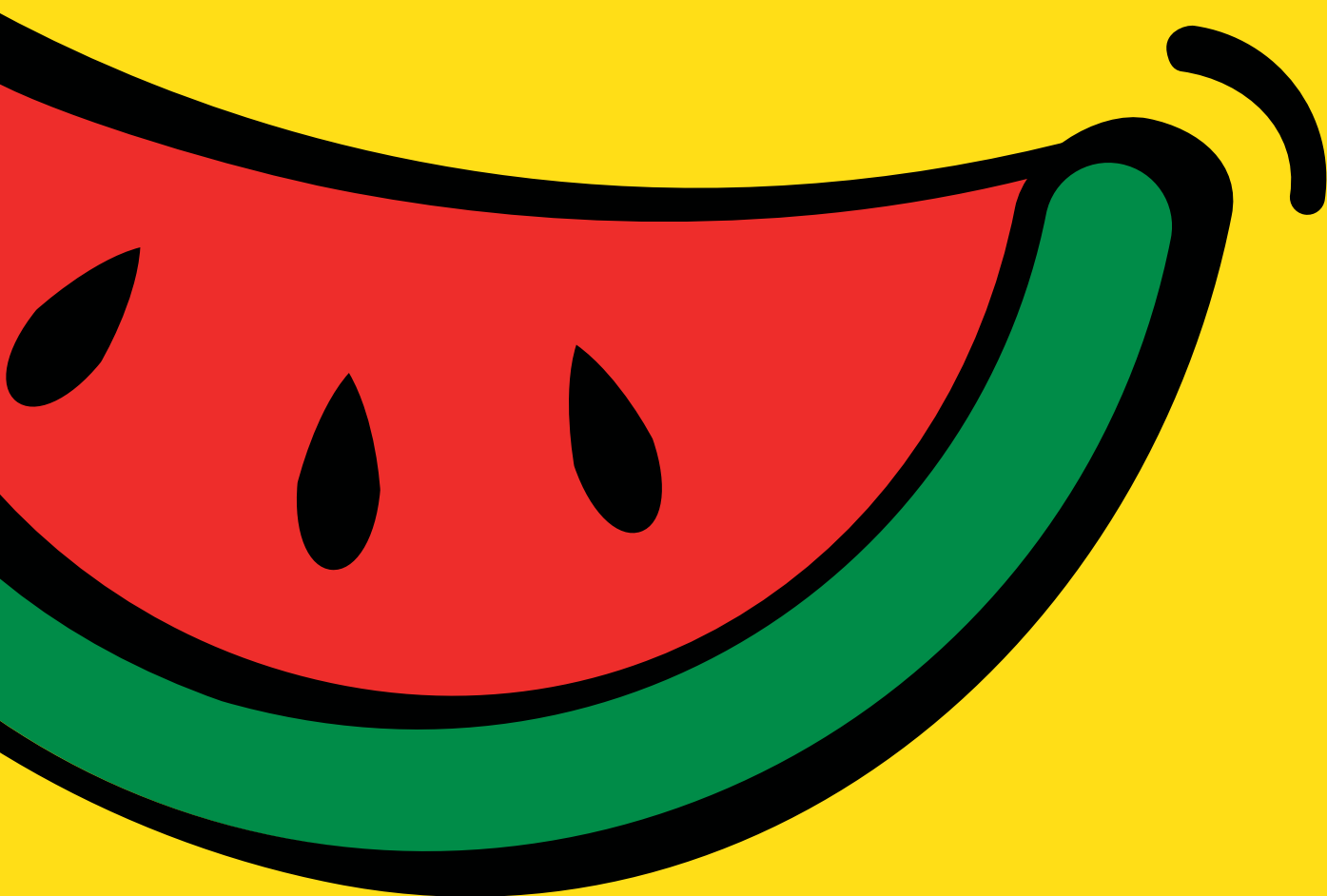




HEALTHY KIDS MENU

A PARTNERSHIP BETWEEN INDUSTRY
AND THE GOVERNMENT OF SOUTH AUSTRALIA



HEALTHY KIDS MENU INITIATIVE

The Premier's Healthy Kids Menu Initiative is a co-design process engaging the restaurant, café, hotel and club industries, together with parents and nutrition experts. The Initiative's goal is to develop solutions that increase the availability of healthy food and drink options for children. Development of a Code of Practice and Guide for Business were key deliverables recommended by the Premier's Healthy Kids Menu Taskforce.

