

Staple/insert this in your 'Go for your life' Healthy Canteen Kit Food Planner

School Confectionery Guidelines

Introduction

The *School Canteens and Other School Food Services Policy* was released in October 2006. It explains the guiding principles – including food selection, food categories and food safety – and the role of the school council in developing a school food services policy. In response to concerns raised by both parents and schools about the issue of healthy eating and the lack of nutritional value of confectionery, the policy states that:

Confectionery is of minimal nutritional value. From 2009, no confectionery should be supplied through school food services.

The *School Canteens and Other School Food Services Policy* applies to food services within the school environment, for example school events such as celebrations and sports day, vending machines and foods used in curriculum activities.

For a complete copy of the policy see [School Canteens and Other School Food Services Policy](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/policy.htm) (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/policy.htm>).

What is confectionery?

The definition of confectionery used here has been tailored specifically for the use of school food services and has taken into consideration the definitions used by a variety of sources, including canteen food registration programs, school canteen associations, government agencies and industry and academic texts and references ^{1,2,3,4,5} outlined in the [Rationale for the introduction of School Confectionery Guidelines](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confectionery.htm) (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confectionery.htm>)

Confectionery can be defined as a small snack, chocolate or lolly – often sized for individual consumption – of minimal nutritional value and with sugar as a main ingredient. Common names for confectionery include lollies, candy or sweets. Confectionery comes in a variety of shapes, textures, from jelly-like, soft and chewy to hard and brittle.

The sugar can be in any of its possible forms, some of which are sucrose, glucose, fructose, lactose, dextrose, maltose, maltodextrin, glucose syrups, fruit sugar syrups, sugar-derived

products such as molasses or treacle, icing sugar and invert sugar*.

Confectionery can also be made with artificial sweeteners such as sorbitol, mannitol, maltitol, xylitol, isomalt and polydextrose. Confectionery may consist of a blend of sugar or artificial sweetener, milk powder, hardened vegetable oil and various flavourings. All lollies and chocolates, containing sugar or artificial sweeteners, are included in this definition of confectionery.

There are also products, such as small tubs of jelly that may not necessarily have sugar as a main ingredient, but have minimal nutritional value. They are often sold in a small serve size and marketed as lollies. These types of products are also considered to be confectionery within this definition.

* *Invert sugar is a mixture of equal parts of glucose and fructose resulting from the hydrolysis of sucrose. It is found naturally in fruits and honey and produced artificially for use in the food industry.*

Examples of Foods Considered to be Confectionery

Bubble gum	Fruit straps that are either not 95–100% dried fruit or that have added sugar	Liquorice
Candy bars	Fudge	Lollies
Caramel	Gums/gelatine candies	Marzipan
Carob	fruit juice lollies	Medicated cough lozenges
Chewing gum	gummies	Mints
Chewy lollies	jelly babies	Nougat
Chocolate	jelly beans	Nut or seed brittle or 'snaps'
Chocolate bars	snakes	Praline
Chocolate chips, bits and buttons	marshmallows	Sherbet and sour lollies
Chocolate coatings	Turkish delight	Small compressed drink powder lollies (e.g. choc malt treats)
Chocolate compound	Halva	Small containers/tubes of jelly.
Chocolate/nut spreads (consumed other than as a spread)	Hard and soft icings, frostings and glazes	Sugar-coated choc bits
Chocolate-coated nuts and fruit	Hard/boiled candy	Sugar-coated nuts
Cotton candy/fairy floss	candy canes	Sweetmeats
Crystallised or glazed fruit and ginger	gobstoppers	Toffee
Eucalyptus and honey drops	lollipops	Yoghurt compound
Fondant	Hundreds and thousands and sugar sprinkles	Yoghurt compound toppings and coatings
Fruit balls with added sugar	Jellies	Yoghurt flavoured lollies
Fruit flakes with added sugar		yoghurt snakes
		yoghurt sticks/straps

Small amounts of confectionery products (for example, icing, glazes, choc chips and glacé fruit) can be used as a thin layer, topping or ingredient on or in a nutritious baked item/product. The whole nutritional value of a product containing the confectionery needs to be assessed against the *Nutrient Criteria for an Occasionally Food* (see page 13 of the ['Go for your life' Healthy Canteen Kit – Food Planner](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/download.htm) (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/download.htm>)).

Remember that the marketing and serve size of a product containing confectionery, as well as its sugar content, should also be taken into consideration when assessing the product's suitability.



