



# ACT School Canteen Buyers' Guide 2023

A list of Healthy Kids Registered Products  
that meet the National Healthy School  
Canteen Guidelines.

*The  
easy way*  
**TO BUILD  
YOUR MENU**





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# National Healthy School Canteen Guidelines

Schools in the Australian Capital Territory follow the National Healthy School Canteen Guidelines (the Guidelines), which aim to help canteen managers make healthy food and drink choices for their school canteens. The Guidelines are based on the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.

As per the ACT Public School Food and Drink Policy, the Guidelines apply to the sale of food and drinks in school canteens and to all ACT public school activities and events.

For more information on the National Healthy School Canteen Guidelines, visit: [healthy-kids.com.au/canteen-guidelines/act-school-canteens/](http://healthy-kids.com.au/canteen-guidelines/act-school-canteens/)



## The Traffic Light System

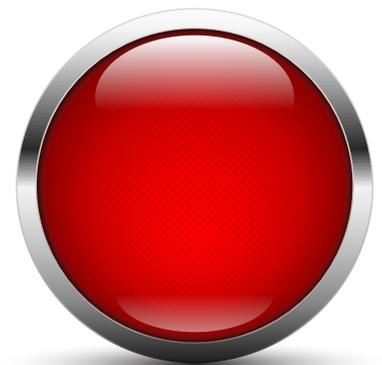
The National Healthy School Canteen Guidelines use a Traffic Light System to classify foods and drinks as **GREEN**, **AMBER** or **RED** based on their nutritional value.



**GREEN** foods and drinks are the best choices for the school canteen and should therefore be encouraged and promoted. They contain a wide range of nutrients and are generally lower in saturated fat, sodium (salt), and/or sugar. **GREEN** foods and drinks fall into the five food groups and should make up the majority of the menu.



**AMBER** foods and drinks contain some nutritional value, but generally contain higher amounts of saturated fat, sodium (salt) and/or sugar. Consumption of **AMBER** items in large amounts can result in excess energy (kilojoule) intake and should therefore be provided in smaller serve sizes and should not dominate your menu.



**RED** foods and drinks lack adequate nutritional value and are typically high in energy (kilojoules), saturated fat, sodium (salt) and/or sugar. They are not essential for a healthy diet and therefore should not be on the canteen menu.

# About the Buyers' Guide

The ACT School Canteen Buyers' Guide (Buyers' Guide) is a tool that assists ACT schools to select products for their canteen menu in line with the National Healthy School Canteen Guidelines (the Guidelines).

Food and drink companies have the opportunity to register their products annually for inclusion in the Buyers' Guide.

To ensure that only the healthiest products are included in the Buyers' Guide, products must first meet the Healthy Kids Nutrient Standard 2023: [healthy-kids.com.au/healthy-kids-nutrient-standard-2023/](https://healthy-kids.com.au/healthy-kids-nutrient-standard-2023/).

Products that meet the Healthy Kids Nutrient Standard 2023 are then assessed against the Guidelines and are classified as **GREEN**, **AMBER** or **RED**. Only **GREEN** and **AMBER** products are included in the Buyers' Guide.

The Buyers' Guide is not an exhaustive list of products that meet the Guidelines, however all products in the Buyers' Guide can be sold in ACT school canteens.

## How to Read the Buyers' Guide

Sample listing:

**CATEGORY AND SUBCATEGORY**

Products are sorted by category, subcategory and company to make them easy to find. e.g. all ≥99% Fruit Juice Slushies are grouped together within the Drinks category. Subcategories are grouped according to the nutrient criteria used to assess them.

**SUBCATEGORY NOTE**

A note is added when a product must be served in a certain way in order to receive the classification that has been listed.

**PRODUCT CODE**

The unique product codes have been provided by the company. Products with more than one pack size listed, or that do not have a product code, have N/A listed in this column.

### DRINKS

≥99% Fruit Juice Slushies

Maximum serve size 200mL

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Blizzard Australia</b> NAT 02 9540 3700 ACT 0417 499 920 sales@blizzardfd.com www.blizzardfd.com		Blizzard Fruitz - Arctic Fruit	5L	BFAFRS	●
		Blizzard Fruitz - Fruit Burst	5L	BFFBRS	●
		Blizzard Fruitz - Green Apple	5L	BFGARS	●
		Blizzard Fruitz - Orange Crush	5L	BFOCRS	●
		Blizzard Fruitz - Strawberry	5L	BFSBRS	●

**COMPANY DETAILS**

The name of the company. Use the contact details provided in the Buyers' Guide to order or enquire about products.

**NEWLY REGISTERED**

Products registered for the first time in the Healthy Kids Product Registration Scheme in 2023 are listed as "NEW".

**PRODUCT**

The product name and flavour/variety of Healthy Kids Registered Products.

**PACK SIZE**

The size of the product registered with Healthy Kids. These may be individual portions or bulk packs.

**COLOUR CODING**

● **GREEN Products**  
 ● **AMBER Products**

The colour coding given to each product is based on how the product is classified against the National Healthy School Canteen Guidelines.

**Disclaimer:** Healthy Kids Association has undertaken a process to ensure the information in this Buyers' Guide is accurate and reliable at the date of publication, however there may be instances where state and territory guidelines and policies are updated throughout the year, or products are reformulated and no longer meet criteria. It is the purchaser's responsibility to decide the suitability of each product for their school and canteen setting. Healthy Kids Association is not liable for products purchased. The information contained in this Buyers' Guide is based on information provided by companies and on product labels. See the Buyers' Guide page on our website for information on and changes to product classifications throughout the year.



**Healthy Kids Association is dedicated to empowering children and their families with knowledge about nutrition and healthy eating to make the best decisions for their health – now and for a healthy future.**

**We achieve impact by focusing on where children are learning about health and where they are making decisions about food and nutrition. This includes at the canteen, at school, and at home.**

**For canteens**, we provide information, support and advice to ensure canteens are able to offer and promote high quality and nutritious choices to school students to fuel healthy bodies and minds.

**For schools**, we focus on supporting the creation of a healthy learning environment, with high quality information, resources, programs and advice designed to help schools deliver messages around nutrition. We make sure these messages get home through communication with parents/carers and empower children to make changes in their own lives.

Our membership program is an integral part of delivering this support through canteens, schools and families.

We also drive change that will directly impact children and families by working with the Government, food industry and other health promotion organisations to promote our core mission and messages. We pride ourselves on working hand in hand with our partners to grow our impact.

While our key focus is on children and families in NSW and the ACT, Healthy Kids Association also works nationally to promote nutrition and healthy eating through our partnerships, particularly with the food industry.

**Get in touch with our team anytime:  
(02) 9876 1300, or email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)**

**Our mission:**  
**Influence industry and government, support healthy learning environments, educate kids and families, inspire communities and create healthy habits for life.**

# ACT Healthy Kids Expo 2023

Healthy Kids Association is pleased to bring back our celebrated Healthy Kids Exhibition and Training Day in 2023.

## Exhibition Theme

“Sustainable futures – environmental consciousness and health and wellbeing for our children”

It's the small changes that can have a BIG impact on a sustainable future. Whether it be healthier and tasty food options, environmentally conscious choices, sustainable serving materials and innovative, fresh ideas, the choices we make now can benefit our children and communities in the future.

## When & Where

Tuesday 23rd May 2023 | 9am to 3pm  
Thoroughbred Park, Lyneham

## About the Day

As well as an exhibition hall, Healthy Kids will also host seminars, workshops and cooking demonstrations to help advise canteens and schools on operational issues, provide advice on serving and preparing nutritious food, and enhancing a healthy learning environment in schools. Attendees are also provided with showbags full of goodies provided by our sponsors and exhibitors.

## Register to attend:

Fill out a Delegate Application Form on the Healthy Kids website: [healthy-kids.com.au/delegate-application/](https://healthy-kids.com.au/delegate-application/)



## Further Information – please contact us:

Phone: (02) 9876 1300

Email: [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)

# Is your school experiencing the benefits?

As a member of Healthy Kids Association, your school and canteen will have access to all the right advice and guidance to help you create a healthy learning environment for your students.