The CSIRO was commissioned to develop the Guide for Business in consultation with representatives from the Premier's Healthy Kids Menu Taskforce, including;

- Department for Health and Ageing
- Restaurant and Catering Industry Association SA
- Clubs SA
- Australian Hotels Association (SA)
- Heart Foundation
- Sprout Cooking School and Health Studio

For more information visit www.healthykidsmenu.com.au

FOREWORD BY THE PREMIER

The Healthy Kids Menu initiative is a terrific way of helping South Australia families make sound dining and food choices for children.

A good example of government and industry working together for the common good, the program recognises that the eating habits children establish now can have a lifelong impact.

Evidence suggests that overweight or obese children are more likely than others to become overweight or obese adults, and that has obvious implications for their health and for the health system.

The program also acknowledges the fact that – given we are “eating out” more than ever before – the dietary aspects of the menus put forward by restaurants, pubs, clubs and cafés are increasingly important.

With this in mind, the Guide for Businesses provides lots of useful information to eating places across the State that wish to get on board.

It includes, in particular, a clear and simple code of practice, a series of sensible guidelines, and plenty of tasty and nutritious recipes.

I am confident the Healthy Kids Menu initiative will add to South Australia’s status as a food-industry leader – in this case showing it is possible to provide a menu offering that is appealing, healthy and good for business.

I look forward to industry, government and the community collaborating further to support the health and wellbeing of children and families.

Hon Jay Weatherill MP
Premier of South Australia

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HEALTHY KIDS MENU CODE OF PRACTICE

1. Healthy drinks are offered to children

- Water is available at no cost and is easily accessible.
- Healthy drinks that may be listed on a kids menu are:
 - Water (still or sparkling, no added sugar)
 - 250ml (max serving) 100% fruit and/or vegetable juice
 - 375ml (max. serving) of reduced fat milk – plain or sweetened
 - Combinations of the above options, such as a mix of sparkling water plus up to 250mL 100% fruit juice or a 250mL fruit and milk smoothie.

2. At least half of the meals on the kids menu are healthy

Healthy meals:

- include at least half a cup of vegetables or one cup of salad and
- are prepared using small quantities of healthy fats and oils and
- do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

3. If desserts are offered on the kids menu, at least one option is healthy

- Healthy desserts are based around fruit (fresh, dried, tinned, grilled, baked or poached) AND/OR reduced fat dairy (yoghurt, frozen yoghurt, custard, ricotta).
- Healthy desserts prepared in-house can include:
 - additions such as nuts, seeds, coconut, cocoa powder, egg, vanilla and spices
 - up to two teaspoons (10g) of added sugar per serve.

4. If kids meal combinations are available

- all meal combinations offer healthy drinks, if a drink is included
- at least half of kids meal combinations offer healthy meals and a healthy dessert, if dessert is included.

ACHIEVING A HEALTHY KIDS MENU

**THIS SECTION DESCRIBES WHAT IS NEEDED TO
ACHIEVE EACH FEATURE OF THE HEALTHY KIDS MENU.**

1 HEALTHY DRINKS ARE OFFERED TO CHILDREN



Water is available at no cost and is easily accessible.

Most food businesses already do this - free access to drinking water is a requirement under liquor licensing laws. Options to make this easier for your staff and appealing to customers:

- provide jugs or bottles of tap water and cups for self-service - families may want to take a jug or a bottle to their table
- consider installing an in-built or a portable water dispenser
- consider whether reusable or disposable plastic cups for young children suit your business and customers.

TAP WATER PROVIDES FLUORIDE FOR HEALTHY TEETH.

MILK IS RICH IN CALCIUM NEEDED FOR STRONG BONES.

SMALL SERVES OF 100% FRUIT JUICE CAN ALSO BE PART OF A BALANCED EATING PATTERN FOR CHILDREN.



DRINKS THAT CANNOT BE LISTED ON A HEALTHY CHILDREN'S MENU:

- **Sugar – sweetened or artificially sweetened:** soft drinks, cordials, sports drinks, flavoured mineral waters, fruit drinks or juices.
- **Products containing caffeine or coffee flavours** such as teas, coffees, energy drinks, guarana



Healthy drinks that can be listed on a kids menu:

A healthy kids menu can list the following drinks for sale or include them in a kid's meal combination:

Plain or sparkling mineral water

- Can contain essences, fresh fruit or herbs (i.e. mint or slices of lemon), but cannot contain sugar or artificial sweeteners.

