Appendices

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Sandwiches, rolls and wraps

Bread ideas: Wholemeal, wholegrain, rolls of different shapes, pita breads, lavash bread, focaccia, Lebanese, rye.

Spreads: Use polyunsaturated or monounsaturated margarines or polyunsaturated mayonnaise. Spread thinly.

Fillings for sandwiches, rolls and wraps include:
- salad (shredded lettuce, grated carrot, tomato, beetroot, cucumber, sprouts)
- grated carrots and sultana

Lean chicken with:
- salad
- coleslaw
- diced celery and natural yoghurt
- low fat mayonnaise served with lettuce
- tandoori flavour, cucumber and yoghurt
- sweet chilli and salad
- satay and salad

Lean red meats:
- roast beef
- minced meat
- lamb kebabs

Egg with:
- low fat mayonnaise and lettuce
- salad

Lean ham with:
- salad
- seeded mustard, tomato, lettuce
- chutney and lettuce

Tuna (in spring water or vegetable oil) with:
- pineapple and lettuce
- tomato and cucumber
- low fat mayonnaise and shallots

### Sandwich and roll fillings – quantity guide
(to assist with ordering and standardised serves)

<table>
<thead>
<tr>
<th>Ingredients per sandwich/roll</th>
<th>10 Sandwiches/rolls</th>
<th>50 Sandwiches/rolls</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salad vegetables</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot grated, 1 tablespoon</td>
<td>2 medium</td>
<td>8 medium</td>
</tr>
<tr>
<td>Lettuce, finely shredded, 2–3 tablespoons</td>
<td>1/4 medium</td>
<td>1 medium</td>
</tr>
<tr>
<td>Tomato, thinly sliced, 2–3 slices</td>
<td>3 medium</td>
<td>15 medium</td>
</tr>
<tr>
<td>Cucumber, 2 slices</td>
<td>1 small</td>
<td>3 large</td>
</tr>
<tr>
<td>Pineapple, thinly sliced, 1 slice</td>
<td>10 slices (1 x 440g)</td>
<td>50 slices (5 x 440g)</td>
</tr>
<tr>
<td><strong>Meat, fish, eggs and alternatives</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked beans, 2 tablespoons</td>
<td>1 x 440g can</td>
<td>2 x 900g cans</td>
</tr>
<tr>
<td>Cheese, sliced, 1 slice</td>
<td>10 slices (250g)</td>
<td>50 slices (1.25kg)</td>
</tr>
<tr>
<td>Cheese, grated, 2 tablespoons</td>
<td>200g</td>
<td>1kg</td>
</tr>
<tr>
<td>Eggs, hard boiled, half an egg mashed with milk/low fat mayonnaise</td>
<td>5 x 60g eggs</td>
<td>25 x 60g eggs</td>
</tr>
<tr>
<td>Ham, sliced, 1 slice</td>
<td>10 slices (250g)</td>
<td>50 slices (1.25kg)</td>
</tr>
<tr>
<td>Meats, cold, sliced, 1 slice</td>
<td>10 slices (250g)</td>
<td>50 slices (1.25kg)</td>
</tr>
<tr>
<td>Chicken meat, free flow, 2 tablespoons</td>
<td>500g</td>
<td>2.5kg</td>
</tr>
<tr>
<td>Tuna, salmon, 1½ –2 tablespoons</td>
<td>1 x 440g</td>
<td>5 x 440g</td>
</tr>
<tr>
<td><strong>Spreads</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td>100g</td>
<td>500g</td>
</tr>
</tbody>
</table>
### Snack ideas

The following table provides some nutritious snack ideas that can be provided in school canteens.

