



Food Service Checklist

Heart Start checklist:

- Occasional foods are available on a maximum of two out of every five days that the food service is available
- No occasional drinks are available, at any time
- If beverages are sold, water or low-fat/ reduced-fat milk is available



Heart Start Excellence checklist:

- Occasional foods are available only one out of every five days that the food service is available
- No occasional drinks are available, at any time
- At least one wholemeal/wholegrain bread-based option is available
- At least one fruit- and/or vegetable-based option is available
- At least one low-fat/reduced-fat milk or milk product is available
- If beverages are sold, water or low-fat/reduced-fat milk is available



Occasional foods include:

- Confectionary: boiled sweets, toffees and caramels, fudges, nougat, gels, gums, jellies and chocolate
- All deep-fried foods: deep-fried fish, hotdogs, hot potato or kumara chips, wedges, hash browns and doughnuts

Occasional drinks include:

- Full-sugar carbonated beverages (soft drinks and fizzy drinks)
- Full-sugar sports drinks
- Full-sugar and artificially sweetened *Energy drinks (these are not recommended for children or young people)

*An energy drink is a non-alcoholic water-based flavoured beverage which contains caffeine and may contain carbohydrates, amino acids, vitamins and other substances, including other foods, for the purpose of enhancing mental and physical performance.