

Feedback on Draft Canteen Menu Update

I have received substantial feedback on the Draft Menu issued this week and vast majority has been positive.

The most frequently raised issues relate to:

1. The low fat options.
2. Additives and Preservatives.

I have received the clarification below from the Western Australian Canteen Association <http://www.waschoolcanteens.org.au/> and below is an extract from the email received.

The *Healthy Food and Drink* Policy and the Traffic light system are based of The Australian Guide to Healthy Eating and the Australian Dietary Guidelines. Any recommendations and guidelines in the policy are therefore based of significant research and evidence. The questions asked by the parents are not unusual and I can understand why they query these choices. I hope the below text will help.

Low fat dairy options:

Milk, cheese and yoghurt provide calcium in a readily absorbable and convenient form. They also have various health benefits and are a good source of many nutrients, including calcium, protein, iodine, vitamin A, vitamin D, riboflavin, vitamin B12 and zinc. Low or reduced fat milk, yoghurt and cheese choices are recommended for most people two years and over. Most Australians consume only about half the recommended quantity of milk products or alternatives, but eat too many full fat varieties, which can increase the kilojoules and the saturated fat content of the diet.

The HFD policy states that reduced fat milk is the best option this is what a menu should be based on however full fat varieties can also be made available for all students, these will be categorised as amber while reduced fat is green.

Additives and preservatives:

The use of food additives in Australia is regulated by FSANZ and is based on scientific evidence. FSANZ carries out safety assessments to determine whether the food additive is safe (at the levels being proposed) and if there is a good technological reason for using the additive. Encouraging the consumption of predominantly fresh produce will ensure less additives and preservatives are consumed however the public can be assured that FSANZ have strict guidelines about levels in food and drinks.

For more information visit our website for a comprehensive fact sheet or Food Standards Australia and New Zealand (FSANZ) Dietitians Associations of Australia (DAA)

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