<table>
<thead>
<tr>
<th>Breakfast cereals</th>
<th>Milkshakes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast bars*</td>
<td>Muesli bars*</td>
</tr>
<tr>
<td>Bread sticks</td>
<td>Muffins*</td>
</tr>
<tr>
<td>Bread cases filled with creamed corn, ham and cheese</td>
<td>Muffin bars*</td>
</tr>
<tr>
<td>Bread rolls (hot) filled with reduced fat cheese, chicken and mushroom</td>
<td>Nut &amp; seed combos</td>
</tr>
<tr>
<td>Bread roll and margarine</td>
<td>Nut bars*</td>
</tr>
<tr>
<td>Cereal based bars*</td>
<td>Pikelets (plain, fruit &amp; savoury)</td>
</tr>
<tr>
<td>Cheese (sticks, cubes, slices, cut into shapes)</td>
<td>Pita breads – filled with baked beans and warmed</td>
</tr>
<tr>
<td>Corn cobs</td>
<td>Pizza (muffin or flatbread based)</td>
</tr>
<tr>
<td>Crispbread*</td>
<td>Popcorn (unbuttered, without sugar coating)*</td>
</tr>
<tr>
<td>Custard (reduced fat)</td>
<td>Raisin or fruit bread (plain or toasted)</td>
</tr>
<tr>
<td>Dried fruit packs</td>
<td>Rice cakes</td>
</tr>
<tr>
<td>Fruit bars*</td>
<td>Rice crackers*</td>
</tr>
<tr>
<td>Finger buns (lightly spread)</td>
<td>Salad bags (carrot, celery, egg, cucumber, lettuce and cherry tomatoes)</td>
</tr>
<tr>
<td>Fruit (fresh, frozen or canned)</td>
<td>Scones (plain, fruit, cheese, pumpkin)</td>
</tr>
<tr>
<td>Fruit salad. Try serving with custard or yoghurt.</td>
<td>Soft pretzels*</td>
</tr>
<tr>
<td>Fruit juice based ice blocks (99% juice or more)</td>
<td>Sorbet*</td>
</tr>
<tr>
<td>Fruit in a tub</td>
<td>Sushi</td>
</tr>
<tr>
<td>Fromage–frais type products</td>
<td>Toasted English style muffins</td>
</tr>
<tr>
<td>Frozen fruit pieces (eg pineapple, oranges, grapes, kiwi fruit, watermelon)</td>
<td>Wheat biscuits or water crackers served with reduced fat cheese</td>
</tr>
<tr>
<td>Garlic or herb bread (lightly spread)</td>
<td>Vegetables (sticks, pieces or wedges)</td>
</tr>
<tr>
<td>Ice cream cups*</td>
<td>Yoghurt (fresh, frozen, plain or fruit)</td>
</tr>
<tr>
<td>Jaffles</td>
<td></td>
</tr>
</tbody>
</table>

* Check against Occasional (RED) category

Nutrient Criteria
Successful makeovers – recipe modification

Many recipes call for more fat, sugar and salt than is needed for good flavour and quality. Depending on the recipe, substitute or reduce ingredients to decrease fat, sugar and salt and add ingredients to increase the fibre content and nutritional quality of the food.

Always test the recipe when making a modification. Adjust the ingredients and method until you have a consistent result. Trial samples with students. Write up the recipe on the Recipe template, which includes the ingredients list and instructions as well as the cost of packaging the food. The template is found on the CD-ROM.

When modifying recipes, ask three questions.
1. Can the ingredient be left out?
   Are high fat, salt and sugar ingredients there for appearance, or for flavour or texture?

2. Can the ingredient be decreased?
   Identify the high fat ingredients, such as oil, margarine, butter and cream, ingredients such as syrups, honey and sugars and ingredients that are salty.

3. Can a substitute be used?
   Is there a substitute for any ingredients that can improve the nutritional quality of the food?

### Pikelet Mix

**Dry mix**
- 2 kg plain wholemeal flour
- 1 kg self raising flour
- 4 level tablespoons bicarbonate of soda
- 1 cup brown sugar, firmly packed
- 500g skim milk powder

Mix the dry ingredients together and store in an airtight container.

**Making pikelets**

For each cup of this mixture add 1 egg and 1/2 cup water. This quantity will make 10–12 pikelets. Add more water if the mixture is too thick. Cook on a non stick or lightly oiled griddle or electric frypan. Serve on the same day or freeze.

**Variations**
- top with ricotta cheese and fresh strawberries
- add mashed banana
- add tinned unsweetened apple pieces
- add dried fruit such as sultanas or chopped dates

(Energy 358kJ; Sat. fat 0.6g; Fibre 1.7g)

### Easy Cheese Muffins

1 cup wholemeal self raising flour
1 cup reduced fat, grated cheese
1 cup reduced fat milk

Mix the ingredients together (do not over mix). Spoon into lightly greased patty tins. Sprinkle with a small amount of paprika. Bake in 200° C oven for 10 minutes.

**Variations**

Add chopped parsley or shallots, and chopped semidried tomatoes for colour and flavour.