Up to 250ml of 100% fruit and/or vegetable juice (no added sugar)

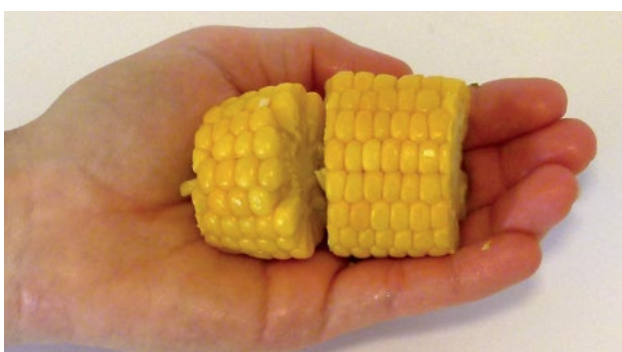
Up to 375ml plain or flavoured reduced fat (2% or less) milk

- may be plain or flavoured with added sugar or artificial sweeteners
- if prepared in-house, up to 15mL or 3 teaspoons of syrup or flavoured powder can be added to 375mL of milk.
- Reduced fat, calcium-fortified dairy substitutes, such as soy may also be used

House made drinks combining the above options, for example:

- Still or sparkling water mixed with up to 250mL 100% fruit juice.
- 250mL milk, fruit and low fat yoghurt smoothie.

2 AT LEAST HALF OF THE MEALS ON THE KIDS MENU ARE HEALTHY



What is a healthy kids meal?

There is no simple definition of a healthy meal. The Healthy Kids Menu Initiative aims to be as flexible as possible and have the simplest guidelines. It focuses on the most important aspects that will have the most benefit – boosting veggies and reducing saturated fat, salt and excess kilojoules. Some meals that don't have these healthy features can stay on your kids menu but they must represent no more than half of the kids meals on offer.

You can create winning appeal with quality produce, kid-friendly preparation and simple presentation. Salad and vegetables add colour and crunch to meals. Varieties that are in season will taste best and cost less. Frozen or low-salt tinned vegetables can be convenient supplements to fresh produce.

Healthy kids meals include at least half a cup of vegetables or one cup of salad.

For example:

- half a cup of steamed peas and corn
- half a cup of steamed broccoli and cauliflower florets
- half a cup of blanched green beans
- one cup of mixed raw salad items, such as grated carrot, cherry tomatoes, raw snow peas, cucumber.
- one cup or more of vegetable soup
- half a cup or more of a vegetable-based pasta sauce
- one medium potato: roasted, mashed, hand-cut oven-baked wedges
- half a cup of lentils, beans and legumes.

RATHER THAN ADDING A STANDARD SIDE SALAD TO ALL HEALTHY KIDS MEALS, EXPERIMENT WITH DIFFERENT WAYS TO PRESENT VEGETABLES. TRY THESE OPTIONS:

raw veggie sticks, finely shredded salad vegetables, blanched crudites, cooked vegetables, roasted vegetables, or chop vegetables finely and mix in to pasta sauces or soups.

2 AT LEAST HALF OF THE MEALS ON THE KIDS MENU ARE HEALTHY

Healthy meals are prepared using small quantities of healthy fats and oils.

These healthy fats can be used in Healthy Kids Menu meals:

Canola oil
Olive oil
Rice bran
Peanut oil
Soybean oil
Sunflower oil
Blended vegetable oils
Sesame oil

These fats cannot be used in Healthy Kids Menu meals:

Butter
Lard
Dripping
Rendered animal fats
Coconut oil
Palm oil

Ideas for using healthy fats in healthy kids meals:

- use margarine, avocado, nut butters, low fat ricotta or dips like hummus as spreads on sandwiches, toasted sandwiches, rolls and wraps
- bread can be served with either margarine or a dish of olive oil for dipping
- choose a neutral flavoured plant-based oil like canola, olive, soybean, rice bran or sunflower oils when grilling, pan frying or roasting foods
- use small amounts of olive oil or margarine for finishing dishes like steamed vegetables
- do not use fatty meat juices in gravies or sauces.

IS COCONUT OIL HEALTHY OR UNHEALTHY?

Coconut oil is 92% saturated fat. Saturated fats raise total blood cholesterol. Research suggests coconut oil is not as healthy as other unsaturated plant oils like olive or canola oils.

WHAT ABOUT UNHEALTHY TRANS FATS?

Australian margarine spreads have extremely low levels of trans fats.

On average, there are 0.2 grams of trans fats in 100 grams of Australian margarines.

Butter is significantly higher, with an average of 4 grams of trans fats in every 100 grams.





HOUSE-MADE CHICKEN NUGGETS OR FISH FINGERS CAN BE MADE IN BULK AND FROZEN READY TO DEFROST AND OVEN BAKE.