## What's included in membership:

**Access to Healthy Kids Online. This huge online resource centre includes:**

- Everything you need for running a successful canteen in line with your state/territory canteen guidelines
- Kid friendly recipes
- Healthy and fun activities for kids
- Classroom resources for teachers
- Information for parents/carers

**Schools can SAVE with a 3 year membership!**

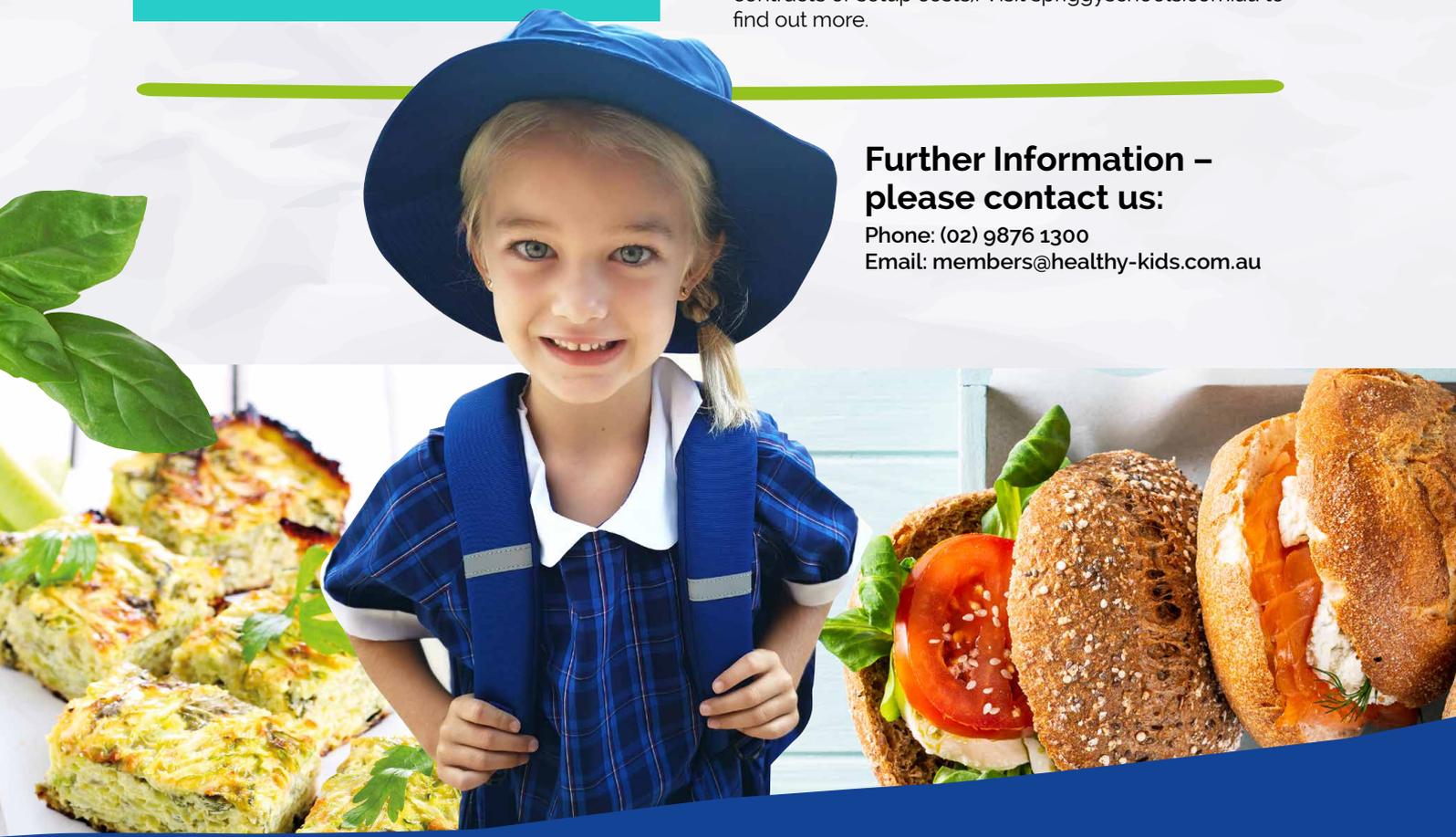
### PLUS

- Free tickets to the ACT Healthy Kids Expo 2023
- Receive two Healthy Kids Members Magazines per year
- A membership certificate for display
- Access to Accredited Practising Dietitians, Nutritionists and Health Promotion Officers via our advice line
- Free advertising for all canteen positions vacant across Healthy Kids web and social media platforms
- Regular emails packed with the latest news, advice, videos, recipes, programs, webinars, events and offers
- Access to exclusive partner offers including: Sign up to use Spriggy Schools for online ordering and have your first term of transaction fees completely waived, instantly saving you hundreds of dollars! (There are no deadlines, lock-in contracts or setup costs). Visit [spriggyschools.com.au](http://spriggyschools.com.au) to find out more.

### Further Information – please contact us:

Phone: (02) 9876 1300

Email: [members@healthy-kids.com.au](mailto:members@healthy-kids.com.au)



# COLD FOODS

## Breads and Alternatives – Breads/Rolls

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Bakers Maison Australia</b> NAT 02 8707 7777 info@bakersmaison.com.au www.bakersmaison.com.au		Baguette Demi White	48 x 140g	11153A	●
		Hot Dog Milk Bun Roll	60 x 95g	14930	●
		Medium Turkish Round Roll	60 x 125g	11850	●
		Milk Bun	80 x 80g	14932	●
<b>George Weston Foods Limited T/A Tip Top Foodservice</b> NAT 1800 086 926 www.tiptop-foodservice.com.au		Abbott's Bakery - Country Grains	800g	911	●
		Abbott's Bakery - Dark Rye	700g	921	●
		Abbott's Bakery - Farmhouse Wholemeal	750g	865	●
		Abbott's Bakery - Gluten Free Mixed Seeds	500g	733	●
		Abbott's Bakery - Gluten Free Mixed Seeds (Frozen Carton)	6 x 500g	9111	●
		Abbott's Bakery - Gluten Free Sourdough Grains & Seeds	500g	799	●
		Abbott's Bakery - Gluten Free Soy & Linseed	500g	732	●
		Abbott's Bakery - Gluten Free Soy & Linseed (Frozen Carton)	6 x 500g	9109	●
		Abbott's Bakery - Gluten Free Wholemeal	500g	797	●
		Abbott's Bakery - Harvest Seeds & Grains	750g	872	●
		Abbott's Bakery - Light Rye	680g	866	●
		Abbott's Bakery - Rustic White	700g	910	●
		Abbott's Bakery - Sourdough Grains & Seeds	760g	924	●
		Abbott's Bakery - Sourdough Rye	760g	925	●
		Tip Top - English Muffins - 6 pack	400g	4150	●
		Tip Top - English Muffins (Frozen Carton)	6 x 400g	9328	●
		Tip Top - Hamburger Buns - 6 pack	6 x 87g	2478	●
		Tip Top - Hamburger Buns (Frozen Carton)	72 x 87g	9772	●
		Tip Top - Hot Dog Rolls - 6 pack	6 x 75g	2476	●
		Tip Top - Hot Dog Rolls (Frozen Carton)	54 x 85g	9611	●
		Tip Top - Multigrain Sandwich (Frozen Carton)	6 x 700g	9325	●
		Tip Top - White Sandwich (Frozen Carton)	6 x 700g	9323	●
		Tip Top - Wholemeal Sandwich (Frozen Carton)	6 x 700g	9324	●
		Tip Top 9 Grain - Original	700g	357	●
		Tip Top 9 Grain - Wholemeal	750g	359	●
		Tip Top Sandwich Thins - Lightly Seeded 6 pack	240g	702	●
		Tip Top Sandwich Thins - Original 6 pack	240g	700	●
	Tip Top Sandwich Thins - Wholemeal 6 pack	240g	701	●	
	Tip Top Sunblest - Soft Multigrain Sandwich	650g	162	●	

## Breads and Alternatives – Breads/Rolls (continued)

Company Details	New	Product	Pack Size	Product Code	Classification
<b>George Weston Foods Limited</b> <b>T/A Tip Top Foodservice</b> NAT 1800 086 926 www.tiptop-foodservice.com.au		Tip Top Sunblest - Soft White Sandwich	650g	227	●
		Tip Top Sunblest - Soft Wholemeal Sandwich	650g	154	●
		Tip Top The One - Soft White Sandwich	700g	486	●
		Tip Top The One - White Toast	700g	487	●
		Tip Top The One - Wholemeal Sandwich	700g	507	●

## Cheese

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Galbani Mozzarella Cheese Shredded	2kg	163900	●
	NEW	Galbani Pizza Blend Shredded	2kg	107340	●
		Président Tasty Cheese Shredded	2kg	163700	●
		Président Tasty Cheese Sliced	1.5kg	166900	●

## Legumes

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Simplot Australia</b> NAT 1800 061 279 ACT 02 9741 2800 foodservice.query@simplot.com.au www.simplotfoodservice.com.au		Edgell Canned Black Beans	10 x 400g	10865	●
		Edgell Canned Black Beans	3 x 3.05kg	12463	●
		Edgell Canned Chick Peas	10 x 400g	42670	●
		Edgell Canned Chick Peas	3 x 3.05kg	11375	●
		Edgell Canned Four Bean Mix	3 x 3.05kg	11376	●
		Edgell Canned Four Bean Mix, No Added Salt	10 x 400g	11838	●
		Edgell Canned Mexican Mix (Black Beans, Pinto Beans, Red Kidney Beans)	3 x 3.05kg	12464	●
		Edgell Canned Red Kidney Beans	10 x 400g	11653	●
		Edgell Canned Red Kidney Beans	3 x 3.05kg	11377	●
	NEW	Edgell Snacktime Black Beans & Charred Corn with Lime and Herbs	70g	12810	●
NEW	Edgell Snacktime Chickpeas with Zesty Vinaigrette	70g	12572	●	