(Energy 469kJ, Sat. fat 1.6g Fibre 2.3g)
Ideas to reduce total fat and kilojoules

- In many baked goods such as muffins and cakes, try replacing half to all of the fat with unsweetened apple puree or low-fat yoghurt.
- Use baking and grilling as preferred methods of cooking rather than frying.
- Replace whole milk with reduced fat milk.
- Use naturally lower fat cheeses, such as feta or mozzarella, or use reduced fat varieties. 25% fat reduced cheese has good taste and texture and melts well.
- Use reduced fat evaporated milk instead of cream.
- Use natural low fat yoghurt as a substitute for sour cream.
- Choose herbs (eg coriander or parsley) and spices (such as paprika and cumin) that complement the food and add flavour, instead of salt.
- Choose garlic and onion powder (or fresh) rather than garlic and onion salt.
- Do not add salt to the water when cooking pasta, noodles or rice.

Ideas to reduce sugar

- In baked goods such as breads and biscuits reduce sugar by one quarter to one third. Extra spices eg cinnamon or nutmeg or flavouring such as vanilla essence can be added to compensate for reduced sweetness.
- Buy unsweetened frozen fruit or fruit canned in water or its own juice.
- Replace one quarter of the sugar in biscuits, bars and cakes with an equal amount of skim powdered milk. This reduces kilojoules and increases the calcium, protein and some vitamins in the food.
- Keep peel on fruits and vegetables whenever possible.
- Add extra vegetables to sandwiches, burgers, wraps, soups, salads, bread cases and in pizza toppings.
- Add fruits, dried and fresh, to muffins, pikelets/pancakes.
- Substitute wholemeal flour for half of the flour when making breads, muffins, pancakes/pikelets or other grain products.
- Use wholemeal bread for jaffles.
- Use wholemeal/wholegrain English muffins for pizza bases.
- Wholemeal pita breads, filled with salad, can be used as a variation to sandwiches.
- Brown rice makes a tasty ‘microwaved fried rice’.

Ideas to reduce sodium

- Do not add salt to fillings in sandwiches rolls and wraps.
- Gradually reduce the amount of salt in a recipe each time it is made. Customers will adjust to a less salty flavour over time.
- Do not add salt to the water when cooking pasta, noodles or rice.
- Use herbs (eg coriander or parsley) and spices (such as paprika and cumin) that complement the food and add flavour, instead of salt.
- Use garlic and onion powder (or fresh) rather than garlic and onion salt.
Frequently asked questions

Are children and adolescents currently eating too many ‘extra’ (‘Occasionally’) foods?

Childhood and adolescence is a time of growth and development. It is very important that children and young people eat a wide variety of foods from the five basic food groups to ensure that their bodies get all the nutrients they need.

Unfortunately, dietary survey data suggest that children and young people are consuming inadequate types, quantities and varieties of the five basic food groups causing them to miss out on some important nutrients.

At the same time, the number of ‘extra’ foods being consumed is excessive. Research shows that children and young people are consuming at least 30% of their daily energy intake (equivalent to approximately 3–6 serves per day) mainly in the form of biscuits, cakes, sweet and savoury pastries, soft drinks, confectionery and crisps.

The table on page 15 shows the recommended number of serves of ‘extra’ foods. For children 4–11 years no more than 1–2 ‘extras’ should be consumed per day and no more than 1–3 ‘extras’ for 12–18 year olds.

Why is the sale of ‘extras’ (‘Occasionally’) food limited?

If these foods feature prominently in the school canteen or elsewhere as part of school or preschool food supply, it sends a message to our children that they can be eaten every day in unlimited quantities, rather than as ‘Occasional’ foods that need to be limited. We are not helping our children to distinguish between the five basic food groups, which are essential for a healthy diet, and the ‘extras’.

There are many opportunities for the 1–3 serves of ‘extras’ or as we have called them, ‘Occasional’ foods, to be consumed outside school or preschool hours. In today’s society, these foods and drinks are not used as occasional treats. They are consumed regularly by far too many children.

By limiting them to a maximum of two ‘Occasional’ food days per term we are allowing the healthier choices to feature more prominently.

What will I do when a product is supplied without a label?

If a label is not included on an individual product, check the packaging or ask your distributor for the Nutrition Information Panel that must be supplied by manufacturers.

Why are full fat dairy products in the AMBER category?

Dairy foods are a good source of protein, vitamin A, some B vitamins and most notably calcium. Adults and children over 2 years of age are encouraged to choose reduced fat (or low fat) varieties. Full fat dairy products are higher in saturated fat than reduced fat varieties.

Why are saturated fat and sodium included in the ‘Occasionally’ (RED category) Nutrient Criteria tables?