Healthy meals do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

	Replace these foods	With these healthy alternatives
Deep or shallow fried foods*	Fried potato chips French fries Wedges	House-made, oven-baked chips or wedges Pasta, rice, couscous or potato salads Wholemeal and wholegrain bread or rolls Mashed or baked (jacket) potato, sweet potato or pumpkin Extra vegetables
	Chicken nuggets	Oven-baked, house made chicken nuggets or grilled chicken breast strips
	Crumbed or battered fish Shallow or deep fried fish fingers	Grilled, pan-fried, poached or oven-baked fish House-made, oven-baked crumbed fish
	Fried schnitzel/crumbed meat	Grilled, roasted or stir fried meat
High fat processed meats	Bacon, salami, prosciutto, fritz or devon, mettwurst	Top pizza with roasted chicken and extra vegetables Fill sandwiches with salad, roasted meats, boiled eggs or cheese
	Hot dogs, sausages	House-made burger patties or meatballs using lean mince and finely grated vegetables
Pastries	Sausage rolls	Sushi, cold rolls, wraps, sandwiches and rolls
	Pies, pasties	Make pie filling using lean meat and vegetables, served in individual portions (such as ramekins), topped with mashed potato
	Quiche	Frittata

*Foods fried during manufacture, such as commercial potato chips, wedges, hash browns, chicken nuggets and fish fingers are also excluded.

3 IF DESSERTS ARE OFFERED ON THE KIDS MENU, AT LEAST ONE OPTION IS HEALTHY

If your kids menu includes desserts, at least one option needs to be healthy. Healthy desserts are based around fruit (fresh, dried, tinned, grilled, baked or poached) and/or reduced fat dairy (yoghurt, frozen yoghurt, custard, ricotta)

Healthy dessert can include:

- healthy additions such as nuts, seeds, coconut, cocoa powder, egg, vanilla and spices
- up to two teaspoons (10g) of added sugar, honey, syrups or topping per serve.

A healthy dessert cannot include: cream, ice cream, gelati, biscuits, cakes or pastry.

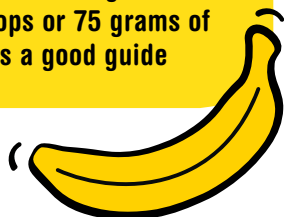
FRUIT HAS A NATURAL SWEETNESS AND IS PACKED WITH FIBRE AND VITAMINS. REDUCED FAT YOGHURT PROVIDES CALCIUM FOR HEALTHY BONES.

WHAT ABOUT ICE CREAM AND GELATO?

Even though ice cream and gelato have become staples on kids menus, they do not count as healthy sources of dairy because they are low in calcium and high in added sugars.

FOR DESSERTS THAT DO NOT MEET THE HEALTHY GUIDELINES:

- consider reducing the serving size of ice cream - two scoops or 75 grams of regular ice cream is a good guide



4 IF MEAL COMBINATIONS ARE AVAILABLE, AT LEAST HALF ARE HEALTHY

Healthy Kids Menus do not have to include meal combinations or 'meal deals'. Some food businesses choose to offer them because customers like their simplicity and value.

If meal combinations are offered in a Healthy Kids Menu:

- all meal combinations offer healthy drinks, if a drink is included
- at least half of kids meal combinations offer healthy meals and a healthy dessert, if dessert is included.

For more information on healthy drinks, meals and desserts, refer to the previous section of this guide.

There are many different ways to offer meal combinations. Here are some healthy options.



5 WHAT DOES A HEALTHY KIDS MENU LOOK LIKE?

This is an example of a Healthy Kids Menu





6 GETTING STARTED

How the Healthy Kids Menu initiative is put into practice

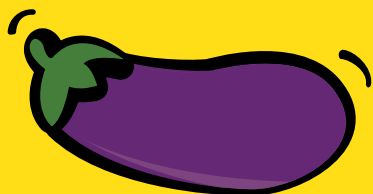


IS THIS FOR YOU?

Participation is voluntary. Find out more about the program at www.healthykidsmenu.com.au

REGISTER

Register your interest online to access the Code of Practice, Guide for Business, and self-assessment form. These documents will give you the information you need to get started.



REVIEW

A Healthy Kids Menu project officer will meet with you to discuss how your menu can meet the criteria.

REPORT BACK

Email or post us a copy of your revised kids menu.



PROMOTE

Once approved, you may promote your Healthy Kids Menu. You will have access to free promotional materials to get you started. Your venue will also be listed on the Healthy Kids Menu website. If you have website please ensure that your updated menu is available online.





7 HOW TO TELL CUSTOMERS ABOUT YOUR HEALTHY KIDS MENU

Customers will want to know which businesses offer a Healthy Kids Menu and what the healthy choices on each menu are.