## Meat Products and Alternatives – Not Crumbed

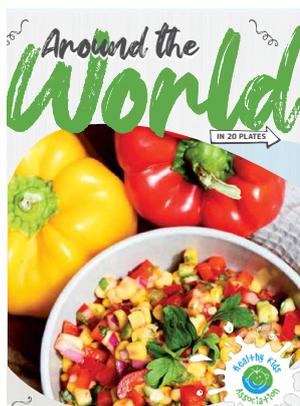
Company Details	New	Product	Pack Size	Product Code	Classification
<b>M &amp; J Chickens Pty Ltd</b> NAT 1300 262 635 info@mandjchickens.com.au www.mandjchickens.com.au		Chargrilled Breast Fillet	15 x 180g	CCGB120	●
		Chargrilled Breast Half Cut	15 x 120g	CCGB120C	●

## Meat Products and Alternatives – Processed Luncheon Meats

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Ingham's</b> NAT 1300 464 426 www.ingham.com.au		Diced Roasted Chicken Meat - Gluten Free	1kg	0009810	●
		Healthy Select Turkey	2kg	7750300	●
		Red Gum Smoked Turkey Breast Roll	2.2kg	7904100	●
		Roasted Chicken Meat - Short Sliced, Gluten Free	1kg	0009811	●
<b>Steggles</b> NAT 1300 137 372 ACT 02 9842 1111 info@baiada.com.au www.steggles.com.au		Oven Roasted Diced Chicken	6 x 1kg	55975	●
		Oven Roasted Sliced Chicken	6 x 1kg	55974	●

## Vegetables – Canned and Frozen

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Simplot Australia</b> NAT 1800 061 279 ACT 02 9741 2800 foodservice.query@simplot.com.au www.simplotfoodservice.com.au		Edgell Canned Corn Kernels	15 x 420g	42663	●
		Edgell Canned Creamed Corn	15 x 420g	42662	●
		Edgell Canned Diced Beetroot	3 x 3kg	10137	●
		Edgell Canned Sliced Beetroot	3 x 3kg	10132	●
		Edgell Frozen Broccoli Florets	6 x 1.5kg	42096	●
		Edgell Frozen Carrot Rings	6 x 2kg	40207	●
		Edgell Frozen Cauliflower Florets	6 x 2kg	40230	●
		Edgell Frozen Chopped Onion	6 x 2kg	40273	●
		Edgell Frozen Corn Kernels	6 x 2kg	40242	●
		Edgell Frozen Cross Cut Beans	6 x 2kg	40107	●
		Edgell Frozen Diced Carrot	6 x 2kg	40210	●
		Edgell Frozen Mixed Vegetables	6 x 2kg	40259	●
		Edgell Frozen Peas	6 x 2kg	40009	●
		Edgell Frozen Whole Baby Beans	6 x 2kg	40074	●



Looking for menu inspiration from cuisines all around the globe?

Check out our **Around the World in 20 Plates** recipe book!

[healthy-kids.com.au/around-the-world-in-20-plates/](http://healthy-kids.com.au/around-the-world-in-20-plates/)





# Steggles@School

## HEALTHY KIDS REGISTERED PRODUCTS



### Tempura Chicken Pops

Piece Size : 5 -7g  
Packaging : 6 x 1kg



### Tempura Chicken Dino Snacks

Piece Size : 20g  
Packaging : 6 x 1kg



### Tempura Chicken Crackles

Piece Size : 20g  
Packaging : 6 x 1kg



### Crumbed Chicken Burger

Piece Size : 84g  
Packaging : 6 x 1kg



### Chicken Breast Goujons

Piece Size : 20g  
Packaging : 6 x 1kg



### Sweet Chilli Chicken Tenders

Piece Size : 63g  
Packaging : 6 x 1kg



### Chicken Breast Wedges

Piece Size : 32g  
Packaging : 6 x 1kg



### Oven Roasted Diced Chicken

Piece Size : Free Flow  
Packaging : 6 x 1kg



### Premium Chicken Breast Nuggets

Piece Size : 23g  
Packaging : 6 x 1kg



### Oven Roasted Sliced Chicken

Piece Size : Free Flow  
Packaging : 6 x 1kg



### Tempura Chicken Breast Nuggets

Piece Size : 20g  
Packaging : 6 x 1kg



### Classic Crumb Chicken Tenders

Piece Size : 63g  
Packaging : 6 x 1kg



# HOT FOODS

## Baked Beans and Spaghetti

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Kraft Heinz</b> NAT 1800 788 879 foodserviceau@kraftheinz.com www.kraftheinzfoodservice.com.au	NEW	Heinz Banz Baked Beans in Tomato Sauce	3 x 2.95kg	00737	●
	NEW	Heinz Spaghetti in Tomato Sauce & Cheese	3 x 2.95kg	00742	●

## Meat Products and Alternatives – Crumbed and Not Crumbed

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		HARVEST GOURMET Sensational Burger	2 x 2kg	12451219	●
		HARVEST GOURMET Sensational Ground Mince	6 x (2x500g)	12481580	●
		HARVEST GOURMET Vegetarian Chargrilled Pieces	2 x 2kg	12451205	●
<b>Patties Foods Pty Ltd</b> NAT 1800 650 069 info@patties.com.au www.pattiesfoods.com.au	NEW	Leader - Falafel Bites	1kg	1100009	●
	NEW	Leader - Fish Cakes	32 x 100g	1100008	●
<b>Simplot Australia</b> NAT 1800 061 279 ACT 02 9741 2800 foodservice.query@simplot.com.au www.simplotfoodservice.com.au		Captain's Catch Crumbed Fish - 24 x 110g / 24 x 140g	N/A	NA	●
		Captain's Catch Crumbed Whiting	24 x 110g	12335	●
		I&J Crispy Battered Hoki Fillets - 60 x 50g / 22 x 140g	N/A	N/A	●
		I&J South American Crispy Battered Flathead Fillets	60 x 50g	45631	●
<b>Steggles</b> NAT 1300 137 372 ACT 02 9842 1111 info@baiada.com.au www.steggles.com.au		Chicken Breast Goujons	6 x 1kg	56362	●
		Chicken Breast Wedges	6 x 1kg	56281	●
		Classic Crumb Chicken Tenders	6 x 1kg	54124	●
		Crumbed Chicken Burger	6 x 1kg	56613	●
		Premium Chicken Breast Nuggets	6 x 1kg	56282	●
		Sweet Chilli Chicken Tenders	6 x 1kg	56411	●
		Tempura Chicken Breast Nuggets	6 x 1kg	56280	●
		Tempura Chicken Crackles	6 x 1kg	54292	●
		Tempura Chicken Dino Snacks	6 x 1kg	56754	●
	Tempura Chicken Pops	6 x 1kg	54293	●	

Visit our **Canteen Recipes Search Tool** for ideas on how to use Healthy Kids Registered Products in kid-friendly recipes!  
[healthy-kids.com.au/canteen-recipes/](http://healthy-kids.com.au/canteen-recipes/)



## Oven-baked Potato Products

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Simplot Australia</b> NAT 1800 061 279 ACT 02 9741 2800 foodservice.query@simplot.com.au www.simplotfoodservice.com.au		Edgell Choice 10x13mm Chips	4 x 3.5kg	43084	●
		Edgell Hashbrown Triangles	6 x 2kg	40270	●
		Edgell Oval Hashbrowns	6 x 2kg	45199	●
		Edgell Supa Crunch Ultrafast Chips	6 x 2kg	40729	●

## Pasta – Plain

Company Details	New	Product	Pack Size	Product Code	Classification
<b>San Remo</b> NAT 08 8334 8200 ACT 02 9757 7800 orders@sanremo.com.au www.sanremo.com.au		San Remo Penne #18	5kg	01001805	●
		San Remo Spaghetti #5	5kg	01000505	●
		San Remo Wholemeal Spirals #131	5kg	01013105	●

## Pizza-style Products

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Ingham's</b> NAT 1300 464 426 www.inghams.com.au		Roundas Pizza	130g	0009410	●
	<b>Oz Bake Pty Ltd</b> NAT 1300 692 253 info@ozbake.com.au www.ozbake.com.au		Pizza Wrap - BBQ Chicken	170g	BBQ
		Pizza Wrap - Cheese	160g	CHEESE	●
		Pizza Wrap - Hawaiian	170g	HAWAIIAN	●
		Pizza Wrap - Meat (Lamb)	160g	MEAT	●
		Pizza Wrap - Meat & Cheese	170g	MC	●
		Pizza Wrap - Vegetarian	160g	VEG	●

Do you need assistance in working out the cost and sales price of a recipe?

