

## Resource 3: Quick guide to assessing food and drink

### STEP 1

Is it definitely a **RED** product?

- all deep fried food
- all confectionery or lollies
- chocolate-coated and premium ice-creams
- premium/iced/filled slices, scrolls and cakes
- doughnuts, pastries and croissants
- most soft drinks, energy drinks and cordials

YES – ensure that **RED** products are limited to 20% at your canteen

NO – Go to step 2

### STEP 2

Is it definitely a **GREEN** or **AMBER** product?

- refer to [Resource 2: Commonly supplied food and drink guide](#)
- does the product easily fall into a category with a
  - ● (green) only
  - ● (green) and ● (amber)
  - ● (amber) only

YES – remember that at least 50% of the food and drink in your canteen should be from the **GREEN** category, and a maximum of 30% from the **AMBER** category

NO – Go to step 3

### STEP 3

Unsure if the product is **AMBER** or **RED**?

- does the product fall into a category with a
  - ● (amber) or ● (red)
- the product's nutrition information panel will need to be assessed against the nutrient criteria tables to identify **RED** food and drink in [Resource 4: RED food and drink nutrient criteria](#)
- there is also help with reading labels in [Resource 5: Reading food labels](#)
- sugar-sweetened drinks/ices, snack foods and ready to eat meals are assessed per serve and per 100g
- hot food and other meal items are assessed per 100g
- check that the serve size on the label is the same as what is in the packet or bottle being sold
- only one criteria needs to be met for a product to be classified as **RED**

Remember that the food and drink in your canteen should be a maximum of 30% **AMBER** and 20% **RED**