General tips for encouraging customers to choose the healthy dishes:

- list the healthy items first in the menu
- download the Healthy Kids Menu icon and paste next to each Healthy Kids Menu item
- for menus that are more formal the letter 'H' can be used to indicate healthy menu items
- if practical, give healthy menu items prices that are similar to other menu items, or cheaper
- when describing your menu items keep your descriptions short and appealing – you don't need to point out all the healthy features to customers e.g. 'cheesy pea macaroni' may be more appealing to kids compared to 'macaroni made with low fat cheese and milk served with peas'.



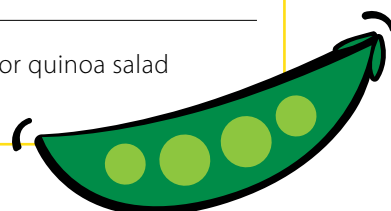
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8 INSPIRATIONAL HEALTHY KIDS MENU IDEAS

Examples for creating new kids meals

Meat/protein	+	Vegetables	+	Carbohydrate
Grilled chicken strips or tenderloins		Coleslaw or Greek salad		Hand-cut, oven-baked wedges
Grilled or pan-fried lean beef meatballs		Smooth or chunky soups (served warm)		Wholegrain or wholemeal bread roll
Oven-baked, house-made chicken nuggets or crumbed fish		Crunchy batons of carrot, celery, cucumber, capsicum		Pasta salad
Grilled or pan-fried lamb cutlets		Steamed corn cob and green beans		Rice (white or brown)
Stir-fried strips of beef, pork or chicken		Crunchy stir-fried vegetables		Asian noodles
Slices of roast meat or chicken		Roasted pumpkin and steamed peas		Mashed or roasted potato
Grilled, pan-fried or oven-baked fish		Steamed broccoli and cauliflower 'tree tops'		Couscous or quinoa salad



8 INSPIRATIONAL HEALTHY KIDS MENU IDEAS CONT.

Side dishes



Healthy alternatives to a bowl of chips

house-cut, oven baked potato chips/wedges – try a mixture of white and sweet potato

bowl of lightly steamed vegetables

bowl of corn cobs

mini mugs of warm soup and toast

wholegrain or wholemeal toast served with margarine or olive oil for dipping

Light meals, snacks and sharing plates

kids grazing plate: offer any combination of carrot, celery and cucumber sticks, cherry tomatoes, cheddar cheese cubes, lean ham, vegetable-based dips, fresh fruit, dried apricots and sultanas, crackers or toasted pita bread

platter of steamed or raw vegetables served with simple dipping sauce, such as low salt soy sauce

vegetable dips, like beetroot, pumpkin, carrot or hummus, with bread or crackers

fruit platter

cheese and crackers

mini salad plate with boiled egg

vegetable soup and wholegrain roll

toasted cheese sandwiches with carrot and cucumber sticks

zucchini slice or frittata served with a side salad

pot of warm baked beans and wholegrain toast soldiers

a jacket potato topped with coleslaw salad or a mix of kidney beans, corn, grated cheese natural yoghurt

Main meals



Sandwiches, wraps and rolls

experiment with a variety of wholemeal, wholegrain, rye and sough dough wraps, pita, rolls and sliced breads

Filling ideas

protein: canned tuna, egg, roasted chicken, lamb or beef, shredded slow cooked pork, lean-ham, cheese

spread options: margarine, pesto, hummus, mayonnaise, chutney or relish, beetroot dip, mashed avocado, low fat ricotta

