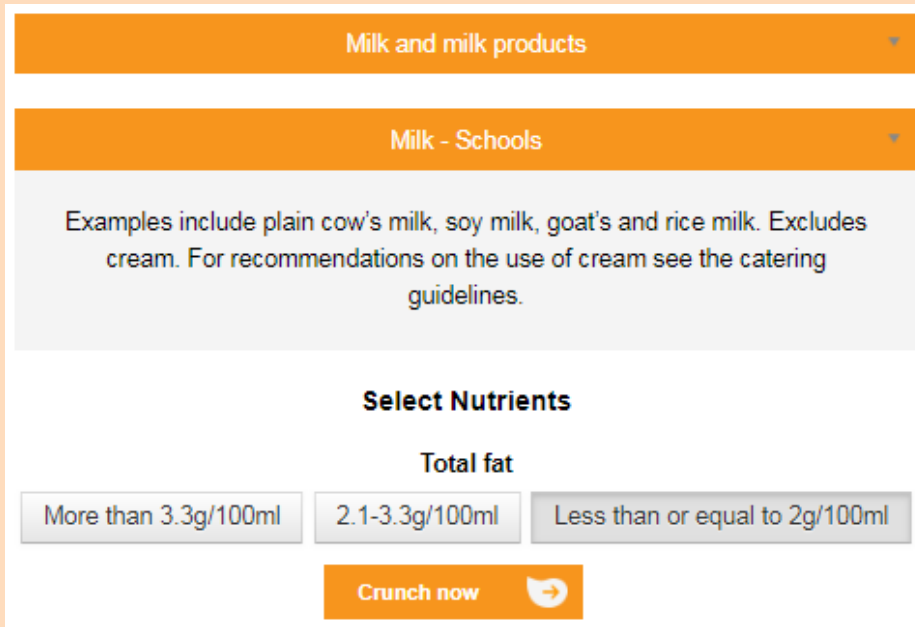


# HEALTHY FOOD CRUNCHER



Our online Healthy Food Cruncher can help your school or early learning service choose healthier food and drinks for catered meals, tuck shops, canteens and special events. Use it to check whether a product meets the Fuelled4life criteria for *Everyday* or *Sometimes*\*.

## HERE'S HOW IT WORKS



Milk and milk products


Milk - Schools

Examples include plain cow's milk, soy milk, goat's and rice milk. Excludes cream. For recommendations on the use of cream see the catering guidelines.

**Select Nutrients**

Total fat

More than 3.3g/100ml    2.1-3.3g/100ml    Less than or equal to 2g/100ml

Crunch now 

1. Select the food category.
2. Choose a food/drink option and see the examples.
3. Select the nutrients by checking the food label on pack (per 100g/ml).
4. 'Crunch now' for the result.

\*Visit [fuelled4life.org.nz](http://fuelled4life.org.nz) to learn more about *Everyday* and *Sometimes* food and drinks.

Try it here: [fuelled4life.org.nz/healthy-food-cruncher](http://fuelled4life.org.nz/healthy-food-cruncher)