Perhaps some templates to keep track of costs in the canteen? We have just the resource for you – check out our **Recipe Pricing Tool!**

[healthy-kids.com.au/managing-a-canteen/recipe-pricing/](http://healthy-kids.com.au/managing-a-canteen/recipe-pricing/)

1. Recipe costing

**Menu Item: Chicken Fried Rice**

Ingredients & packaging	Quantity	Unit
Date costed: 17-05-2019	0.850	kg
White rice	1.000	kg
Mixed vegetables, frozen	0.250	kg
Onion	0.100	
Soy Sauce	1.000	
Chicken breast	20.000	
Container	20.000	
Spoon		
<b>Total cost of recipe</b>		
<b>Number of serves from this recipe</b>		
<b>Cost per serve</b>		
<b>Sale price</b>		
<b>Food cost %</b>		



For information about Food Service head to [sanremo.com.au/food-services/](http://sanremo.com.au/food-services/)

@SanRemoPasta 5kg San Remo Spaghetti #5 - PRODUCT CODE: 01000505

**We're family.**

**MRS MAC'S**  
Lite'n UP

EST. 1954

3.5 HEALTH STAR RATING

**A range of healthier options perfect for schools.**

- REDUCED SALT CONTENT\*
- REDUCED FAT CONTENT\*

**HEALTHY KIDS REGISTERED PRODUCT**  
www.healthy-kids.com.au

\* Salt and Fat content is reduced by at least 25% v's standard Mrs Mac's equivalent products.

**HEALTHY KIDS ASSOCIATION**

CHECK OUT THE

**WHAT'S NEW PAGE**

on the Healthy Kids website for additional foods and drinks that are registered in the Healthy Kids Product Registration Scheme throughout the year!

[healthy-kids.com.au/whats-new/](http://healthy-kids.com.au/whats-new/)

## Ready-to-eat Meals

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Good Food Hero</b> NAT 1300 934 456 customerservice@goodfoodhero.com.au www.goodfoodhero.com.au		Beef Bolognese - Catering	10 x 1kg	G20005	●
		Beef Korma - Catering	10 x 1kg	G20000	●
		Beef Korma with Basmati Rice	220g	G10040	●
		Beef Nacho Mince - Catering	10 x 1kg	G20007	●
		Bolognese Pasta Bake	220g	G10052	●
		Bolognese Pasta Bake	320g	G10053	●
		Butter Chicken - Catering	10 x 1kg	G20009	●
		Butter Chicken with Rice	220g	G10054	●
		Butter Chicken with Rice	320g	G10056	●
		Cheesy Vegetable Pasta Bake	220g	G10198	●
		Coconut Chicken Thai Curry - Catering	10 x 1kg	G20022	●
		Coconut Chicken Thai Curry with Jasmine Rice	220g	G10116	●
		Coconut Chicken Thai Curry with Jasmine Rice	320g	G10117	●
		Indian Spiced Potato & Cauliflower Curry with Pulao Rice	220g	G10196	●
		Macaroni and Cheese - Catering	3 x 2kg	G20070	●
		Macaroni Cheese	220g	G10194	●
		Roasted Eggplant Curry with Lemon Rice	220g	G10199	●
		Split Pea & Lentil Dhal	10 x 1kg	G20045	●
		Split Pea & Lentil Dhal with Basmati Rice	220g	G10232	●
	Thai Fried Rice with Chicken	220g	G10243	●	
<b>M &amp; J Chickens Pty Ltd</b> NAT 1300 262 635 info@mandjchickens.com.au www.mandjchickens.com.au		Butter Chicken	2kg	GOLDBUT	●
<b>Vesco Foods</b> NAT 08 9273 6100 generalenquiries@vescofoods.com.au www.enricos.com.au		Enrico's Beef Lasagne	220g	71678	●
		Enrico's Chicken Fried Rice	200g	71672	●
		Enrico's Honey Soy Chicken	200g	71671	●
		Enrico's Macaroni Cheese Pasta	200g	71688	●
		Enrico's Spaghetti & Meatballs	200g	71675	●
		Enrico's Twista Pasta Bolognese	200g	71677	●

## Advertise canteen jobs

Did you know that members of Healthy Kids Association can advertise vacant canteen positions for FREE via our website and social media channels? To advertise positions available in your canteen, email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au) with information about the role, and our team will take care of the rest! To view the latest jobs available, visit Canteen Corner at [healthy-kids.com.au](http://healthy-kids.com.au).



Butter Chicken with rice



macaroni and cheese



bolognese pasta bake



coconut chicken Thai curry



WE'RE ALL ABOUT DELICIOUS, NOURISHING, HOME-STYLE MEALS AND SNACKS DELIVERED TO YOUR SCHOOL CANTEEN.

## Savoury Pastries

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Balfours Bakery</b> NAT 08 8368 5300 ACT 02 9757 7800 orders@balfours.com.au www.balfours.com.au		Balfours Better Bite Beef Pie	24 x 180g	5901	●
		Balfours Better Bite Pasty	12 x 140g	5909	●
		Balfours Better Bite Pizza Pie	24 x 180g	5904	●
		Balfours Better Bite Potato Pie	24 x 180g	5900	●
		Balfours Better Bite Sausage Roll	20 x 120g	07008	●
<b>Earlyrise Baking Co</b> NAT 02 6884 6878 sales@earlyrisebaking.com.au www.earlyrisebaking.com.au		Village Lifestyle Chicken & Vegetable Pie	18 x 160g	2644	●
		Village Lifestyle Party Pie - Beef	72 x 60g	2629	●
		Village Lifestyle Party Sausage Roll - Beef	96 x 55g	2631	●
		Village Lifestyle Pie - Beef	24 x 200g	2625	●
		Village Lifestyle Pie - Beef	28 x 160g	2640	●
		Village Lifestyle Sausage Roll - Beef	36 x 120g	2624	●
		Village Lifestyle Snack Pie - Beef	32 x 85g	2620	●
		Village Lifestyle Steak & Potato Pie	12 x 200g	2645	●
<b>Mrs Mac's</b> NAT 08 9442 5222 www.mrsmacs.com.au		Lite'n Up Beef Pie	175g	13701	●
		Lite'n Up Sausage Roll	120g	43701	●
<b>Patties Foods Pty Ltd</b> NAT 1800 650 069 info@patties.com.au www.pattiesfoods.com.au		Four'N Twenty - Beef Traveller Pie	160g	1000520	●
		Four'N Twenty - Lite Meat Pie	175g	1001211	●
		Four'N Twenty - Traveller Hi-Protein Beef	160g	1100610	●
		Patties - Chickpea, Spinach & Caramelised Onion Rolls	38g	1004396	●
		Patties - Lite Party Pies, Beef	42g	1003951	●

## Soups

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Kraft Heinz</b> NAT 1800 788 879 foodserviceau@kraftheinz.com www.kraftheinzfoodservice.com.au	NEW	Heinz Minestrone Soup	36 x 180g	03295	●

## Vegetables – Mashed

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		MAGGI Gluten Free Mashed Potato Instant Mix 4kg / 7kg	N/A	N/A	●
		MAGGI Gluten Free Natural Mashed Potato Instant Mix	2kg	12314698	●
<b>Unilever Australia Limited</b> NAT 1800 622 039 www.ufs.com	NEW	KNORR Instant Mashed Potato Mix GF	7kg	61037310	●
	NEW	KNORR Potato Flakes GF	4kg	67553127	●
	NEW	KNORR Sweet Potato Mash Mix GF	4kg	20233086	●

# SNACKS

## Breads and Alternatives – Pikelets and Pancakes

Company Details	New	Product	Pack Size	Product Code	Classification
<b>George Weston Foods Limited</b> <b>T/A Tip Top Foodservice</b> NAT 1800 086 926 www.tiptop-foodservice.com.au		Golden Pancakes - 5 pack (Frozen Carton)	5 x 360g	9066	●
		Golden Pikelets - 8 pack	200g	4603	●

## Breads and Alternatives – Raisin and Fruit Breads

Company Details	New	Product	Pack Size	Product Code	Classification
<b>George Weston Foods Limited</b> <b>T/A Tip Top Foodservice</b> NAT 1800 086 926 www.tiptop-foodservice.com.au		Tip Top - Cafe Raisin Toast Thick	650g	436	●
		Tip Top - Raisin Toast	520g	435	●
		Tip Top - Super Thick Raisin Toast (Frozen Carton)	6 x 650g	9327	●