Both these nutrients are listed in the Dietary Guidelines for Children and Adolescents in Australia as components in the diet that should be limited. With regular consumption, high amounts of these in the diet raise the level of blood fats (cholesterol) and increase blood pressure. Both of these are risk factors for heart disease and stroke. It is important to promote good eating habits that reduce consumption of these nutrients early in life, in order to reduce the risk of chronic diseases in the future.
What about artificially sweetened food and drinks?

By choosing foods from The Australian Guide to Healthy Eating, there is no need for artificially sweetened food and drinks to be included. Artificial sweeteners may have their place in diet foods for particular purposes such as students with diabetes, but are not required as part of a healthy diet and may contribute to a dieting mentality among young people. Students should not be led to believe that consuming soft drinks for example, is healthier if the sugar is replaced with an artificial sweetener as they still contain the same amount of acid as normal soft drinks and contribute to dental erosion.

Why are saturated fat and sodium included in the ‘Occasionally’ (RED category) Nutrient Criteria Tables?

Excessive intake of saturated fat and/or sodium in the diet may raise the level of blood fats (cholesterol) and/or increase blood pressure. Both of these are risk factors for heart disease and stroke. By promoting good eating habits that reduce consumption of these nutrients early in life, we can reduce the risk of chronic diseases in the future.

What regulations exist regarding donations of food or fresh produce from community members?

There are no legislated guidelines specific to schools on this matter. The Food Policy and Programs Branch at the SA Health advises there is no reason why schools and preschools cannot accept food donations from community members; however it is important that safe hygiene practices i.e. temperature control, washing of fresh produce etc are practised at all times.

Why are caffeinated drinks not allowed?

Caffeine is an addictive substance which acts as a cardiac and central nervous system stimulant. The risk of withdrawal symptoms from long term consumption of low doses is higher in children than adults (Food Standards Australia New Zealand). As there is inconclusive evidence about a safe level for children, provision of caffeinated beverages is restricted in schools and preschools. The effects on the central nervous system may affect student behaviour and be disruptive to learning. Some beverages such as chocolate milk have negligible amounts of caffeine. These drinks are still permitted but others, such as coffee milks and energy drinks have larger amounts (Guarana is a herbal caffeine source).
## Sample school canteen menu

### ROLLS/ WRAPS or SANDWICHES – made fresh today!
- (White or multigrain available)
- Ham and salad
- Cheese* and salad
- Fresh chicken, avocado, lettuce and mayo
- Curried egg and lettuce
- Tuna and salad
- Felafel, tabouli and hummus

### HOT FOODS
- Spinach and feta roll
- Vegetable pizza*
- Chicken and pineapple jaffle
- Beef or grilled chicken with salad in a burger
- Oven baked wedges with sour cream and chilli sauce*
- Baked potato with baked beans, cheese* and salad

### LUNCH PACKS
- **Tandoori pack**
  - Tandoori chicken, tomato, lettuce, dressing* + flavoured milk
- **Baguette pack**
  - 1/2 cheese* and salad baguette, veggie sticks and hummus, fruit juice
- **Sushi pack**
  - Mixed sushi, dipping sauce and flavoured milk.

### SNACKS
- Flavoured yoghurt *
- Biscuits and cheese* pack
- Fruit salad and yoghurt* in a tub
- Fruit kebab
- Fruit bun
- Fruit and nut pack
- Home-made banana muffin
- Apple
- Orange
- Banana

### DRINKS
- Water, 600 ml
- Orange juice, no added sugar – 250 ml
- Chocolate milk red. fat, 375ml
- Strawberry milk red. fat, 375ml
- Plain milk, 600ml
- Strawberry or mango smoothie (with real fruit)

*Reduced or low fat
Appendix 6

Resources

Right Bite resources available at:

Background

• Department of Education and Children’s Services (DECS) eat well sa schools and preschools healthy eating website
  www.decs.sa.gov.au/eatwellsa includes:
  – DECS eat well sa schools and preschools healthy eating guidelines, 2004
  – An Implementation Tool, to assist in developing a whole of school/preschool healthy eating policy
  – Fact sheets providing further information and resources to assist sites to implement the guidelines.
• Eat Well Be Active Healthy Weight Strategy for South Australia 2006–2010

