

Checklist of Prohibited* Foods and Drinks in Schools as per 'A Whole School Approach to a healthy lifestyle: Healthy eating and physical activity Policy' (2015)

* Prohibited foods in schools refer to those foods with a high content of one or more of the following: saturated and trans fat, sugar and salt.

Name of College: _____

Name of School: _____

Date and time of visit: _____

FPR: _____

✓ Mark accordingly to availability at time of inspection:

Tuck shop run: (i) by School or (ii) by Tender

	Available on Premises	List of food items available on the menu
Savouries		
Fried Foods	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Potato chips	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Salami, bacon, luncheon meat, <i>mortadella</i> or corned beef	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Highly processed foods:		
• Sausages	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Burgers	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Chicken nuggets	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Spring rolls	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Wontons	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Samosas	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Fish cakes/fingers	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
• Other ready-made crumb-coated products	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Pizzas with high salt/fat toppings * *sausages, salami, pepperoni, high-fat cheese	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
<i>Pastizzi</i>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Sausage rolls	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Hot dogs	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Bagged savoury snacks: except (unsalted & unsweetened nuts, pulses and seeds)	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Salted and sweetened nuts, pulses and seeds	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Products manufactured and marketed to be used as	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

part of a weight loss diet

Ready-to-use dips, ready-to-use salad dressings and sauces

Yes No

Yes No

Desserts and sweet snacks

Doughnuts

Yes No

Yes No

Cream and jam cakes

Yes No

Yes No

Iced cakes

Yes No

Yes No

Chocolates, sweets and confectionery*

Yes No

Yes No

(*Confectionery includes: milk chocolate, plain chocolate, white chocolate bars; chocolate flakes; chocolate buttons, chocolate eggs; filled chocolate, chocolate coated bars or biscuits; boiled, chewy, gum, liquorice, mint and other sweets; sherbet; dried fruit; fudge; toffee; marshmallows; nougat; Turkish delight; cereal chewy bars; cereal crunchy bars; processed fruit bars; chewing gum, croissants, cookies, sponge cakes, wafers, marzipan, nut spreads including peanut butter, spreadable chocolate and other sweet sandwich toppings; jelly caramels, iced lollies, sorbets and ice-cream.)

Yoghurts and desserts¹

Yes No

Yes No

Breakfast cereals and cereal bars²

Yes No

Yes No

Other sweet pastries

Yes No

Yes No

¹ Contain more than 2.5% total fat, 1.5% saturated fat and 10% total sugars

² Refer to those food items which do not comply with the nutrient levels as established within the parameters set in the Nutrient Based Guidelines for Food and Drink Providers – (included)

Drinks

Carbonated water

Yes No

Yes No

Flavoured water

Yes No

Yes No

Soft drinks

Yes No

Yes No

Iced teas

Yes No

Yes No

Energy/sports drinks

Yes No

Yes No

Coffee / hot chocolate

Yes No

Yes No

Fruit juices

Yes No

Yes No

Milk and Milk alternatives

Milk/milk products

Yes No

Yes No

with more than 2.5% fat and/or milk which contains artificial additives

Oat, rice, barley and other cereal drinks

Yes No

Yes No

with more than: 2.5% total fat, 1.5% saturated fat, 10% total sugars

Drinks containing a combination of milk,

Yes No

Yes No

yoghurt and fruit with more than: 2.5% total fat, 1.5% saturated fat, 10% total sugars

Checklist of Permissible Foods and Drinks in Schools as per 'A Whole School Approach to a healthy lifestyle: Healthy eating and physical activity Policy' (2015)

✓ Mark according to availability at time of inspection:

	Available on Premises	Available on Menu
Savoury items		
Soups made with fresh or frozen ingredients Low in added fat and salt	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Fresh or toasted sliced sandwiched bread, rolls, baguettes, <i>ftira</i> , buns, <i>ciabatta</i> , pocket bread, pittas with healthy fillings ³ using white or wholegrain ⁴ breads	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
<i>Hobz Malti</i> – white or wholegrain filled with tuna, tomatoes, onions, lettuce, beans, capers, olives and fresh herbs	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
A selection of pizzas with healthy toppings ⁵ , using a white or wholegrain dough base	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Quiches and pies with a healthy filling ⁶ and a thin layer of short crust pastry	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

³Healthy fillings or toppings can include one or more of the following: a variety of fresh or frozen vegetables, tuna, sardines, mackerel, salmon, chicken, turkey, ricotta, baked omelettes and patties, skimmed mozzarella, low/medium fat cheese, hard boiled eggs, traditional Maltese *bigilla*, beans and lentils, low fat spread, low fat and low salt dressings.

⁴Wholegrain products include those made with wholegrain flour, wholewheat flour, cracked or bulgar wheat, graham flour, wholegrain corn flour or corn meal, whole oatmeal, whole rye, spelt, quinoa, wholegrain rice flour. The terms 'multigrain', 'stone ground' and 'pumpernickel' do not necessarily mean that the product is wholegrain.

⁵Healthy toppings include tuna, sardines, mackerel, salmon, chicken, hard boiled eggs, fresh or frozen vegetables, low or medium fat cheese e.g. mozzarella, ricotta, Edam cheese, cheeselets (also fresh but pasteurized).

