



# Christ Church Grammar School

## Star Choice™ and the Christ Church Canteen

The Star Choice™ Canteen Buyer's Guide lists details of suppliers who have registered their products and these have been assessed using national criteria for nutrients. This criteria addresses levels and types of fat, salt (sodium), fibre and sugar in foods. Excessive amounts of these nutrients and inadequate amounts of fibre have been associated with many chronic health problems suffered by Australians.

In December 2006 the State Government announced a policy and standards for healthy food and drinks provided in WA public school canteens and food services. All public schools should now be compliant with the policy and standards. The policy includes a food and drink categorisation system based on 'traffic lights':

- **GREEN:** Fill the menu predominantly with these choices
- **AMBER:** Select carefully and do not let these dominate the menu
- **RED:** OFF the menu and not permitted to be sold in WA school canteens at all. Food and drinks in this category cannot be registered under the Star Choice™ Registered Products Program.

The 'buyer's guide', approximately 60 pages, lists every product registered and available in WA, indicating it's green or amber code, the portion size and the suppliers details.

This certainly helps to structure a healthy approach to menu setting in a school canteen environment. Nutritionists agree that boys' dietary requirements differ to those of girls due to their physical needs, so a comparison of menus between our canteen and those of local girl's schools is not necessarily valid.

The minimum standard for all public school canteens and food services requires that 60% of the menu comes from food and drink choices that are '**GREEN**' with no more than 40% on men choices coming from the '**AMBER**' category. Our Christ Church Canteen menu current rates at 70% '**GREEN**'.

Some of the food and drink categories also include a requirement for a minimum level of a specific mineral e.g. calcium, and some have maximum portion sizes and/or kilojoule requirements. It should not be assumed that a larger portion size of the same product will meet the criteria for registration.

"A pie is not a pie". Pies, sausage rolls chips etc. that you may see listed on the menu are not the same that you can purchase from a service station or corner shop. The ingredients in these products have been adjusted in order to meet the Amber code categorisation. The ones from the service station or corner shop would probably be in the Red category and therefore would not be allowed onto the canteen menu.

The criteria for registering products do not address food additives, colourings, preservatives or flavourings as these are controlled by Food Standards Australia New Zealand.

The MyStudent Account website used by parents to add funds to their sons smartcards also **allows parents to choose a daily spend limit** and **prohibit boys for purchasing any items** in the School Canteen. Parents can browse through the lists of items available at different times during the day and make their selections if they choose to. There are similar items under the various section headings so it is best to browse through all of them to make your selections.

To help to better understand each item the Christ Church Canteen Manager has recently added additional information including the items 'traffic light' code, for example:

Under the lunch section:

**Special Fried Rice**

Gluten free special fried rice with pork – Star Choice code: Green, healthy choice

**Pie**

Granny's star choice meat or potato pie – Star Choice code: Amber, select in moderation

Under the snacks section:

**Yoghurt Fruit**

A variety of 220g tubs of fruit yoghurt – Star Choice code: Green, healthy choice

**Cheese Portions**

20g portion controlled natural cheddar cheese – Star choice code: Amber, select in moderation

If you do want to browse the Canteen menus and **prohibit menu items** the following information will help to get you to set up this option.

- Login to **MyStudentAccount.com.au**
- Click on **Add/Edit Accounts** from the upper left hand side
- Click on the **Account No.** for your son from the bottom left corner  
At this screen you can set a daily spend limit (**Note:** Since boys can also use their card for purchases in the Bookroom if they have reached their daily limit with Bookroom purchases they will not be able to purchase from the Canteen).
- Click on the **Next>>** button
- Click on the **Next>>** button
- Click on **Add Prohibited Item** button

You can then scroll through the various section headings, review details about each item and choose to prohibit those items you do not want your son to be able to purchase. Do this within each section to ensure these items are prohibited at all times.