## Breakfast Cereals

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		MILO Breakfast Cereal 350g / 700g	N/A	N/A	●
		MILO Duo Cereal 340g / 660g	N/A	N/A	●
		MILO Protein Breakfast Cereal	600g	12467939	●
		MORNING SUN Natural Style Muesli 97% Fat Free Fruit Muesli	650g	12352622	●
		MORNING SUN Natural Style Muesli Apricot & Almond	650g	12352624	●
		NESQUIK Breakfast Cereal	650g	12050429	●
		UNCLE TOBYS Cheerios Honey	570g	12209470	●
		<b>NEW</b> UNCLE TOBYS Cheerios Low Sugar Vanilla	510g	12502712	●
		UNCLE TOBYS Cheerios Original 4 Wholegrain 320g / 580g	N/A	N/A	●
		UNCLE TOBYS Fruity Bites Wildberry	500g	12094797	●
		UNCLE TOBYS Natural Style Swiss Muesli	1kg	12048359	●
		UNCLE TOBYS Oat Flakes	640g	12094781	●
		UNCLE TOBYS Oats Ancient Grains	700g	12300656	●
		UNCLE TOBYS Oats Quick 500g / 1kg	N/A	N/A	●
		UNCLE TOBYS Oats Quick Cups Creamy Honey	12 x 50g	12200813	●
		UNCLE TOBYS Oats Quick Sachets Apple Cinnamon	10 x 35g	12463036	●
		UNCLE TOBYS Oats Quick Sachets Berry Variety Pack	10 x 35g	12462998	●
	UNCLE TOBYS Oats Quick Sachets Big Bowl Banana & Honey	8 x 46g	12463038	●	
	UNCLE TOBYS Oats Quick Sachets Big Bowl Creamy Honey	8 x 46g	12463013	●	

## Breakfast Cereals (continued)

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		UNCLE TOBYS Oats Quick Sachets Big Bowl Original	8 x 46g	12463047	●
		UNCLE TOBYS Oats Quick Sachets Brown Sugar & Cinnamon	10 x 35g	12463016	●
		UNCLE TOBYS Oats Quick Sachets Classics Variety Pack	10 x 35g	12462999	●
		UNCLE TOBYS Oats Quick Sachets Creamy Honey 10 x 35g / 20 x 35g	N/A	N/A	●
		UNCLE TOBYS Oats Quick Sachets Creamy Vanilla	10 x 35g	12463022	●
		UNCLE TOBYS Oats Quick Sachets Fruit Variety Pack	10 x 35g	12463017	●
		UNCLE TOBYS Oats Quick Sachets High Fibre	8 x 40g	12463046	●
		UNCLE TOBYS Oats Quick Sachets Original	10 x 34g	12200383	●
		UNCLE TOBYS Oats Traditional 500g / 1kg	N/A	N/A	●
		UNCLE TOBYS Shredded Wheat	270g	12359711	●
		UNCLE TOBYS Vita Brits 375g / 1kg	N/A	N/A	●
		UNCLE TOBYS Vita Weeties Original	700g	12464086	●
<b>Sanitarium The Health Food Company</b> NAT 02 4348 7777 CustomerRelations@sanitarium.com.au www.sanitarium.com.au		Weet-Bix - Original 31g / 375g / 575g / 1.12kg / 1.2kg	N/A	N/A	●
		Weet-Bix Bites - Crunch Honey	510g	80130	●
		Weet-Bix Bites - Wild Berry	500g	80128	●
		Weet-Bix Gluten Free - Original	375g	80487	●

## Breakfast Cereal Snacks

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Good Food Partners</b> NAT 03 9765 2100 ACT 1800 569 366 www.goodfoodpartners.com.au	NEW	Messy Monkeys Lunchbox Loops - Choc Shake	6 x 18g	N/A	●
	NEW	Messy Monkeys Lunchbox Loops - Honey Joy	6 x 18g	N/A	●
	NEW	Messy Monkeys Lunchbox Loops - Maple Pancake	6 x 18g	N/A	●

## Fruit – Fresh

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Australian Banana Company - A Division of Premier Fresh Australia</b> NAT 03 9687 7725 marketing@premierfresh.com.au www.premierfresh.com.au/our-produce/bananas/	NEW	Bananas - Cavendish	N/A	N/A	●



## Fruit – Frozen

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Pure Pops</b> NAT 0407 797 116 sales@purepops.com.au www.purepops.com.au	NEW	Mango Banana Ice Pop	45g	SMB30	●

## ≥99% Fruit Juice Ice Blocks

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Australian International Traders Pty Ltd</b> NAT 02 9939 7488 sales@aitraders.com.au www.aitraders.com.au		Snap-Stix - Sour Blackcurrant 99% Juice	24 x 70mL	S81	●
		Snap-Stix - Sour Blueberry 99% Juice	24 x 70mL	S70	●
		Snap-Stix - Sour Grape 99% Juice	24 x 70mL	S69	●
		Snap-Stix - Sour Red Raspberry 99% Juice	24 x 70mL	S68	●
		Snap-Stix - Sour Strawberry 99% Juice	24 x 70mL	S66	●
		Snap-Stix - Sour Watermelon 99% Juice	24 x 70mL	S75	●
		Snap-Stix - Sweet Pineapple 99% Juice	24 x 70mL	S71	●
		Snowtime Animal Ice Sour Stix - Assorted Flavours	50 x 35mL	S83	●



## Ice Cream, Milk-based Ices and Dairy Dessert

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Birch &amp; Waite</b> NAT 0421 512 478 ACT 0400 331 472 cs@birchandwaite.com.au www.birchandwaite.com.au		Crème Caramel	45 x 110g	CRCA1548AC8	●
<b>Bulla Dairy Foods</b> NAT 1300 134 882 ACT 0439 111 442 orders@bulla.com.au www.bullafoodservice.com.au		Frozen Yoghurt - Mango	200mL	5000291	●
		Frozen Yoghurt - Raspberry	200mL	5000292	●
		Frozen Yoghurt - Strawberry	200mL	5000290	●
		Frozen Yoghurt - Wildberry	200mL	5000469	●
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		NESTLÉ DOCELLO Mousse Dessert Mix - Chocolate <i>Note: made with skim milk</i>	1.9kg	12026839	●
		NESTLÉ DOCELLO Mousse Dessert Mix - Citrus <i>Note: made with skim milk</i>	1.9kg	12026837	●
		NESTLÉ DOCELLO Mousse Dessert Mix - French Vanilla <i>Note: made with skim milk</i>	1.8kg	12026967	●
		NESTLÉ DOCELLO Mousse Dessert Mix - Hazelnut <i>Note: made with skim milk</i>	1.9kg	12030546	●
		NESTLÉ DOCELLO Mousse Dessert Mix - Mango <i>Note: made with skim milk</i>	1.9kg	12026966	●
		NESTLÉ DOCELLO Mousse Dessert Mix - Mixed Berry <i>Note: made with skim milk</i>	1.9kg	12026964	●
		NESTLÉ DOCELLO Mousse Dessert Mix - Strawberry <i>Note: made with skim milk</i>	1.9kg	12027037	●

## Muffins

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Balfours Bakery</b> NAT 08 8368 5300 ACT 02 9757 7800 orders@balfours.com.au www.balfours.com.au		Balfours Better Bite Blueberry Muffin	40 x 75g	5907	●

## Savoury Snack Foods

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Good Food Partners</b> NAT 03 9765 2100 ACT 1800 569 366 www.goodfoodpartners.com.au	NEW	Messy Monkeys Wholegrain Bites - Burger	6 x 20g	N/A	●
	NEW	Messy Monkeys Wholegrain Bites - Pizza	6 x 20g	N/A	●

## Meal Deals

Pairing together two or more menu items for a reduced price is a great way to promote and encourage the sale of **GREEN** items in your school canteen. They are also a great way get rid of excess stock, slow-selling menu items or leftover fruit/vegies.

