

Resource 7: Assessing food and drinks

This tool will help you assess the current situation in your canteen and identify areas for improvement.

Step 1 – Assess how food and drink items are displayed

Identify the range of food and drinks available in each of these places:

- drinks fridge
- snack stand
- pie warmer
- counter
- drinks vending machine
- food vending machine
- ice-cream cabinet
- refrigerated cabinet e.g. for sandwiches
- hot bain-marie
- any others used in your canteen

Draw a basic diagram which captures the range of products and how they are displayed.

Example

Figure 1 illustrates the type and placement of cold drinks available in a sample canteen. There are a total of ten shelves.

Figure 1. Diagram of a drinks fridge

Door 1	Door 2
Soft drink	Sports drink
Soft drink	Sports drink
Soft drink	Diet soft drink
Water	Fruit juice
Water	Flavoured milk

Step 2 – Determine if the product is GREEN, AMBER or RED

Use the resources to assist:

- [Resource 2: Commonly supplied food and drinks guide](#). Foods that have an **AMBER** and **RED** symbol in the 'likely category' column will need to be assessed using [Resource 4: RED criteria](#) and [Resource 5: Reading food labels](#).

Start this process by identifying **RED** options first. Next, determine which types of foods fit into **GREEN**. The remaining foods will fit into **AMBER**.

Tip: Use **GREEN**, **ORANGE** or **RED** coloured pencils or highlighters.

Figure 2. Diagram of a classified drinks fridge

Door 1	Door 2
Water	Water
Fruit Juice	Flavoured Milk
Soft drink	Diet soft drink
Soft drink	Sports drinks
Soft drink	Sport drinks

Step 3 – Assess the approximate proportion of products available

Look at the diagrams you have drawn for each group of products to determine the amount of **GREEN**, **AMBER** or **RED** choices.

In the drinks example in figure 2, there are a total of ten shelves. Five shelves contain **RED** options, three contain **AMBER** and two contain **GREEN**.

The five **RED** shelves out of total often shelves represents half or 50% of the drinks displayed i.e. $\frac{5}{10} \times 100 = 50\%$.

Using the same approach 30% of the drinks are **AMBER** and 20% are **GREEN** choices.

Repeat Steps 1, 2 and 3 for the snacks stand, pie warmer, ice-cream cabinet etc.

Step 4 – Look at the overall mix

Now look at the overall mix of foods available in your canteen.

Figure 3 shows an example of all groups of products in a sample sporting club. This figure shows that most areas will require work as they have a high percentage of products from the **RED** category. The refrigerated cabinet currently complies with the strategy i.e. no more than 20% of the foods displayed are **RED** choices.

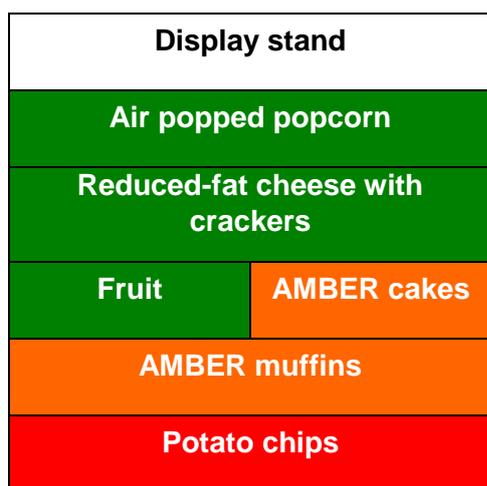
Figure 3: Proportion of products displayed

Display area	Findings		
	% GREEN	% AMBER	% RED
Drinks fridge	20	30	50
Snacks stand	10	10	80
Pie warmer	0	10	90
Counter	10	20	70
Ice-cream cabinet	0	40	60
Refrigerated cabinet	50	30	20

Step 5 – What do you need to change or modify?

Identify items that might need to be changed or modified in order to meet the Guidelines.

Discuss the findings with other volunteers or members of your committee and start planning to make changes to the canteen in order to meet the Guidelines. The following diagram shows an example of how you might set up a display stand.



You may need to start with small changes then gradually implement more over time. Prioritise areas needing the most attention e.g. the pie warmer or snack stand.

Step 6 – How did you go?

Re-assess your situation once you have made changes or organise for this to be completed on a regular or annual basis, to ensure you are promoting and encouraging healthy food and drink options.