

Many schools have now made positive changes to their menus such as removing RED foods. The next step is making the menu “GREENER”.

Once you have identified which items on your menu are GREEN, AMBER or RED, it is important to ensure that GREEN items dominate the menu.

## So how do you make your overall menu “GREENER”?

Here are some great ideas to help achieve this:

### 1. Reduce the number of AMBER items on your menu.

When Food Smart Schools review tuckshop and canteen menus it is common for us to see multiple AMBER versions of a similar product offered daily. For example, products such as crumbed chicken can be supplied in a variety of ways including: chicken tenders, nuggets, goujons, crackles. Ask yourself 'Do we need all four on our menu? Why not just choose the most popular and serve only one?' This is an easy way to decrease the number of AMBER foods and by doing so, it is more likely that GREEN will dominate your menu.

### 2. Make some AMBER foods available on only certain days of the week.

Rather than have your whole range of AMBER products available everyday, split them up over the week. This will also help reduce the competition for your healthier GREEN-style menu items.

### 3. Make AMBER items “GREENER” (See suggestions below).



## How do you make menu items “GREENER”?

- **Offer them with salad, vegetables and other GREEN items:**
  - For example, instead of just selling crumbed chicken pieces, serve them in a wrap with salad items.
- **Sell AMBER items in a meal deal with GREEN items:**
  - Offer them with a small piece of fruit or a fruit salad.
  - Offer them with a reduced fat dairy product, such as yoghurt or milk.
- **Modify your recipes to reduce the saturated fat, salt, sugar and portion sizes and to increase the fibre:**
  - Use lean cuts of meat and serve with lots of vegetables and salads.
  - Modify the type of fat used in a recipe – e.g. swap saturated fat (e.g. butter) to unsaturated fat (e.g. margarine). Canola and olive oils are also unsaturated fats.
  - Always choose reduced salt products and/or use herbs and spices to add flavour instead.
  - Serve smaller portion sizes.
  - Replace some of the white flour in recipes with wholemeal flour, add fruit to baked goods and serve in smaller portions.
  - For more information about “greening-up” your menu, view our [‘Recipe Modification’ Fact Sheet](#).
  - Remember, RED items are only allowed on TWO occasions per term and therefore should not be on your everyday tuckshop or canteen menu.