

HEALTHY KIDS MENU



CODE OF PRACTICE

A Healthy Kids Menu must have all of these features:

1. Healthy drinks are offered to children

- Water is available at no cost, is easily accessible and is served safely in line with current public health directives.
- Healthy drinks that may be listed on a kids menu are:
 - › water with no added sugar, artificial or natural sweeteners
 - › 250ml (max. serving) ›99% fruit and/or vegetable juice
 - › 375ml (max. serving) of reduced fat milk – plain or sweetened
 - › house made combinations of the above options, such as a 250ml fruit and milk smoothie.

2. At least half of the meals on the kids menu are healthy

- Healthy meals:
 - › include at least half a cup of vegetables or one cup of salad; and
 - › are prepared using small quantities of healthy fats and oils; and
 - › do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

3. If desserts are offered on the kids menu, at least half of the options are healthy

- Healthy desserts are based around fruit (fresh, dried, tinned, grilled, baked or poached) and/or dairy (yoghurt, custard, ricotta).
- Healthy desserts prepared in-house can include:
 - › additions such as nuts, seeds, coconut, cocoa powder, egg, vanilla and spices
 - › up to two teaspoons (10g) of added sugar per serve.

4. If kids meal combinations are available

- All meal combinations offer healthy drinks, with water as a minimum.
- If dessert is included, at least half of kids meal combinations offer healthy meals and a healthy dessert.

5. If kids menu options are promoted, only the healthy options are promoted

- An important consideration in the implementation of your Healthy Kids Menu is to encourage the ordering of healthy food and drink choices.

For more information, visit www.hw.qld.gov.au/healthy-kidsmenu/

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