## Sweet Snack Food Bars and Balls

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Emma &amp; Tom's</b> NAT 1800 112 889 info@emmaandtoms.com www.emmaandtoms.com.au		No Nut Superfood Ball - Cacao & Vanilla	35g	1744	●
		Oat Bite - Coconut & Cranberry	40g	1875	●
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		MIL0 Energy Snack Bar - Original	10 x 21g	12292089	●

## Yoghurt and Custard

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Birch &amp; Waite</b> NAT 0421 512 478 ACT 0400 331 472 cs@birchandwaite.com.au www.birchandwaite.com.au		Custard	45 x 100g	CUST1978AF8	●
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Pauls Custard Vanilla Snack Pack	6 x 150g	16213	●
		Tamar Valley Greek Style No Added Sugar Mango Yoghurt	170g	45727	●
		Vaalia Breakfast To Go - Coconut & Apple	150g	61214	●
		Vaalia Breakfast To Go - Toasted Muesli	150g	45911	●
		Vaalia Kids Strawberry Pouch	140g	41139	●
		Vaalia Kids Vanilla Pouch	140g	39730	●
		Vaalia Low Fat Yoghurt - Apricot, Mango & Peach	160g	40950	●
		Vaalia Low Fat Yoghurt - French Vanilla	160g	40424	●
		Vaalia Low Fat Yoghurt - Passionfruit	160g	41398	●
	Vaalia Low Fat Yoghurt - Strawberry & Raspberry	160g	46770	●	
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		NESTLÉ DOCELLO No Bake Egg Custard <i>Note: made with skim milk</i>	2kg	12104221	●



Loyalty Cards

### Have you considered a loyalty card program at your school canteen?

Here's our step-by-step guide to creating a simple program that encourages students to make regular purchases of healthy foods and drinks from the school canteen:

# DRINKS

## Water – Flavoured

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Emma &amp; Tom's</b> NAT 1800 112 889 info@emmaandtoms.com www.emmaandtoms.com.au		Sparkling Water - Lime	250mL	1896	●
		Sparkling Water - Peach	250mL	1899	●
		Sparkling Water - Watermelon	250mL	1900	●

## Plain Milk and Dairy-free Alternatives

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Pauls Full Cream Milk	24 x 150mL	47853	●
		Pauls Full Cream Milk	300mL	107043	●
		Pauls Full Cream Milk	600mL	5987	●
		Pauls Smarter White Milk	1L	39466	●
		Pauls Smarter White Milk	2L	14592	●
		Pauls Trim Milk	24 x 150mL	47968	●
<b>Sanitarium The Health Food Company</b> NAT 02 4348 7777 CustomerRelations@sanitarium.com.au www.sanitarium.com.au		ADC Barista - Oat Milk	1L	80951	●
		So Good - Soy Lite	1L	51191	●
		So Good Almond Milk - Unsweetened	1L	80349	●
		So Good Soy Milk - Regular 250mL / 1L	N/A	N/A	●

## Coffee-style Milk Drinks

Classifications are for secondary schools only as all coffee-style milk drinks are **RED** in primary schools

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Oak Flavoured Milk Bottle - Iced Coffee	300mL	34390	●
		Oak Flavoured Milk UHT - Iced Coffee	250mL	49330	●

- Decide the deal.** Perhaps students will receive one stamp for every GREEN meal they purchase, and after 10 stamps they receive a free GREEN snack or drink.
- Design a simple card.** Be sure to include your logo, space for students to write their name, and 10 boxes for stamping their purchases.
- Print the cards.**
- Distribute the cards.** Display them on the canteen counter, in the front office, or ask teachers to hand them out in the classroom.
- Make the stamp unique.** Use a special-shaped stamp, hole-punch, or texta marking so you know it's valid.
- Promote the program.** Add it to your menu, hang up posters, and promote it in the school newsletter, website and social media pages.



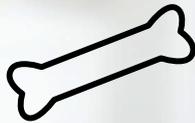
# DID YOU KNOW

Data has shown **9 out of 10** Australian children aged 9-11 did not meet the recommended daily serves of dairy foods.<sup>1</sup>

**A GLASS OF MILO® AND MILK CAN CONTRIBUTE TO DAILY DAIRY INTAKE AND PROVIDES:**



**A SOURCE OF PROTEIN** to help nourish growing muscles<sup>^</sup>



A good source of **CALCIUM & VITAMIN D** for strong bones<sup>^</sup>



High in **IRON** to support the release of energy in the body<sup>^</sup>



**LOW GI** sustained energy\*<sup>^</sup>



## LOW GI\*

MILO = 41 (Low) made with skim milk  
 MILO 30% Less Added Sugar = 42 (Low) made with skim milk  
 MILO Plant Based Energy = 45 (Low) made with lite soy milk

\*® of GI Symbol Reg. Trademark of Glycemic Index Foundation

1. Australian Bureau of Statistics. Australian Health Survey: Consumption of food groups from the Australian Dietary Guidelines Australia 2011-12. 4364.0.55.012.

<sup>^</sup>Formulated Supplementary Food. When MILO and skim milk, MILO 30% Less Added Sugar and skim milk and MILO Plant Based Energy and lite soy milk are consumed supplementary to a diet containing a variety of foods.

**A TASTE FOR BETTER BUSINESS**

Find out how Nestlé Professional can make more possible for your business at [nestleprofessional.com.au](http://nestleprofessional.com.au)



## Flavoured Milk and Dairy-free Alternatives

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Oak Flavoured Milk Bottle - Chocolate	300mL	34868	●
		Oak Flavoured Milk Bottle - Strawberry	300mL	34964	●
		Oak Flavoured Milk Bottle - Vanilla Malt	300mL	34358	●
		Oak Flavoured Milk UHT - Chocolate	250mL	49058	●
		Oak Flavoured Milk UHT - Strawberry	250mL	49197	●
		Oak Light Flavoured Milk Carton - Chocolate	300mL	46359	●
		Oak Light Flavoured Milk Carton - Strawberry	300mL	47204	●
		Pauls Bluey Chocolate	250mL	77888	●
		Pauls Bluey Strawberry	250mL	77897	●
		Pauls Zymil - Chocolate	400mL	60444	●
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		MILO 200g / 460g / 700g / 1.25kg / 1.9kg <i>Note: made with skim milk</i>	N/A	N/A	●
		MILO 30% Less Added Sugar <i>Note: made with skim milk</i>	395g	12404007	●
		MILO Dispenser Jar <i>Note: made with skim milk</i>	500g	101138	●
		MILO One-Cup Sachet <i>Note: made with skim milk</i>	100 x 20g	12036518	●
		MILO Plant Based Energy <i>Note: made with lite soy milk</i>	395g	12434384	●
		<b>NEW</b> MILO Sachet Display Pack <i>Note: made with skim milk</i>	35 x 20g	12525130	●
		NESQUIK Chocolate 250g / 500g / 2.1kg <i>Note: made with reduced-fat milk</i>	N/A	N/A	●
		NESQUIK Strawberry <i>Note: made with reduced-fat milk</i>	250g	12186787	●
		NESTLÉ Alpen Blend Hot Chocolate <i>Note: made with reduced-fat milk</i>	1.4kg	101145	●
		NESTLÉ Malted Milk Drink 500g / 1.5kg <i>Note: made with skim milk</i>	N/A	N/A	●
	NESTLÉ Rich & Creamy Hot Chocolate <i>Note: made with reduced-fat milk</i>	1kg	12019747	●	
<b>Sanitarium The Health Food Company</b> NAT 02 4348 7777 CustomerRelations@sanitarium.com.au www.sanitarium.com.au		So Good Almond Milk - Vanilla	1L	80460	●
		So Good Soy - Vanilla	1L	95056	●



### FREE Food Safety Training

Members of Healthy Kids can access FREE online food safety training specific to the school canteen.

Call us on (02) 9876 1300 or email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au) to find out more.

## Liquid Breakfast Drinks

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Sanitarium The Health Food Company</b> NAT 02 4348 7777 CustomerRelations@sanitarium.com.au www.sanitarium.com.au		UP&GO Dairy Free - Choc Ice	250mL	81001	●
		UP&GO Dairy Free - Vanilla Ice	250mL	81002	●
		UP&GO Dairy Free - Vanilla Ice	350mL	81052	●
		UP&GO Liquid Breakfast - Banana	250mL	80378	●
		UP&GO Liquid Breakfast - Banana	350mL	94919	●
		UP&GO Liquid Breakfast - Caramel	250mL	80457	●
		UP&GO Liquid Breakfast - Choc Ice	250mL	80322	●
		UP&GO Liquid Breakfast - Choc Ice	350mL	94923	●
		UP&GO Liquid Breakfast - Strawberry	250mL	80377	●
		UP&GO Liquid Breakfast - Strawberry	350mL	94922	●
		UP&GO Liquid Breakfast - Vanilla Ice	250mL	80323	●
		UP&GO Liquid Breakfast - Vanilla Ice	350mL	94921	●
		UP&GO No Added Sugar - Choc Ice	250mL	80961	●
		UP&GO No Added Sugar - Vanilla Ice	250mL	80964	●
		UP&GO Protein Energize - Choc	250mL	80420	●
		UP&GO Protein Energize - Iced Coffee	250mL	81153	●
	UP&GO Protein Energize - Vanilla	250mL	81036	●	



## Single-use Plastics BAN

Over the past couple of years, the ACT Government has been phasing out single-use plastics to create a more sustainable future for generations to come.

There's no doubt that disposable food containers are necessary for use in school canteens – it's convenient, hygienic, and safe. However, single-use plastics often end up in landfill as they cannot be recycled, and can take hundreds of years to break down.

Banned single-use plastic items that were often used in the school canteen space include:

- Single-use plastic cutlery, stirrers and straws
- Expanded polystyrene takeaway food and beverage containers

Great news! Many manufacturers are now creating food packaging made from more sustainable resources like bamboo, wood, paper/cardboard and aluminium – options that are recyclable, biodegradable and/or compostable.

