

National Food and Drink Policy

Compliant packaged meals and snacks

January 2025

This document provides examples of:

- ready to eat meals (ambient)
- nuts, seeds and dried fruit
- savoury packaged snacks
- sweet packaged snacks

Always check the nutrition information panel to ensure the product is compliant.

Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.

Criteria




Green	Amber	Red
Make up at least 55% of daily options on offer for the food category.	Make up less than 45% of daily options on offer for the food category.	Are not permitted.

HE1072

This resource is available
from healthed.govt.nz

Health New Zealand
Te Whatu Ora

Examples of ready to eat meals (ambient)

Green	Amber	Red
≥4 HSR, e.g. vegetable-based soups, rice, beans, pasta packs	3.5 HSR, e.g. curry and rice, fried rice, heat and eat pastas, instant noodles	≤3 HSR, e.g. instant noodle cups, creamy pastas
		

Stock most

- Ben's Original Protein+ Lentils, Turmeric & Brown Rice 180g
- Ben's Original Fibre+ Beans, Garlic & Brown Rice 180g
- John West Protein+ Tuna Bowl Pearl Couscous, Brown Rice, Onion & Oven Roasted Tomato/Brown & Red Rice, Lime, Lemongrass & Chickpeas 170g
- John West Tuna & Beans Three Beans/Roasted Capsicum & Three Beans/Capsicum, Sweet Corn, Red Kidney Beans & Chilli 185g
- Only Organic Boost Wholesome Soup Pumpkin, Red Lentils, Coconut & Turmeric 320g
- Only Organic Nourishing Bowl Vegetables & Lentil Bolognese/Creamy Pumpkin & Pearl Barley Risotto/Spring Greens & Ancient Grains Risotto 300g
- Wattie's Tortellini Three Cheese with Tomato & Basil/Sun-dried Tomato & Bacon 350g
- Wattie's Plant Protein Red Lentil Pasta Tuscan Style Veg/Red Pepper & Chilli 380g
- Woolworths Tuna & Pasta Sicilian Style 170g
- Woolworths Tuna & Quinoa Asian Style/Salmon & Lentil Salad 185g
- Woolworths Vegan Fish Peas Salad Mexicano/Salad Italiano 175g




Stock some

- Ben's Original Chicken Rice/Golden Vegetable Rice/Egg Fried Rice/Mexican Style Rice/Tomato & Basil Rice 250g
- Hart & Soul Supergrain Teriyaki Chicken/Butter Chicken/Nasi Goreng/Veg Panang 250g
- Only Organic Nourish Wholesome Soup Tomato, Capsicum, Potato & Wild Rice/Revive Wholesome Soup Minted Peas, Broccoli, Kale & Chia 320g
- Maggi 2 Minute Noodles Chicken 72g
- Only Organic Nourishing Bowl Coconut Quinoa & Vegetable Curry 300g
- Sealord Heat & Eat Italian Pasta & Tuna/Fish Pie/Satay Rice & Tuna 200g
- Wattie's Plant Protein Creamy Pumpkin & Sage Red Lentil Pasta 380g
- Wattie's Ravioli Ricotta with Rich Bolognese & Garlic/Tomato & Pesto/Creamy Tomato 350g
- Wattie's Tortellini Three Cheese with Creamy Pumpkin & Roasted Garlic 350g
- Woolworths Heat & Eat Chicken with Rice Thai Green Curry/Butter Chicken/Satay Chicken/Chicken Pad Thai 350g
- Woolworths Plantitude Pad Thai Tofu with Rice Noodles/Satay Tofu with Jasmine Rice 350g

Don't stock (not compliant)

- Ben's Original Vegetable Pilau Rice/Coconut Rice 250g
- Hart & Soul Supergrain Satay Chicken 250g
- Fantastic/Indomie/Maggi Instant Noodles (≤ 3 HSR) 70-85g
- Tilda Egg Fried Rice 250g
- Trident Rice Noodles Pad Thai Cup 55g
- Wattie's Tortellini Three Cheese with Creamy Mushroom & Bacon 350g

Examples of nuts, seeds and dried fruit

Green	Amber	Red
Unsalted or lightly salted No added sugar	Maximum unit size ≤50g With chocolate/cacao nibs allowed, e.g. trail mix	>50g per unit Contains confectionery or candy coated
		

Stock most

- GoNutz Nut Naturals Raw/Fruit & Nut Naturals/Roasted Almonds, lightly salted 40-50g
- JC's Australian Natural Almonds/Healthy Mix 35g
- Mother Earth Almonds Roasted & Unsalted/Cashews Roasted & Lightly Salted 50g



Stock some

- Cha Cha Roasted Sunflower Seeds Sea Salt/Chinese Pecan 108g (50g dehulled)
- GoNutz Almond Cocktail/Cashew Cocktail/Classic Cashews/Chilli Lime Cashews/Salted Peanuts 40-50g
- GoNutz Fruit Cashew Combo/Energy Combo 40-50g
- JC's Outback Mix 35g
- Macro Cacao Craze Almonds/Nutty N' Nice 30g
- Mother Earth Tamari Almonds/Chilli & Lime Cashews/Cranberry Trio 45-50g
- Tasti Raw Snacking Superfood Boost/Energy Trail Mix/Blueberry & Yoghurt/Berry & Nut Trio 30g