salad: tomato, lettuce, cucumber, rainbow salad of grated carrot and beetroot



Burger ideas – with at least one cup of salad

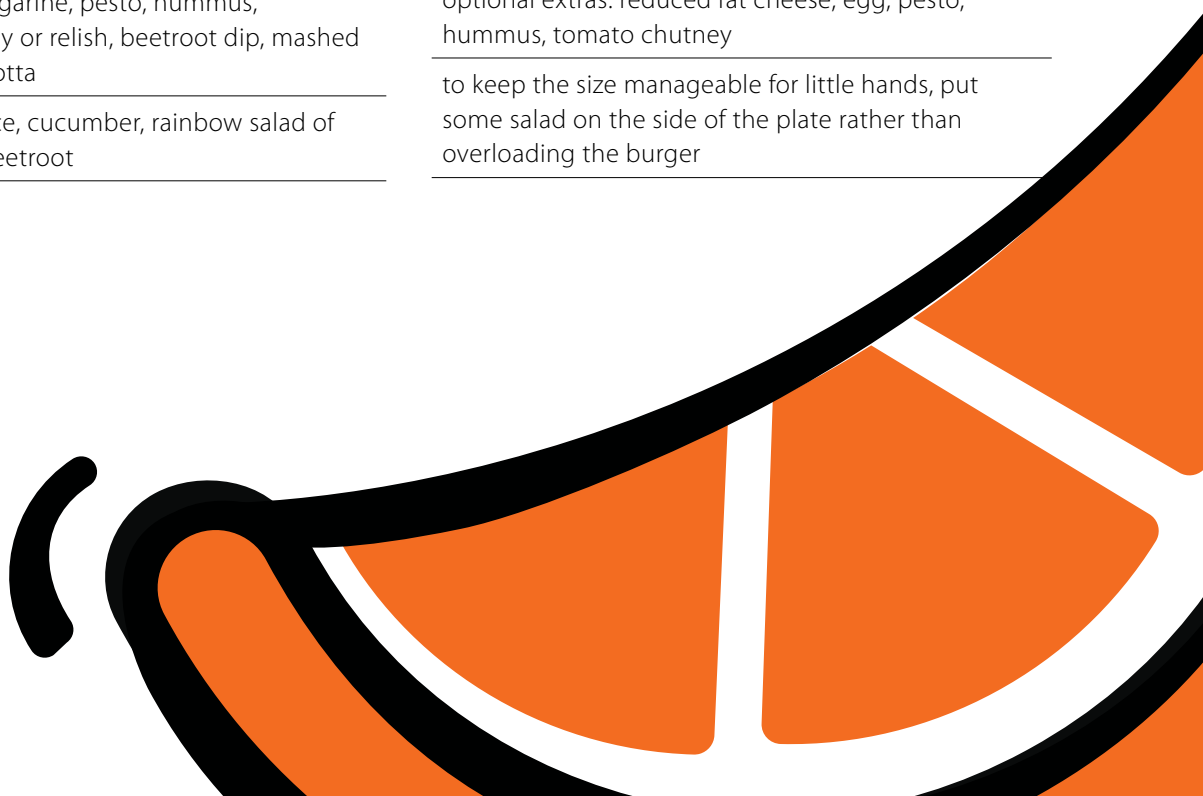
try wholegrain or wholemeal buns - flat and soft buns are easiest for kids to handle and bite

start with a grilled lean beef patty, chicken, fish or vegetarian burger

add some salad, such as baby spinach, lettuce, tomato, beetroot slices, grated carrot, coleslaw, roasted onion or mashed avocado

optional extras: reduced fat cheese, egg, pesto, hummus, tomato chutney

to keep the size manageable for little hands, put some salad on the side of the plate rather than overloading the burger



8 INSPIRATIONAL HEALTHY KIDS MENU IDEAS CONT.



Pasta ideas - with at least half a cup of vegetables or sauce

vegetable-rich bolognese sauce served with spaghetti or short pasta that is easier for children to manage

vegetable-rich, smooth tomato-based pasta sauce with coloured bows

chicken, broccoli and olive oil served with orecchiette

vegetarian lasagne with layers of roasted zucchini and pumpkin and a tomato sauce



Pizza ideas - topped with at least half a cup of vegetables per serve

Base: try wholemeal options. English muffins can work for mini pizzas.

Topping ideas

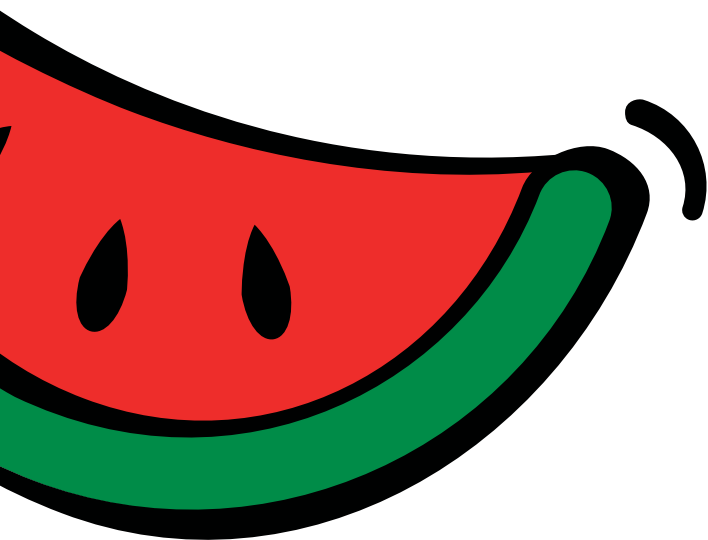
grated mushrooms, diced capsicum, onion, olives and cheese

lean ham, pineapple, fresh tomato and cheese

roasted red capsicum, chicken, red onion, baby tomatoes and bocconcini cheese

peas, grated zucchini, basil, chicken and feta cheese

Mexican: diced tomato, scattered minced meat, cumin, kidney beans, corn, diced capsicum, pineapple and cheese





