

# The Greening Scale

Food Smart Schools • an naq nutrition program

For more information visit [www.foodsmartschools.org](http://www.foodsmartschools.org) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

## How does the “Greening Scale” work?

The “Greening Scale” shows us how tuckshop menu items can be improved to make them healthier choices. The scale is based on the *Smart Choices Strategy* food and drink classification system.

### The Greening Scale

<b>RED</b> Items can only be sold on 2 occasions per term	<b>AMBER</b> ‘Select these foods carefully’ Do not let AMBER choices dominate the menu	<b>GREEN</b> ‘Have Plenty’ GREEN choices should dominate the menu
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Examples of use:

#### Hotdog

Hotdog frankfurter on a white bun	Change Hotdog frankfurter to meet AMBER criteria	Add reduced fat cheese and a wholemeal bun	Add tomato, lettuce or other salads	Replace frankfurter with homemade savoury mince
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#### Crumbed Chicken

Crumbed chicken strips	Change chicken strips to meet AMBER criteria	Serve chicken strips in a wrap with salad	Change to uncrumbed lean chicken, serve in a wrap with salad
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#### Spaghetti Bolognese

Commercial spaghetti bolognese meal	Change commercial spaghetti bolognese to meet AMBER criteria	Homemade meat bolognese sauce with spaghetti and regular cheese	Homemade with lean mince, plenty of vegetables and reduced fat cheese
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#### Chicken & Cheese Toastie

Chicken & cheese toastie (white bread, cheese, processed chicken)	Change to lean unprocessed chicken & reduced fat cheese	Use wholegrain bread and add vegetables (e.g. tomato)
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#### Muffin

Café Style Double Chocolate Chip Muffin (extra large)	Choose smaller portion size to meet criteria	Change to fruit muffin	Homemade muffin using wholemeal flour, fruit for sweetness and less fat.
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For more ideas on how to modify recipes look at our [Recipe Modification](#) fact sheet.