

# 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. This is the 2<sup>nd</sup> edition of *The Greening Scale*. [Click here to view the original Greening Scale.](#)

### The Greening Scale

RED	AMBER	GREEN
Items can only be sold on 2 occasions per term	‘Select these foods carefully’ Do not let AMBER choices dominate the menu	‘Have Plenty’ GREEN choices should dominate the menu

Examples of use:

#### Sausage Roll

Regular sausage roll	Change sausage roll to a variety that meets AMBER criteria	Make tasty mince rolls/ parcels, using filo pastry, lean mince and some veggies
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#### Hamburger

Burger with regular high fat/ salt commercial pattie	Change pattie to meet AMBER criteria	Serve with plenty of salad on a wholemeal roll	Make your patties with lean mince and added veggies or legumes
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#### Fish and Wedges

Regular crumbed fish and wedges	Change to fish and wedges that meet the AMBER criteria	Make wedges onsite or serve with a baked potato	Use uncoated fish or make fish cakes and serve with salad and baked potato
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#### Chicken Burrito

Chicken burrito with cheese	Change to lean unprocessed chicken & reduced fat cheese	Add salad and/or legumes	Make spice mix onsite instead of high salt commercial options
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#### Pasta Salad

Pasta salad with a low fat creamy dressing	Add plenty of vegetables and use only minimal dressing	Pasta salad with a mix of regular and wholemeal pasta, a low fat dressing and plenty of vegetables
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