Asian cuisine

sushi filled with prawn, chicken, tuna, tofu or omelette, plus cucumber, pumpkin, avocado

rice paper rolls filled with shredded beef or pork, prawn, chicken, tofu or omelette and carrot, cucumber, capsicum, lettuce and sweet chilli dipping sauce

lettuce cups filled with stir-fried pork mince and Asian vegetables

fried rice: white or brown rice with a combination of ingredients, such as peas, corn, bean shoots, diced carrot, cooked egg, roasted pork pieces, flavoured with garlic, soy sauce and sesame oil



Healthy Kids desserts

fresh, tinned, grilled, baked or poached fruit

small platter of seasonal fruit

fruit salad served with yoghurt for dipping

fruit 'sundaes' made by layering fruit, yoghurt and nuts or seeds

grilled pineapple skewers with toasted sesame seeds and yoghurt for dipping

poached and pureed apple or pear, topped with a dollop of yoghurt

Reduced fat Greek yoghurt topped with berries

chia seed or sago pudding

rice pudding

frozen yoghurt

stewed, poached or roasted fruit with crumble topping

fresh fruit layered with yoghurt and a sprinkle of crushed meringue

8 INSPIRATIONAL HEALTHY KIDS MENU IDEAS CONT.



Breakfast ideas - include half a cup of vegetables, fruit or beans

pancakes with ricotta, strawberries and banana

wholemeal or grain toast with grilled cheese and baked beans

breakfast burrito with omelette, tomato salsa, cheese

fruit toast with ricotta and banana

breakfast parfait with fruit, reduced fat yoghurt and muesli

boiled egg with wholemeal or grain toast soldiers a side of fresh fruit

omelette with wholemeal or grain toast and wilted spinach





9 PORTION SIZES

Many food establishments like to provide their customers with generous serves.

The Healthy Kids Menu does not set guides for serving sizes, other than providing at least one serving of vegetables.

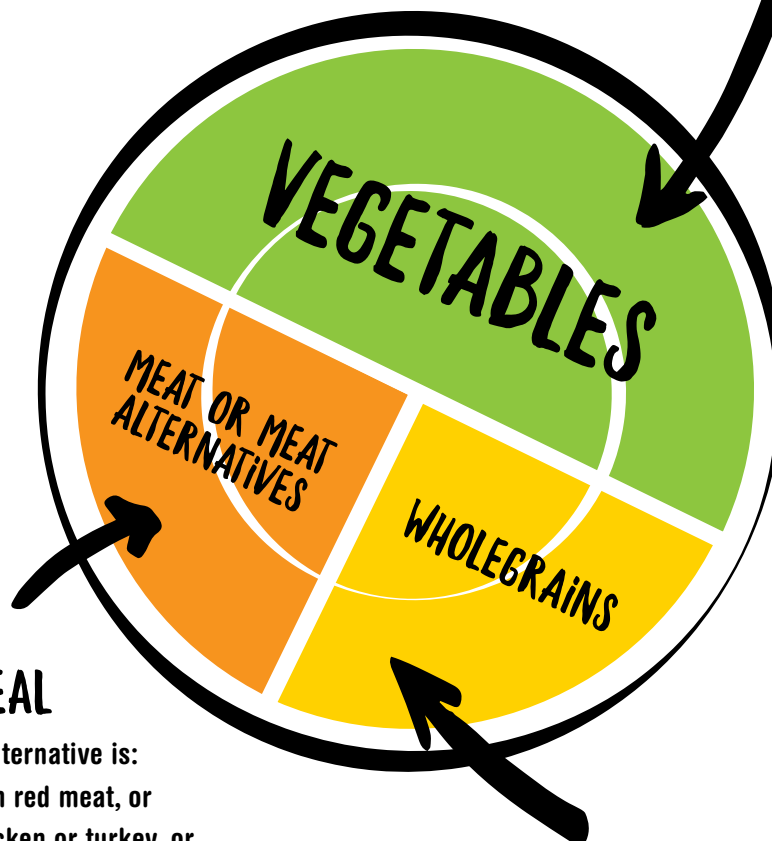
This chart is a simple guide for portion sizes for children, and the proportion for each part of the meal.

This information is provided as a helpful guide.