How to assess whether a product is considered confectionery

Below are two different examples of assessing whether a product meets the Department's definition of confectionery.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 4		SERVING SIZE: 10g
AVG. QUANTITY	PER SERVING	PER 100g
ENERGY	218kJ	2180kJ
PROTEIN	1.1g	10.5g
FAT, TOTAL	3.1g	30.5g
- SATURATED	0.5g	4.6g
- TRANS	0g	0g
- POLYUNSATURATED	1.5g	14.6g
- MONOUNSATURATED	1.1g	11.3g
CHOLESTEROL	NIL	NIL
CARBOHYDRATE	5.1g	51.3g
- SUGARS	3.8g	37.8g
SODIUM	10mg	99mg

INGREDIENTS: SESAME SEEDS (49%),
GLUCOSE SYRUP (FROM WHEAT), SUGAR.

- 1) Check the ingredients list: If any type of sugar or combinations of sugars (e.g. glucose syrup + sugar) is listed as **one of the main ingredients** on the ingredient list or **the largest component** of the product, the product is considered confectionery.

Glucose syrup + sugar together are two of the main ingredients in this product (51%), therefore this product is classified as confectionery

HEART-SHAPE JELLY PACKED IN BAG (ASSORTED FLAVOR)		
INGREDIENTS: WATER, SUGAR, CARRAGEENAN, FOOD ACIDS (E330, E331), FRUIT FLAVOURS (0.1%), APPROVED COLORING, FD&C YELLOW NO. 5 (E102), FD&C YELLOW NO. 6 (E110), FD&C RED NO. 40 (E129), FD&C BLUE NO. 1 (E132)		
NUTRITION INFORMATION		20.00
SERVINGS PER PACKAGE		15g
SERVING SIZE:		
	Average Quantity per Serving	Average Quantity per 100g
Energy	53kJ	353kJ
Protein	0.0g	0.0g
Fat, total	0.0g	0.0g
- saturated	3.0g	20.3g
Carbohydrate	3.0g	20.0g
- sugars		60.0mg
Sodium		

- 2) Consider whether the product is sold in a small serve size, is marketed as confectionery and has minimal nutritional value.

Although sugar is not the main ingredient of this food, the product has minimal nutritional value. The size and packaging of the product indicates that it is marketed as a lolly. Therefore it is classified as confectionery.



Tips for Success

A whole of school approach

When implementing the ban on confectionery in the school, consider all of the areas of the school where this message can be positively reinforced.

- Teachers can model this policy in the classroom by providing non-food rewards instead of lollies. For a list of non-food reward ideas, such as free trinkets, stickers, extra class playtime, items for active play and extra house/team points, visit the Classroom Rewards section of [The Parents Jury](http://www.parentsjury.org.au/tpj_browse.asp?ContainerID=tpj_rewards) website (http://www.parentsjury.org.au/tpj_browse.asp?ContainerID=tpj_rewards).
- Student Representative Councils can play an important role in promoting a lolly-free school. Positive peer pressure can have a great impact. Get your student council to brainstorm some cool ways to promote a lolly-free school.
- Your school may wish to introduce lolly-free guidelines/advice for lunchboxes to support the school confectionery policy. This can be promoted from an environmental perspective too, for example, having 'Wrapper-free' or 'Nude food' lunch days.

Communicate to parents

- Explain to parents what the new policy involves and how they can help support the success of its implementation e.g. school newsletter article
- Hold parent information nights to gain parental support for the policy and to explain to them how they can help model healthy eating behaviours.
- Use positive language, so focus on the positive health implications the restriction will promote rather than referring to the policy as a 'banning'.
- You may like to use some of the information provided in this resource to cut and paste into your school newsletter.

Reinforce the message in the classroom

- Ensure the school's curriculum programs on healthy eating complement the policy. The Health and Physical Education domain of Victorian Essential Learning Standards provides the content and skills relating to health knowledge and promotion, including healthy eating and nutrition. This can be used to create a health education

curriculum that will support and complement the implementation of the *School Canteen and Other School Food Services Policy*, including the confectionery component.

- Teach the students the importance of limiting confectionery in their diet by discussing with them some of the points from the [Rationale for the introduction of the School Confectionery Guidelines](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confectionery.htm) (http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confectionery.htm).
- Plan a dental health or healthy lunches module in your health curriculum. For curriculum activities refer to the ['Go for your life' Healthy Canteen Kit Student Learning Activities](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/student_learning.htm) (http://www.education.vic.gov.au/management/schooloperations/healthycanteen/student_learning.htm).
- Involve students in brainstorming new healthy snack alternatives to provide in the canteen.

Tips for Success

Provide fun and cheap snack alternatives

For some popular small and inexpensive snack ideas, see the 'Small and cheap snack alternatives to confectionery' and 'Canteen Buyers Guides' fact sheets in the New fact sheet section of the '[Go for your life](http://www.goforyourlife.vic.gov.au/canteens)' Canteen website (<http://www.goforyourlife.vic.gov.au/canteens>).