⁶Healthy filling includes ricotta, tuna, chicken, vegetables, beans (avoid baked beans), lentils, peas. Portion sizes of quiches and pies should be small.

Couscous, bulgar wheat and pasta dishes	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Hot dishes, such as baked rice and pasta and vegetable lasagne	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Baked potatoes/jacket potatoes with healthy fillings such as ricotta, tuna or any other medium/low fat cheeses ⁷	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
100% grilled or baked chicken/turkey/fish fillet	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Grilled/baked not fried fish patties made with healthy ingredients such as tuna, salmon, vegetables and potatoes	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Boiled/poached egg	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

Salads and Dips

Pasta or vegetable salads with vinaigrette (using olive oil, balsamic vinegar, lemon juice) or with mustard	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
A selection of low fat/low salt dips – vegetable, tuna, ricotta, bean, bigilla, hummus	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

SAVOURY SNACKS

<i>Galletti</i> , water crackers, crackers, rice cakes and crispbreads, made of white or wholegrain flour, low fat and low salt varieties	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Nuts and seeds ⁸ , not fried, without added salt or added sugars ⁹	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

⁷ A list of low or medium fat cheeses is available at Annex 2.

⁸ **Common allergenic foods** include eggs, milk, fish, shellfish, peanuts, soya, wheat, nuts and seeds. Allergies to certain foods such as peanuts and peanut products, other nuts, seeds and other derivatives and shellfish can be acute. People suffering from a severe food allergy need to know the exact ingredients in their food since even a small amount of the food allergen could harm them. **Nuts should not be distributed among children under 5 years of age.**

⁹ Added sugars include white sugar, brown sugar, raw sugar, sucrose (referred to also as table sugar), glucose, glucose syrup, agave syrup, corn syrup, high-fructose corn syrup, corn-syrup solids, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, invert sugar, anhydrous dextrose, crystal dextrose, hydrolysed starch. The higher up in the list these ingredients occur, the higher in 'added sugars' the product is.

Roasted/dried beans and roasted chickpeas, without added salt or added sugars Yes No Yes No

Plain air-popped popcorn without added butter, salt or sugar Yes No Yes No

FRUIT SNACKS

Individual fresh fruits and fresh fruit salads Yes No Yes No

Stewed fruit with no added sugars Yes No Yes No

Baked fruit without pastry and no added sugar Yes No Yes No

Fresh fruit milkshake (with milk or yoghurt containing not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars, and fresh fruit without added sugar) Yes No Yes No

SWEET SNACKS⁹

Fresh, frozen fruit yoghurts (containing not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars) Yes No Yes No

Breakfast cereals¹⁰ Yes No Yes No

Plain *qagħaq tal-ħmira* Yes No Yes No

Individually packed *buskuttelli* Yes No Yes No

Traditional Bread Pudding Yes No Yes No

⁹**Sweet Snacks** should not contain any trans fats (i.e. hydrogenated or partially-hydrogenated vegetable oils/fats).

¹⁰Breakfast cereals as per the Nutrient Based Guidelines at Annex 1. Wholegrain varieties are good sources of fibre.

Drinks

Still water Yes No Yes No

Fresh white milk, preferably local
For both **Primary and Secondary school pupils** –
Containing: not more than 2.5% total fats Yes No Yes No

Oat, rice, barley and other cereal drinks with
Not more than 2.5% total fats, 1.5% saturated fat
And 10% sugars Yes No Yes No

Combinations of milk, yoghurt and fresh fruit
with no more than 2.5% total fats, 1.5%
saturated fat and 10% total sugars Yes No Yes No

Hot tea with no added sugar and served in
an insulated cup with lid Yes No Yes No

Name and Signature of Health Inspector: _____

Responsible person in charge of Tuck-shop: _____

ID of Responsible person in charge of Tuck-shop: _____

Person present in Tuck shop at Inspection: _____

Annex 1.

Nutrient Based Guidelines for Food and Drink Providers

It is advisable that tuck-shop operators keep to the nutrient levels suggested for each nutrient (Table 1).

Foods should be free from artificial sweeteners, artificial flavourings, artificial colourings, enhancers (monosodium glutamate MSG) and trans fats found in hydrogenated or partially-hydrogenated vegetable oils/fats.

Nutrient	Nutrient level per 100g/ml of food
Fats ^c	Not more than 20g
Saturated Fats	Not more than 5g
Total Sugars ^d	Not more than 10g
Salt Sodium	Not more than 1.5g Not more than 0.6g

Table 1: Nutrient levels per 100g/ml of food for fats, saturated fats, total sugars, sodium and salt.

Adapted from: Food Standards Agency Guidelines, UK 2010 and TASNE Report (2006)

Revised by the Home Economics Seminar Centre and the Health Promotion and Disease Prevention Directorate.

^cTotal fats may discriminate against food high in natural fats such as nuts and seeds. Values for total fats may be higher than the suggested levels for these foods.

^dWith the exception of cereals for which total sugars should not be more than 15g per 100g.

Annex 2.

List of Low and Medium fat Cheeses

Low –fat Cheeses:	
E.g.	Cottage cheese
	Ricotta
	Reduced fat cottage cheese
	Reduced fat Edam
Medium-fat Cheeses:	
E.g.	Edam
	Emmenthal
	Mozzarella
	<i>Ġbejniet</i>

Contact numbers:

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