Did you know?... Children can consume up to one-third of their daily nutritional intake at school. As many children regularly purchase food from school tuckshops, it is important that tuckshops provide a wide variety of foods from the five food groups and promote and model healthy food choices.

Based on the Australian Dietary Guidelines for Children and Adolescents and The Australian Guide to Healthy Eating (AGTHE), the ‘Traffic Light System’ was developed to assist Australian School Tuckshops with making selections on foods and drinks to make available in schools.

Foods and drinks have been classified into three categories according to their nutritional value: Green, Amber and Red.

GREEN ‘Have plenty’ ☺
Encourage and promote these foods and drinks.
These food and drinks:
• are excellent sources of important nutrients
• are low in saturated fat and/or added sugar and/or salt
• help to avoid an intake of excess energy (kilojoules or calories)
Examples: Breads, fruit, vegetables, low fat dairy food, lean meat, fish & poultry

AMBER ‘Select carefully’ /neutralface
Do not let these foods and drinks dominate the choices and avoid multiple servings.
These foods and drinks:
• have some nutritional value
• have moderate amounts of saturated fat and/or added sugar and/or salt
• can, in large serve sizes, contribute excess energy (kilojoules or calories)
Examples: Processed meats, spreads and sauces, snack food bars, full fat dairy, fruit juice, refined breakfast cereal

RED ‘Occasional’ /frownface
These foods and drinks:
• lack adequate nutritional value
• are high in saturated fat and/or sugar and/or salt
• can contribute excess energy (kilojoules or calories)
Examples: Sugar & artificially sweetened drinks, confectionary/lollies, deep fried food, chips, cakes & sweet pastries.

Whilst OLA Tuckshop endeavours to provide a healthy tuckshop menu through food varieties and portion sizes, it relies upon the students, staff and parents to also make appropriate choices. To assist with this process, each menu item has been marked with the respective face according to which colour category it fits.

Green: ☺
Amber: /neutralface
Red: /frownface


Thanks for your assistance.