Check out the ACT Government website for a full list of banned single-use plastic products, and information you need to understand, manage and comply with the ban: [cityservices.act.gov.au/recycling-and-waste/single-use-plastics](https://cityservices.act.gov.au/recycling-and-waste/single-use-plastics)

# 11 VITAMINS & MINERALS FIBRE, LOW GI PROTEIN



Product Code  
80378



Product Code  
80457



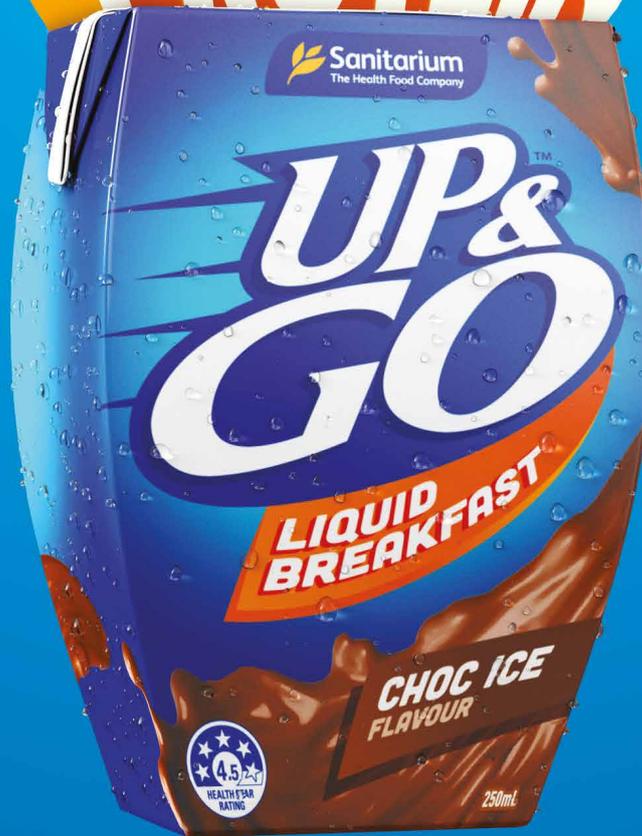
Product Code  
80322



Product Code  
80377



Product Code  
80323



Product Code  
80961



Product Code  
80964



Product Code  
81001



Product Code  
81002

## WE SQUEEZE MORE GOOD STUFF IN

Glycaemic index (GI) value = 38

**AUSTRALIAN  
MADE &  
OWNED**

**AUSTRALIA'S  
NO.1 LIQUID  
BREAKFAST**

**AVAILABLE  
IN NO ADDED  
SUGAR**



**FOR MORE INFORMATION SEE YOUR LOCAL  
DISTRIBUTOR OR CONTACT SANITARIUM  
ON 02 4348 7606**

## ≥99% Fruit Juice

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Australian International Traders Pty Ltd</b> NAT 02 9939 7488 sales@aitraders.com.au www.aitraders.com.au	NEW	Ice Mony Sparkling 99.9% Fruit Juice - Blueberry	250mL	AFB01	●
	NEW	Ice Mony Sparkling 99.9% Fruit Juice - Grape	250mL	AFB02	●
	NEW	Ice Mony Sparkling 99.9% Fruit Juice - Strawberry	250mL	AFB03	●
<b>Bevco Pty Ltd</b> NAT 1300 781 867 accounts@bevco.com.au www.bevco.com.au		Bevco No Added Sugar Fruit Juice Cup - Apple	96 x 110mL	BRACT01	●
		Bevco No Added Sugar Fruit Juice Cup - Apple Blackcurrant	96 x 110mL	BRBCT01	●
		Bevco No Added Sugar Fruit Juice Cup - Orange	96 x 110mL	BROCT01	●
		Macquarie Valley No Added Sugar Fruit Juice Easy Cap - Apple	10 x 200mL	MRAPA02	●
		Macquarie Valley No Added Sugar Fruit Juice Easy Cap - Apple Blackcurrant	10 x 200mL	MRBPA02	●
		Macquarie Valley No Added Sugar Fruit Juice Easy Cap - Orange	10 x 200mL	MROPA02	●
		Macquarie Valley No Added Sugar Fruit Juice Easy Cap - Orange Passio	10 x 200mL	MRSPA02	●
		Orchy No Added Sugar Fruit Juice Easy Cap - Apple	10 x 200mL	ORAPA02	●
		Orchy No Added Sugar Fruit Juice Easy Cap - Apple Blackcurrant	10 x 200mL	ORCPA02	●
		Orchy No Added Sugar Fruit Juice Easy Cap - Orange	10 x 200mL	OROPA02	●
		Orchy No Added Sugar Fruit Juice Easy Cap - Orange Passio	10 x 200mL	ORSPA02	●
		Orchy Preservative Free No Added Sugar Fruit Juice - Apple	10 x 250mL	OLA9025	●
		Orchy Preservative Free No Added Sugar Fruit Juice - Apple Blackcurrant	10 x 250mL	OLB9025	●
		Orchy Preservative Free No Added Sugar Fruit Juice - Orange	10 x 250mL	OLO9025	●
		Orchy Preservative Free No Added Sugar Fruit Juice - Pineapple	10 x 250mL	OLP9025	●
<b>Emma &amp; Tom's</b> NAT 1800 112 889 info@emmaandtoms.com www.emmaandtoms.com.au		Life Juice - ABC Bliss	250mL	1885	●
		Life Juice - Berry Blast	250mL	1887	●
		Life Juice - Cloudy Apple	250mL	J057	●
		Life Juice - Karmarama	250mL	J059	●
		Life Juice - Pineapple Crush	250mL	1858	●
		Life Juice - Straight OJ	250mL	J056	●
<b>Kraft Heinz</b> NAT 1800 788 879 foodserviceau@kraftheinz.com www.kraftheinzfoodservice.com.au		Golden Circle Popper Juice - Apple	24 x 250mL	0942	●
		Golden Circle Popper Juice - Apple & Blackcurrant	24 x 250mL	0946	●
		Golden Circle Popper Juice - Apple & Mango	24 x 250mL	8810	●
		Golden Circle Popper Juice - Orange	24 x 250mL	0944	●
		Golden Circle Popper Juice - Tropical	24 x 250mL	0943	●

## ≥99% Fruit Juice (continued)

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Lactalis Australia</b> NAT 1800 000 257 ACT 02 9364 1000 sales@au.lactalis.com www.lactalis.com.au		Harvey Fresh Real Juice - Apple	90 x 110mL	80297	●
		Harvey Fresh Real UHT Juice - Apple	250mL	80412	●
		Harvey Fresh Real UHT Juice - Apple & Blackcurrant	250mL	80026	●
		Harvey Fresh Real UHT Juice - Orange	250mL	80462	●
<b>Refresco Australia</b> NAT 02 9912 6700 www.refresco.com.au		Glee 99% Sparkling Fruit Juice - Blackcurrant Burst	250mL	110107	●
		Glee 99% Sparkling Fruit Juice - Rockin Raspberry	250mL	110162	●
		Glee 99% Sparkling Fruit Juice - Tropical Treat	250mL	110151	●
		Glee Sours 99% Sparkling Fruit Juice - Blueberry	250mL	110168	●
		Glee Sours 99% Sparkling Fruit Juice - Watermelon	250mL	110186	●
	NEW	Juicee Crush Fruit Juice 99% - 10 Fruits	250mL	802215	●
		Juicee Crush Fruit Juice 99% - Apple	250mL	802201	●
		Juicee Crush Fruit Juice 99% - Apple Blackcurrant	250mL	802203	●
<b>Sabrands Australia Management Pty Ltd</b> NAT 1800 667 765 enquiries@sabrands.com www.sunraysia.com		Sunraysia Juice Pouch - Apple	200mL	SPA200	●
		Sunraysia Juice Pouch - Apple & Blackcurrant	200mL	SPAB200	●
		Sunraysia Juice Pouch - Apple & Mango	200mL	SPAM200	●
		Sunraysia Juice Pouch - Apple & Strawberry	200mL	SPAS200	●
		Sunraysia Juice Pouch - Tropical	200mL	SPT200	●

## ≥99% Fruit Juice Slushies

Maximum serve size of 200mL

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Blizzard Australia</b> NAT 02 9540 3700 ACT 0417 499 920 sales@blizzardfd.com www.blizzardfd.com		Blizzard Fruitz - Arctic Fruit	5L	BFAFRS	●
		Blizzard Fruitz - Fruit Burst	5L	BFFBRS	●
		Blizzard Fruitz - Green Apple	5L	BFGARS	●
		Blizzard Fruitz - Orange Crush	5L	BFOCRS	●
		Blizzard Fruitz - Strawberry	5L	BFSBRS	●
<b>Slush Puppie Pty Ltd</b> NAT 1300 446 500 info@slushpuppie.com.au www.slushpuppie.com.au		Pre-Mix Cloudy Lemons	2L	N/A	●
		Pre-Mix Pink Lady Sour Apple	2L	N/A	●
		Pre-Mix Strawberry Vanilla	2L	N/A	●
		Pre-Mix Tropical	2L	N/A	●
		Vita Max Apple Base	2L	N/A	●