An example from a school providing healthy snack alternatives

Strathmore Secondary College has replaced their lollies with jars of dried fruit, sold for 10c per piece. These jars look very colourful and appealing lined up on the canteen counter. Jenny, the canteen manager, found that they sold just as well as the lollies and that she had to refill the jars within the first week. She also found that by buying bulk dried fruit the profits were comparable to selling confectionery.

Strathmore Secondary College Canteen's range of confectionery (pictured top right) was replaced with attractive snack jars of dried fruit (pictured right)



Frequently Asked Questions

Aren't carob and yoghurt compound products healthier than chocolate?

Carob is high in sugar and is higher in both total fat and saturated (unhealthy) fat than milk chocolate. Yoghurt lollies are also very high in saturated fat and sugar. Contrary to common belief, carob or yoghurt lollies are not a healthier alternative to chocolate as a snack. Remember, the definition of confectionery also includes yoghurt products and yoghurt coatings.

What about choc chips in baked goods?

Chocolate chips are classified as confectionery. However, small amounts of confectionery products (for example, icing, glazes, choc chips and glacé fruit) can be used as a thin layer, topping or ingredient on or in a nutritious baked item/product. The whole nutritional value of a product containing the confectionery needs to be assessed against the *Nutrient Criteria for an Occasionally Food* (see page 13 of the ['Go for your life' Healthy Canteens Kit – Food Planner](#) or go to (http://www.education.vic.gov.au/management/schooloperations/healthycanteen/plan_occasionally.htm). Remember that the marketing and serve size of a product containing confectionery should also be taken into consideration when assessing the product's suitability.

A popular and healthier alternative would be to use cocoa powder throughout the product to create a chocolate look or flavour. For a great healthier choc-banana muffin recipe baked at Mentone Park Primary School canteen, visit the ['Go for your life' canteen](#) website (<http://www.goforyourlife.vic.gov.au/canteens>) and click on 'Snack Attack'.

I have heard that sugar-free chewing gum is good for dental health, so why is it banned?

All chewing and bubble gums have been restricted in order to promote positive eating behaviours for children, to minimise any associated choking hazards, and to help maintain a green, litter-free school environment. If teeth are brushed twice daily, sugar intake is not high or frequent, and if water is consumed regularly between meals, the dental health of the students can be best maintained.

What about lollies or jellies that are based on natural fruit juice or fruit sugar, and marketed as 'All Natural' or 'Low GI'?

Whilst these lollies are made from fructose, a natural sugar found in fruit, they contain as much sugar as other lollies. As the processing of the fruit to make these lollies results in a highly concentrated form of sugar and takes out all the fibre naturally found in fruit, these lollies are no better than ones made from other types of sugar. Also these lollies are very sticky, contributing to dental decay.

Frequently Asked Questions

Are all states doing the same to stop confectionery being sold in school canteens?

Most states and territories are implementing healthy canteen policies and restricting the sale of confectionery in schools, but guidelines vary from state to state. Therefore, if you are using canteens buyers' guides or canteen product magazines, be aware that they may list some products that are not in line with the Victorian guidelines. If you are not sure whether a product is suitable, contact the 'Go for your life' Healthy Canteens Infoline on 1300 73 98 99.

Do the School Confectionery Guidelines apply to school fundraising activities?

The school's food service, curriculum programs and other school activities involving food should be complementary. Positive peer pressure within the educational setting can create a culture in which nutritious foods and a healthy lifestyle are actively chosen. This culture should permeate the entire school environment. Fundraising activities that promote healthy lifestyles are encouraged to assist this whole-school approach. Many schools have been conducting profitable fundraising with healthy fundraising activities such as toothbrush drives, with the added bonus of promoting healthy messages at the same time. For ideas for healthy fundraising activities, refer to '[Go for your life' Healthy Canteen Kit – Getting Started](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/gettingstarted.htm) (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/gettingstarted.htm>).

Why are artificially sweetened foods such as yoghurt allowed to be sold in school canteens when artificially sweetened lollies are banned?

Foods such as yoghurts and flavoured milks that contain artificial sweeteners are allowed for sale in school food services as they provide important nutrients such as calcium and protein. Note, however, that the equivalent dairy product using regular sugar is often just as healthy. Artificially sweetened lollies, yoghurt compound products and yoghurt-flavoured lollies provide no beneficial nutrients and therefore cannot be provided.

Dried fruit is just as high in sugar content as some confectionery, so why is it OK to sell it in canteens?

Dried fruit is high in sugar, but this sugar is an unprocessed natural fruit sugar. Dried fruits are also high in fibre and other nutrients. Whilst dried fruits are a much better alternative to confectionery, they can be sticky on the teeth, so are best eaten as part of a meal.