Don't stock (not compliant)

- Eta Peanuts 60g
- GoNutz Chocolate Raisins/Peanuts 60g
- Mother Earth Honey Roasted Peanuts 60g

Examples of savoury packaged snacks

	Green	Amber	Red
Cracker combinations	≥4 HSR and ≤120g per unit, e.g. cheese, tuna, hummus and crackers	3.5 HSR and ≤120g per unit	≤3 HSR or >120g per unit
Savoury packaged snacks	<800kj and ≤50g per unit, e.g. crisps, pretzels, seaweed, fava beans, corn chips, popcorn	800-1,000kj and ≤50g per unit, e.g. corn nibbles, bhuja mix, chips	>1,000kj or >50g per unit
Processed meat, poultry, fish, seafood (packaged)	≥3.5 HSR, e.g. canned or packaged tuna/chicken	2-3 HSR Processed MPFS ≤50g per unit, e.g. jerky, salami, chorizo	≤1.5 HSR and/or >50g per unit
			

Stock most

Cracker combos

- Sealord Tuna with Crackers Sweet Thai Chilli 113g

Savoury packaged snacks

- Banana Joe Sea Salt Banana Chips 45g
- Ceres Organic Seaweed Sea Salt & Vinegar 5g
- Doritos Corn Chips Cheese Supreme 18-27g
- GoNutz Corn Chips Cheese/Salsa 38g
- Happy Snack Fav-Va/Fava Beans Lightly Salted/Sea Salt & Balsamic Vinegar 25g
- Healtheries Potato Stix – assorted flavours 20g
- Honest Sea Roasted Seaweed Snack 5g
- Kettle Chips Sea Salt/Honey Soy Chicken 22g
- Mexicano Corn Chips Texas BBQ 30g
- Molly Woppy Savoury Bites – Tasty N' Cheesy 30g
- NZ Kettle Korn Sea Salt/Salted and Sweet Popcorn 17-30g
- Proper Crisps Cider Vinegar & Sea Salt/Marlborough Sea Salt 20g

- Proper Crisps Kūmara Crisps/Garden Medley/Cheeza-Peno Tortilla Chips – assorted flavours 35g
- Serious Popcorn Sea Salt 18g
- Shultz Pretzels Mini Multipacks 28g
- Sunbites Grain Waves Wholegrain Chips – assorted flavours 24g
- Tasti Snack Mix Savoury Surge 30g
- Woolworths Popcorn Original Multipacks – air popped 20g

Stock some

Cracker combos

- GoNutz Checkers Cheese & Crackers Original 40g
- GoNutz Checkers Cheese & Rice Crackers 35g
- Sealord Tuna with Crackers Tomato Basil/Lemon Pepper/Smoked 113g
- Sealord Tuna with Crackers Tuna Spreadables Original 106g

Savoury packaged snacks

- Chasers Bhujia Mix 45g
- GoNutz Snack Shots Nut Crunch 45g
- Kettle Chips Sea Salt/Honey Soy Chicken 40g
- Proper Crisps – assorted flavours 40g
- Sunbites Grain Waves Wholegrain Sour Cream & Chives Chips 45g

Don't stock (not compliant)




Cracker combos

- GoNutz Cheddar Dippers with Rice Crackers/SNAX Crackers
- GoNutz Peanut Butter Dippers with SNAX Crackers

Savoury packaged snacks

- Canterbury Biltong Biersticks 100g
- Chasers Peas – Salted/Chilli & Garlic 80g
- Jack Link's Beef Stick 12g/Beef Steak Bar 25g
- Mother Earth Crunch Chickpea Mix 110g
- Mr Hamfreys Bacon Jerky Maple Glazed/Nice 'N Spicy 50g
- Savour Edamame Roasted & Salted Soybeans/Spicy Broad Beans 100g
- Sniks Seasoned Crunchy Pork Crackle 45g
- The Baron Crispy Corn Nibbles – assorted flavours 100g

Examples of sweet packaged snacks

	Green	Amber	Red
Packaged fruit	Fruit in juice, e.g. peaches in juice pottle	<ul style="list-style-type: none"> Fruit in syrup, light syrup, custard or no added sugar jelly No added sugar fruit puree $\leq 100\text{g}$ per unit No added sugar dried/processed/baked fruits $\leq 30\text{g}$, e.g. sultanas, baked mango 	Fruit in added sugar jelly Candied and crystallised fruits, e.g. crystallised ginger and sugar-coated dried fruits
Dairy and alternative yoghurts and desserts	$\leq 10\text{g}$ sugar per 100g and $\leq 200\text{g}$ per unit, e.g. yoghurt, dairy food, custard, brûlée, mousse	10–15g sugar per 100g and $\leq 200\text{g}$ per unit Coconut yoghurt $\leq 50\text{g}$ per unit	$>15\text{g}$ sugar per 100g and/or $>200\text{g}$ per unit Coconut yoghurt $>50\text{g}$
Sweet, packaged snacks $\leq 20\%$ total snacks	$\leq 800\text{kJ}$ and $\leq 60\text{g}$ per unit with no chocolate allowed, e.g. bars, bliss balls, biscuits	$\leq 850\text{kJ}$ and $\leq 60\text{g}$ per unit with chocolate as an ingredient allowed, e.g. bars, milk bites	$>850\text{kJ}$ or $>60\text{g}$ per unit Contains confectionery or artificially sweetened alternative 100% chocolate products
			