1+ SERVES PER MEAL

A serve of vegetables is:

- half a cup of cooked vegetables or legumes
- one cup of salad
- half a medium-sized potato



1 SERVE PER MEAL

A serve of lean meat, or alternative is:

- 65 grams of cooked lean red meat, or
- 80 grams of cooked chicken or turkey, or
- 100 grams of cooked fish, or
- two large eggs
- 1 cup cooked beans, lentils, chick peas

1-2 SERVES PER MEAL

A serve of grain or cereal is:

- one slice of bread, or
- half a medium roll, or
- half a cup of cooked rice, pasta or noodles



11 WORKING TOWARDS A HEALTHIER MENU

Are you considering some menu changes, but not sure about committing to a Healthy Kids Menu?

Change is not always easy, especially when you don't know how customers and sales will respond. Try making a few small changes when the time is right. Even though it might not be enough to be branded a Healthy Kids Menu, it can give you time to get feedback from customers and staff.

You may trial a few new dishes or change just a couple of aspects of your existing menu.

Some ideas to consider:

- Serve all meals with vegetables or salad. Avoid adding side salad as this is generally unappealing to kids. See page 19 for creative ways to include vegetables in kids meals.

This example menu has no healthy items:



- Reduce the serving size of potato chips - aim for no more than 12 regular sized chips in a kids meal to make room for more salad or vegetables.
- Replace potato chips with a different carbohydrate, such as pasta, bread or rice.
- Don't include soft drinks as a standard option in meal combinations, though customers can still ask for them.
- Reduce the serving size of ice cream – two scoops or 75 grams is a good guide.
- Simplify desserts by removing sugary toppings, such as chocolate topping, sprinkles, chocolate and cookies.
- Avoid displaying sugar-sweetened drinks at the eye level of children.

While this menu doesn't meet the Healthy Kids Menu criteria it shows a few simple changes to introduce some healthier features:



12 FREQUENTLY ASKED QUESTIONS

What is a healthy meal?

The Healthy Kids Menu Initiative defines healthy meals as those that:

- include at least half a cup of vegetables or one cup of salad and
- are prepared using small amounts of healthy fats and oils and
- do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

How do I modify my kids menu to offer enough healthy meals?

Some strategies for increasing the number of nutritious meals are:

- Replacing unhealthy meals with nutritious variations:
 - replace chips and nuggets with grilled chicken skewers, salad and a baked potato
 - replace 'creamy pasta' with pasta with a tomato-based sauce.
- Modify unhealthy meals to make them nutritious:
 - quiche and chips can be modified to frittata and garden salad
 - change a cheeseburger to a lean beef burger with tomato and lettuce, with cucumber slices on the side
 - Add mushroom and capsicum to a ham and cheese pizza
- Remove some unhealthy meals so your kids menu is smaller.
- add one or more new menu items that are healthy (See Chapter 8 for simple meal ideas).
- Consider whether any adult meals meet the healthy criteria and suit being offered in smaller portions for children.

At least half of kids meals need to be nutritious. What about the other meals on the kids menu?

This program respects the importance of choice – both for business and for customers. Therefore some meals

that don't meet the healthy definition can stay on your Healthy Kids Menu. You can offer chips and nuggets on a Healthy Kids Menu if it suits your business and if such meals account for no more than half of the kids meals you offer.

Why are artificially sweetened milk drinks allowed but artificially sweetened soft drinks are not?

Milk provides a valuable source of nutrients, particularly calcium. The diets of many Australian children don't provide them with enough calcium. By offering milk products that are artificially sweetened, children may be encouraged to boost their intake of this healthy drink.

Other artificially sweetened beverages, such as mineral water, soft drinks, iced teas and energy drinks, have no nutritional value and are acidic, which contributes to the erosion of tooth enamel. That is why they cannot be included in a healthy kids menu.

Can we add powdered or liquid flavourings to reduced fat milk?

Small quantities (i.e. no more than 3 teaspoons per serve) of powdered or liquid flavourings can be added because they may encourage children to drink milk. Caffeine and coffee flavours are not suitable for children.

How does this Guide apply to my kids breakfast menu?

Overall, the same principles apply. Most of the meals on a kids breakfast menu will be healthy and at least half of all kids meals must:

- include at least half a cup of vegetables, one cup of salad or half a cup of fruit or beans and
- be prepared using healthy fats and oils and
- not include any fried foods, high-fat processed meats or savoury pastries.

Eggs that are fried in a small amount of healthy oil are allowed in Healthy Kids Menu items, but hash browns, croissants and bacon cannot be included.

Pancakes cannot be served with syrup, ice cream or cream if they are one of the healthy menu items.



FOR FURTHER INFORMATION

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HEALTHY KIDS MENU



A PARTNERSHIP BETWEEN INDUSTRY
AND THE GOVERNMENT OF SOUTH AUSTRALIA



Government
of South Australia



community way of life



Restaurant
& Catering