# CONDIMENTS AND EXTRAS

## Gravy and Stock

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Unilever Australia Limited</b> NAT 1800 622 039 www.ufs.com	NEW	KNORR Conc Liquid Stock Chicken	1kg	67065234	●
	NEW	KNORR Golden Roast Gravy GF	1.8kg	67919326	●

## Mayonnaise and Salad Dressings

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Birch &amp; Waite</b> NAT 0421 512 478 ACT 0400 331 472 cs@birchandwaite.com.au www.birchandwaite.com.au	NEW	Caesar Dressing	8 x 1L	CADR3712FQ1	●
	NEW	Japanese Style Mayonnaise	8 x 1L	JACH5313FQ1	●
	NEW	Plant Based Mayonnaise	8 x 1L	SIVE4505FQ1	●
	NEW	Whole Egg Mayonnaise	8 x 1L	MAY00124FQ1	●
<b>Unilever Australia Limited</b> NAT 1800 622 039 www.ufs.com	NEW	HELLMANN'S Real Aioli GF	2.5L	61041120	●
	NEW	HELLMANN'S Real Mayonnaise GF	2.5L	61037780	●

## Pasta Sauces and Simmer Sauces

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Nestlé Professional</b> NAT 1800 20 30 50 CustomerService.NestleProfessional@au.nestle.com www.nestleprofessional.com.au		BUITONI Sugo al Pomodoro Tomato Coulis	3kg	12147751	●
		BUITONI Sugo Lussuoso al Pomodoro Rich Tomato Sauce	2.6kg	12147750	●
<b>Unilever Australia Limited</b> NAT 1800 622 039 www.ufs.com	NEW	KNORR Italiana Bolognese Sauce GF	1.95kg	21042069	●
	NEW	KNORR Italiana Pronto Napoli GF	4.15kg	21124073	●
	NEW	KNORR Tomato Powder	850g	68425445	●



## Online Ordering

Have you thought about introducing online ordering for your school but don't know where to start? Members of Healthy Kids Association have access to our **School Canteen Online Ordering Comparison Tool**.

[healthy-kids.com.au/school-canteen-online-ordering-comparison/](https://healthy-kids.com.au/school-canteen-online-ordering-comparison/)

## Peanut Butter

**GREEN** when a teaspoon or <5g is used per serve of grain food. Otherwise **AMBER**.

*Check your school's policy regarding food allergens and please refer to your relevant education anaphylaxis procedures.*

Company Details	New	Product	Pack Size	Product Code	Classification
<b>Sanitarium The Health Food Company</b> NAT 02 4348 7777 CustomerRelations@sanitarium.com.au www.sanitarium.com.au		Peanut Butter - Crunchy	2kg	12197	●
		Peanut Butter - Crunchy	375g	95422	●
		Peanut Butter - Smooth	2kg	12097	●
		Peanut Butter - Smooth	375g	95423	●



### Liquid Conversion Chart

  
1 tsp = 5mL

  
1 tbsp = 20mL

  
1/4 cup = 60mL

  
1/3 cup = 80mL

  
1/2 cup = 125mL

  
1 cup = 250mL

  
2 cups = 500mL

  
4 cups = 1L

\*These conversions have been rounded for convenience.



# Premium quality, convenient products for your canteen menu



NUT  
FREE



GLUTEN  
FREE



FRESH  
CHILLED



MADE IN  
AUSTRALIA



## Caesar Dressing

1L x 8 | CADR3712FQ1  
6 months shelf life



## Japanese Style Mayonnaise

1L x 8 | JACH5313FQ1  
6 months shelf life



## Plant Based Mayonnaise

1L x 8 | SIVE4505FQ1  
6 months shelf life



## Whole Egg Mayonnaise

1L x 8 | MAYO0124FQ1  
6 months shelf life



## Custard

100g x 45 | CUST1978AF8  
3.4g protein  
16 weeks shelf life



## Crème Caramel

110g x 45 | CRCA1548AC8  
4.5g protein  
16 weeks shelf life

02 8668 8000



cs@birchandwaite.com.au



# Looking for canteen-friendly recipes?

Head to [healthy-kids.com.au/canteen-recipes/](https://healthy-kids.com.au/canteen-recipes/)



# Company Contact Details

**Australian Banana Company -  
A Division of Premier Fresh Australia**  
NAT 03 9687 7725  
marketing@premierfresh.com.au  
www.premierfresh.com.au/our-  
produce/bananas/

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**Australian International  
Traders Pty Ltd**  
NAT 02 9939 7488  
sales@aitraders.com.au  
www.aitraders.com.au

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**Bakers Maison Australia**  
NAT 02 8707 7777  
info@bakersmaison.com.au  
www.bakersmaison.com.au

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**Balfours Bakery**  
NAT 08 8368 5300  
ACT 02 9757 7800  
orders@balfours.com.au  
www.balfours.com.au

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**Bevco Pty Ltd**  
NAT 1300 781 867  
accounts@bevco.com.au  
www.bevco.com.au

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**Birch & Waite**  
NAT 0421 512 478  
ACT 0400 331 472  
cs@birchandwaite.com.au  
www.birchandwaite.com.au

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**Blizzard Australia**  
NAT 02 9540 3700  
ACT 0417 499 920  
sales@blizzardfd.com  
www.blizzardfd.com

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**Bulla Dairy Foods**  
NAT 1300 134 882  
ACT 0439 111 442  
orders@bulla.com.au  
www.bullafoodservice.com.au

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**Earlyrise Baking Co**  
NAT 02 6884 6878  
sales@earlyrisebaking.com.au  
www.earlyrisebaking.com.au

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**Emma & Tom's**  
NAT 1800 112 889  
info@emmaandtoms.com  
www.emmaandtoms.com.au

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**George Weston Foods Limited  
T/A Tip Top Foodservice**  
NAT 1800 086 926  
www.tiptop-foodservice.com.au

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**Good Food Hero**  
NAT 1300 934 456  
customerservice@goodfoodhero.com.au  
www.goodfoodhero.com.au

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**Good Food Partners**  
NAT 03 9765 2100  
ACT 1800 569 366  
www.goodfoodpartners.com.au

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**Ingham's**  
NAT 1300 464 426  
www.ingham.com.au

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**Kraft Heinz**  
NAT 1800 788 879  
foodserviceau@kraftheinz.com  
www.kraftheinzfoodservice.com.au

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**Lactalis Australia**  
NAT 1800 000 257  
ACT 02 9364 1000  
sales@au.lactalis.com  
www.lactalis.com.au

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**M & J Chickens Pty Ltd**  
NAT 1300 262 635  
info@mandjchickens.com.au  
www.mandjchickens.com.au

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**Mrs Mac's**  
NAT 08 9442 5222  
www.mrsmacs.com.au

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**Nestlé Professional**  
NAT 1800 20 30 50  
CustomerService.NestleProfessional  
@au.nestle.com  
www.nestleprofessional.com.au

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**Oz Bake Pty Ltd**  
NAT 1300 692 253  
info@ozbake.com.au  
www.ozbake.com.au

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**Patties Foods Pty Ltd**  
NAT 1800 650 069  
info@patties.com.au  
www.pattiesfoods.com.au

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**Pure Pops**  
NAT 0407 797 116  
sales@purepops.com.au  
www.purepops.com.au

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**Refresco Australia**  
NAT 02 9912 6700  
www.refresco.com.au

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**Sabrands Australia Management  
Pty Ltd**  
NAT 1800 667 765  
enquiries@sabrands.com  
www.sunraysia.com

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**San Remo**  
NAT 08 8334 8200  
ACT 02 9757 7800  
orders@sanremo.com.au  
www.sanremo.com.au

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**Sanitarium The Health Food Company**  
NAT 02 4348 7777  
CustomerRelations@sanitarium.com.au  
www.sanitarium.com.au

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**Simplot Australia**  
NAT 1800 061 279  
ACT 02 9741 2800  
foodservice.query@simplot.com.au  
www.simplotfoodservice.com.au

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**Slush Puppie Pty Ltd**  
NAT 1300 446 500  
info@slushpuppie.com.au  
www.slushpuppie.com.au

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**Steggles**

NAT 1300 137 372  
ACT 02 9842 1111  
info@baiada.com.au  
www.steggles.com.au

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**Unilever Australia Limited**

NAT 1800 622 039  
www.ufs.com

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**Vesco Foods**

NAT 08 9273 6100  
generalenquiries@vescofoods.com.au  
www.enricos.com.au





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