 2 for schools)

Email: vheas.schools@nutritionaustralia.org

2. Victorian School Canteen Association (VSCA)

www.vsca.org.au

(03) 9890 4203

VSCA is an independent, not for profit, community based organisation run by schools, for schools.

3. ACT School Canteen Association (ACTSCA)

www.actzca.org.au

(02) 6281 4110

ACTSCA's aim is to support their members in their efforts to operate economically viable canteens providing good food for students.

4. Australian School Canteen Association (ASCA)

www.asca.com.au

(03) 9415 7726

ASCA is a buying and consultancy group who negotiate discounts from companies supplying school canteens. They also provide management and food safety advice for canteens.

5. Queensland Association of School Tuckshops (QAST)

www.qast.org.au

(07) 3324 1511

QAST supports Queensland tuckshops and school communities in their endeavours to offer nutritious, hygienic and economically viable food services. This website provides factsheets and practical information.

6. Tasmanian School Canteen Association (TSCA)

www.tascanteenassn.org.au

(03) 6223 8023

TSCA offers ongoing support and education to school communities of Government and non-Government schools in the areas of canteen foods, policy, links to the curriculum, marketing and promotion, financial management and food safety and hygiene.

6. Western Australia School Canteen Association (Inc)

www.waschoolcanteens.org.au

(08) 9264 5096