

Belyuen Store Nutrition Policy

March 2016

Guideline 1: Variety of Healthy Foods

We will stock all foods required as a part of the Stores Licensing checklist.

- **Fruit**

- 4 types of fresh fruit, good quality
- 2 types tinned fruit
- 1 type dried fruit

- **Vegetables:**

- 3 types of salad vegetables, good quality
- 5 types of vegetables, good quality
- 4 types of frozen vegetables
- 3 types of tinned vegies and legumes

- **Meat foods:**

- 3 types of lean meat (e.g. skinless chicken, lean mince, steak)
- 3 types of tinned meat (e.g. Lite Hamper, tinned stews)
- 3 types of tinned fish/seafood

- **Dairy and eggs:**

- Low fat milk (fresh and UHT)
- Full cream milk (fresh, UHT and powdered)
- Low fat yoghurt (e.g. Vaalia)
- Low fat cheese
- Eggs

- **Grain foods, mostly wholegrain:**

- White high fibre bread and multigrain bread
- Porridge, Weetbix and untoasted muesli
- Low GI rice and pasta
- High fibre, high iron flour (e.g. Jackaroo)
- 1 type low fat dry biscuits (e.g. Cruskits, Saladas, Ryvitas)



- **Drinks**

- Cold bottled water (big and small bottles)
- No added sugar cordial; stock normal concentration cordial
- 3 diet soft drinks (1 non-cola options)
- Fruit juice 100%, less than 300ml

- **Other:**

- Iodised salt
- Equal sweetener
- Unsalted nuts



Guideline 2: Healthy food for babies

We will encourage breastfeeding, but where a mother is unable to provide, the store will provide Step 1 baby formula. Nutritious baby foods will also be available, including:

- Meat + veg savoury baby food (6+ months)
- Meat + veg savoury baby food (8+ months)
- 1 type iron enriched cereal (i.e. Farex)



Guideline 3: Promoting healthy choices

We will promote healthy choices by doing the following:

- **Placement:**

- Unhealthy foods will be placed above eye level and away from register.
- We will stock one fridge with water only.
- We will store our fresh sandwiches and healthier snacks at the front of the store.

- **Price:**

- We will have lower prices water compared to sweet drinks (600ml for \$2 currently)

- **People:**

- Informal nutrition training for staff, by local nutritionist in 2015

- **Promotion:**

- Display sugar in drinks posters

Guideline 4: Healthy Takeaway

Hot foods:

- 50% of our takeaway options will be healthy choices. This *may* include:
 - Stew/curry/stirfry/roast containing a meat, 4 types of vegetables, with rice, potato or pasta
 - Hamburgers including lean meat and >3 salad vegetables
 - Baked chicken pieces
 - Toasted ham/cheese/tomato sandwiches



- The Combi oven is predominantly used. The fryer will only be used from 10am to 2pm.
- The takeaway will not add salt to foods.
- We will sell lower fat healthy choice pies.

Cold foods:

We will sell the following fresh cold food options, in our fridge closest to the register.



SANDWICHES



SALADS



BOILED EGGS



FRUIT SALADS



FRUIT PACKS



CHEESE AND BISCUITS

We comply with food safety guidelines, including washing hands, temperature control and daily equipment washing, as outlined by the Environmental Health Officer.

Date due for review: March 2017