



# guidelines

for remote community stores

Food variety

## Guidelines for stocking healthy food in remote community stores

A resource developed as part of the  
Remote Indigenous Stores and Takeaways Project

January 2008



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### **Acknowledgements:**

Anangu Pitjantjatjarra Yunkatjatjarra (APY) Lands,  
Mai Wiru Handbook, Food Part 1.  
Nganampa Health Council October 2005

### **Other resources available:**

Marketing ideas for healthy food in remote community stores.  
Maximising the shelf life of fruit and vegetables.  
Heart Foundation Buyers Guide for remote stores and takeaways.  
Freight Improvement Tool Kit.  
Healthy Fast Food - A resource for remote stores and takeaways.  
Setting targets for ordering fresh fruit and vegetables.  
'How healthy is your store' checklist.  
'How healthy is your takeaway' checklist.



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All stores should provide a range of healthy foods and drinks for their customers. The following list describes a minimum range of healthy foods that should be available in any store, regardless of its size.

- Grains and cereals are important staple foods in the diet, providing a major source of energy from carbohydrate.
- Grains and cereals are low in saturated fat, a good source of vitamins and minerals and an important source of protein.
- Wholegrain or wholemeal varieties are preferred because they have more nutrients and are an excellent source of fibre which is important for a healthy digestive system.

### BREAD AND SAVOURY BISCUITS

#### Bread

- Multigrain
- Wholemeal
- High fibre white bread

#### Savoury biscuits

- Wholemeal varieties
- Low fat cracker biscuits, preferably wholegrain or wholemeal varieties

### PASTA, RICE, NOODLES AND FLOUR

#### Flour

- White flour with added nutrients (eg iron/folate)

#### Pasta, noodles and rice

- White rice (Low GI eg Basmati rice)
- Pasta (eg macaroni, spaghetti)

### BREAKFAST CEREALS *(low in added sugar, fat and salt)*

- Wheat flake biscuits
- Rolled oats (eg Porridge)
- Bran cereals
- Breakfast cereals low in added sugar/fat/salt
- Un-toasted muesli



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## FRUIT AND VEGETABLES

- Eating a variety of different types of fruit and vegetables is important for promoting health as well as helping to protect against disease.
- Choosing fresh fruits and vegetables in season can ensure the highest quality, best flavour and best price. Frozen and tinned vegetables and fruits are also healthy, affordable, easy to prepare and should always be stocked.

### Fruit and vegetables are a good source of:

- vitamins, especially vitamin C to help keep skin healthy, help absorb the iron from food and help the body fight infections
- fibre for a healthy digestive system
- folate to keep blood strong and make new cells for the body.

### Eating adequate fruit and vegetables every day can also help to:

- protect against heart disease and some forms of cancer
- improve control of diabetes
- protect against overweight and obesity.

## **FRUIT** *All varieties, fresh, canned, frozen, dried, whole, cut-up or pureed.*

### **FRESH** (Stock at least two varieties in each category when in season)

- Apples, pears
- Stone-fruit (eg nectarines, peaches, apricots)
- Citrus fruit (eg orange, lemon, mandarin)
- Melon (eg watermelon, honey dew, rockmelon)
- Banana
- Other - strawberries, grapes, mangoes, kiwi fruit, passionfruit

### **TINNED**

- In 100% fruit juice or water, no added sugar (preferably ring pull can)

### **DRIED** (Stock at least two)

- Raisins, sultanas
- Apricots
- Apples



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## VEGETABLES

### FRESH *(Include some vegetable packs eg soup packs)*

#### White/Green *(Stock at least four varieties)*

- Beans
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Leeks
- Parsnip
- Peas
- Spinach
- Zucchini

#### Salad *(Stock at least three varieties)*

- Capsicum
- Celery
- Cucumber
- Lettuce
- Mushroom
- Radish
- Tomato

#### Yellow/Red *(Stock at least three varieties)*

- Carrot
- Corn
- Pumpkin
- Sweet potato
- Squash

#### Other

- Potato
- Onion

### TINNED *(ring pull can if possible, no added salt preferred)*

- Corn, green beans, carrot, peas, tomato, tomato paste, potato
- Baked beans (preferably reduced salt/no added salt)
- Tinned beans (eg three bean mix, kidney beans)