Stock most

Fruit cups

- Pams/Woolworths Fruit Salad in Juice/Two Fruits in Juice/Peaches in Juice/Pears in Juice 113–125g

Dairy desserts

- Aunt Betty's Creamy Rice Snack with Peaches/Apple & Cinnamon/Vanilla 120g

Sweet packaged snacks

- Ceres Organics Raw Wholefood Bar Cacao Fig Orange 50g
- Molly Woppy Sticky Date Walnut & Chia (GF) 22g
- Molly Woppy Crunchy Anzac/Zingy Ginger Delight 24g
- Moo Chews Calcium Milk Bites (GF) 18g

- Mrs Higgins Cookie Fruity Anzac/Cranberry & Oats/Coco Chew/Gingernut 40g
- Mrs Higgins Choc Hit Bliss Bites 45g
- Nothing Naughty Request Bar Liquorice Chew/Mint Chew/Toffee Chew 40g
- OSM (One Square Meal) All-Terrain Nutrition Bite Cranberry with Blackcurrent/Apricot with Manuka Honey 43g
- OSM (One Square Meal) Everyday Nutrition Bite Blueberry & Blackcurrant/Crunchy Peanut Butter/Salted Maple Ancient Grain & Seed 37g
- Tasti Smooshed Wholefood Balls Berry Cashew & Cacao 35g

Stock some

Fruit purees

- Barker's Super Fruit Crush Mixed Berry & Chia/Blackberry, Blackcurrant & Goji/Mango, Kiwifruit & Passionfruit 90g
- NZ Apple Fruit Hitz Fruit Puree Summer Berry/Strawberry/Tropical/Mango 90g
- Snacktacular Fruity Pouch Fruit Puree – assorted flavours 90g
- Woolworths Apple Puree/Apple & Strawberry Puree/Apple & Peach Puree/Apple & Mango Puree 90g

Dried/processed fruit

- Annies Fruit Flats Apple & Strawberry/Apple & Apricot/Apple & Raspberry/Apple & Boysenberry/Apple & Mango Passion 30g
- NZ Apple Fruit Hitz Dried New Zealand Apple Chips 30g
- Sunbeam Fruit Snack Sultana & Apple 25g
- Sunmaid Raisins 30g

Dairy desserts

- Aunt Betty's Creamy Rice Vanilla 100g
- Dole Fruit & Custard Peach/Mango 123g

Sweet packaged snacks

- BC (Bar Counter) Protein Bar Chocolate Brownie Crunch/Dark Chocolate Almond/Raspberry Truffle 40g
- Ceres Organics Raw Wholefood Bar Mango Ginger Turmeric/Lemon Cheesecake/Cashew Salted Caramel 50g
- Go Natural Nut Delight/Yoghurt Almond Apricot Bar 40g
- Mrs Higgins Choc Fudge Brownie Bite 35g
- Mrs Higgins Cranberry Bliss Bites 45g

- Mrs Higgins Raspberry & White Choc/White Choc Macadamia/Chunky Choc Chip 38–40g
- Nothing Naughty Collagen Bar 40g
- Nothing Naughty Fruit Bar 35g
- Nothing Naughty Plant Protein Bar/Protein Bar – assorted flavours 40g
- OSM (One Square Meal) All-Terrain Nutrition Bite Chocolate with Manuka Honey 43g
- OSM (One Square Meal) Kids Choccy Block 28g
- Proactive Nutrition Go Slim Body Shaping Protein Bar 44g

Don't stock (not compliant)

Dairy desserts

- Aunt Betty's Creamy Rice Chocolate 100g

Sweet packaged snacks

- Frooze Balls 70g
- Go Natural Fruit & Nut Delight Bar 50g
- M&Ms Minis 35g
- Molly Woppy Gingerbread Kid 21g/Gingerman 59g
- Mrs Higgins Choc Fudge Brownie 65–80g
- Mrs Higgins Cookies – assorted flavours 60–100g
- Mrs Higgins Muesli Slice Oats & Apricots/Nuts & Seeds 65–80g
- OSM (One Square Meal) All-Terrain Nutrition Bars/Everyday Nutrition Bars >60g
- OSM (One Square Meal) Kids Vanilla Confetti Bar 28g
- Proactive Nutrition ProCrunch Protein Bar 72g
- Tasti Smooshed Wholefood Balls 69g
- Whittakers Chocolate Bar Milk Sante 25g (only allowed in vending)
- Woolworths Jelly/fruit in jelly 120g