Recommendations for healthy eating

• The Australian Guide to Healthy Eating (AGTHE)
  This provides information about the types and amounts of food required each day, to obtain all the nutrients essential for good health. To order posters, educator’s resource, consumer booklet and pamphlets, call 1800 020 103 extension 8654 (freecall) or email phd.publications@health.gov.au

Copies can be downloaded from

• Dietary Guidelines for Children and Adolescents in Australia
  This provides recommendations regarding the foods and drinks and lifestyle patterns that promote good nutrition and health. To order brochures, pamphlets and posters call 1800 020 103 extension 8654 or email phd.publications@health.gov.au

Copies can be downloaded from

Food safety, food standards and food labelling

• SA Health Fact Sheet: Food Safety for School Canteens
  http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Protecting+public+health/Food+standards/Resources+f+for+food+businesses/Resources+f+for+food+businesses
  Information Kit for Charities and Community Groups (applicable for school canteens)

• Food Standards Australia and New Zealand
  www.foodstandards.gov.au

• National School Canteen Food Safety Project – Looking after our Kids – Commonwealth Department of Health and Ageing 2002. A video and handbook resource on food handling and hygiene in school canteens was distributed to all schools in 2002.

• Nutrition Panel Calculator (Food Standards Australia New Zealand). This nutrition panel calculator can be used by anyone looking to determine the nutrient content of a food made from scratch. Canteen managers and local food suppliers such as bakers may like to use this tool to determine where a particular food they produce fits on the spectrum. See the following link on the Food Standards Australia New Zealand website
For healthy lifestyle and nutrition information, food and promotional ideas

- Go for 2 and 5® [www.gofor2and5.com.au](http://www.gofor2and5.com.au) is the national fruit and veg campaign website. Includes recipes to increase fruit and vegetable consumption. Further resources and information available on linked websites:
    Contact for brochures such as school lunchbox ideas and Eat Smart Play Smart – a manual for out of school hours care.
  - Children, Youth and Women’s Health Service [www.chdf.org.au](http://www.chdf.org.au)
    Information on healthy eating in schools, school canteens and out of school hours and vacation care.
    Information on teeth, sugar and snack ideas.
  - Nutrition Australia [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Parent organisations

- South Australian Association of State School Organisations Inc
- South Australian Association of School Parent’s Club Inc.

Interstate healthy food and drink in schools strategies

- Western Australia [www.det.wa.edu.au/healthyfoodanddrink](http://www.det.wa.edu.au/healthyfoodanddrink)

**Right Bite CD-Rom**

On the attached CD-ROM you will find all the materials in this guide plus additional templates. The materials are in Adobe Acrobat PDF format (suitable for use on both Windows PC and Apple Macintosh). These materials can be placed on the school server for access by staff and students.

**Materials on the CD-ROM**

- a copy of the Right Bite manual
- Powerpoint presentation for use by schools, preschools, Governing Councils and parents
  - Right Bite Ready Reckoner
  - ‘Occasionally’ (RED category) Nutrient Criteria tables
- Right Bite Food Supply Checklist template
- Right Bite Food Supply Action Planner template
  - Right Bite Menu Replacement template
  - sample Right Bite canteen menu
  - a recipe costing template
- Healthy Canteen Policy template
- School and Preschool Food Supply and Nutrition Policy examples
Viewing materials on the CD-ROM

The material included on the CD-ROM can be viewed on both Windows PC and Apple Macintosh systems.

PDF copies of this manual in both colour and black and white are on the CD-ROM. They can be viewed by using Adobe Acrobat Reader. The colour version of the manual has ‘hyperlinks’ in the contents page. By clicking on these you can quickly move to the section of the manual that you wish to view.

The slide show can be viewed in MS Powerpoint.

The templates included are MS Word files.

When you have finished viewing the material, simply close the window (or select Close from the File menu on your computer).

To print the material to your laser or inkjet printer, please refer to the following instructions.

Printing additional copies

Open the relevant file, then select Print from the File menu on your computer. Click on OK to begin printing the material from your laser or inkjet printer. In the print menu stipulate exactly which pages of the open document you wish to print.

Using templates

The templates are in MS Word format, suitable for use on both Windows PC and Apple Macintosh. Save a copy to your desktop, then type into a new text box or type over existing text to make your changes. The headings and background will not be altered unless you go into the ‘header and footer’ menu. The templates have been designed to be printed on A4 size paper, and are suitable for printing in colour or black and white.

About Adobe Acrobat Reader

To view some files you will need to have Adobe Acrobat Reader installed on your computer. You can download a free version from www.adobe.com/products/acrobat/readstep2