### FROZEN

- Mixed (eg corn and peas)
- Single (eg corn, peas, beans)



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## MILK, YOGHURT AND CHEESE

- Dairy foods are an excellent source of calcium for strong bones and protein for body growth and repair.
- They are also a good source of carbohydrate for energy and have some vitamins and minerals.
- The reduced fat, low fat/skim varieties are the best choice for most people as these contain less saturated fat. Saturated fat is the type of fat which raises blood cholesterol levels and can increase the risk of heart disease.
- Reduced fat, low fat or skim choices are not suitable for children under 2 years of age because of their high energy needs.

### MILK

- Fresh and long-life (UHT tetra pack)
  - Reduced fat*
  - Full cream*
- Powdered milk
- Tinned evaporated milk (reduced fat)
- Reduced fat flavoured milks (400ml or smaller portion packs only)

### YOGHURT

- Reduced fat, lite and diet choices
- Full fat

### CHEESE

- Reduced fat choices
  - Hard cheese*
  - Cheese slices*
- Full Fat Cheese
  - Processed (does not require refrigeration)*
  - Cheese sticks*
  - Hard cheese*
  - Cheese slices*



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## LEAN MEAT AND MEAT ALTERNATIVES

- Meat and meat alternatives are an excellent source of protein for growth and repair, iron for strong blood and zinc for healthy skin and growth.
- Meat and meat products can be high in saturated fat. Use lean cuts trimmed of visible fat.

### LEAN MEAT

**FRESH/FROZEN** Stock a variety of lean cuts from the following six categories:

#### 1. BEEF

- Roast
- Premium mince
- Grilling or BBQ Steak (eg T Bone, Rump)
- Stewing Steak (eg round, blade)

#### 2. LAMB

- Roast leg
- Loin/forequarter chop
- Shank

#### 3. KANGAROO

- Steak
- Premium mince
- Sausages
- Roast
- Tails

#### 4. OFFAL

- Liver
- Kidney

#### 5. POULTRY

- Whole birds
- Drumsticks
- Thighs

#### 6. PORK

- Steak
- Chops
- Cutlets

### SEAFOOD

#### FRESH/FROZEN

- Small whole fish
- Fish fillets

#### TINNED *(ring pull can if possible, in water, tomato sauce, canola oil or olive oil)*

Stock at least two varieties

- Tuna
- Salmon
- Sardines
- Oysters and/or mussels

### ALTERNATIVES

- Eggs
- Nuts and seeds (preferably unroasted nuts and no added salt)



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## MARGARINE AND OIL

- Unsaturated (polyunsaturated or monounsaturated) fats found in some margarines and oils are good in small amounts and can help to lower blood cholesterol levels.
- Saturated fat is the type of fat which raises blood cholesterol levels and can increase the risk of heart disease. Most saturated fats are hard at room temperature. Some vegetable fats like palm oil and coconut cream are saturated fats.
- Some vegetable fats are changed by processing (hardened) into 'trans fats' which have the same health risks as saturated fats. These 'hardened' vegetable fats are often used to make pastries and biscuits and are present in some margarines.

## MARGARINE (*low trans fat, preferably reduced salt*)

- Monounsaturated margarine (eg Canola)
- Polyunsaturated margarine (eg Sunflower)

## OILS (*Liquid and Spray*)

Stock at least two varieties

- Canola
- Olive
- Peanut
- Sunflower
- Sunola

## SPREADS

- Yeast extract (eg Vegemite, Marmite, Promite)
- Peanut paste/Peanut butter

## BABIES and TODDLERS

- Baby rice cereal (iron enriched)
- Selection of pureed fruit and vegetables in tins/jars (suitable for 6-9 months)
- Selection of infant meals in tins/jars (chicken/meat and vegetables suitable for 6-9 months and 9-12 months)



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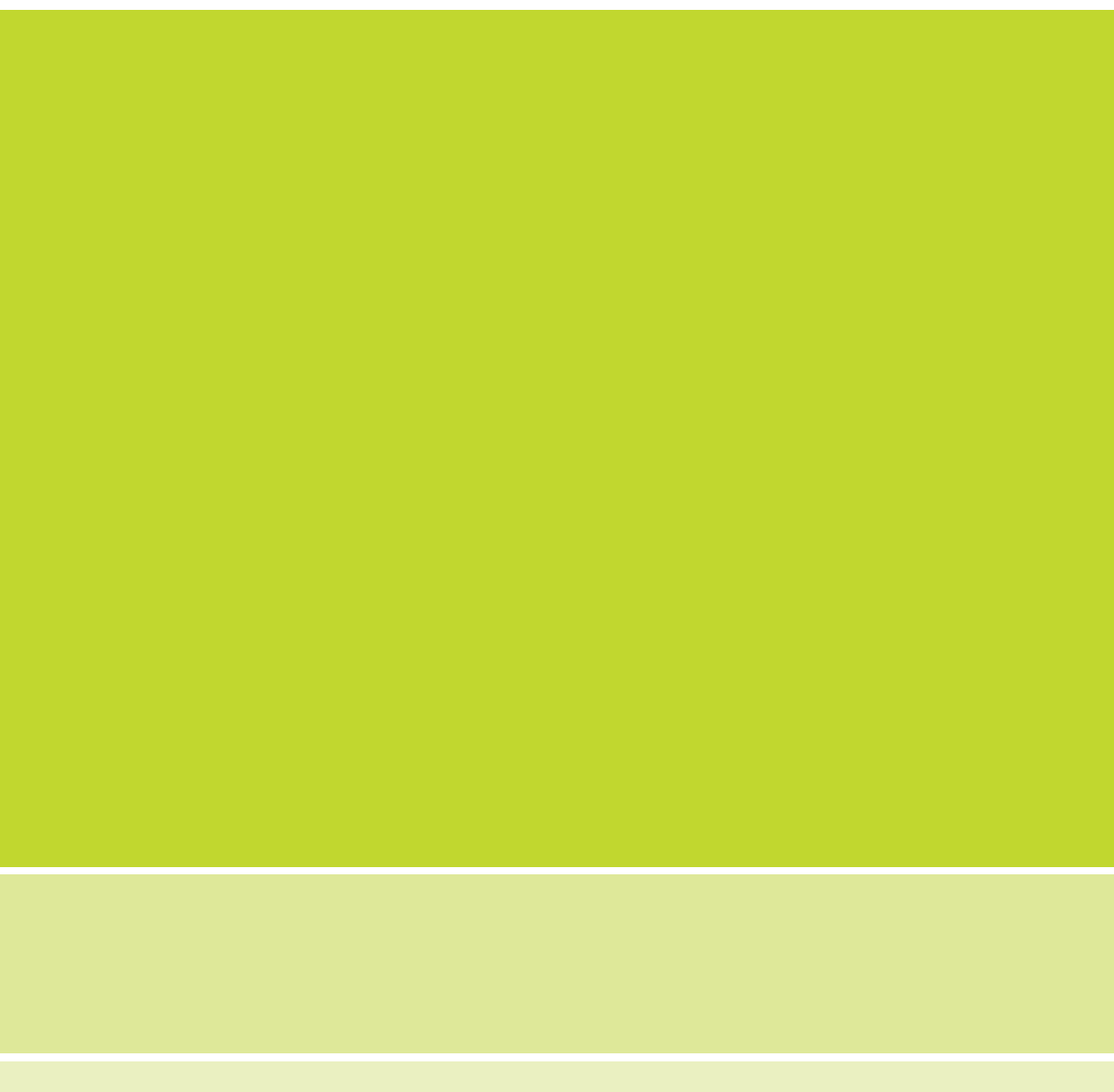
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## DRINKS

- In a hot, dry climate people need a lot of water – about 5 litres per day for an adult and more if they are very active. People get some water from food but most from drinks.
- In locations where there is concern about water quality and availability, stores should stock adequate bottled water and/or provide cold water (free of charge) from a dispenser.

- 100% Fruit juice no added sugar (250ml portion packs or smaller)
- Tea (leaf and bag)
- Coffee
- Diet/low Joule drinks
  - diet cordials*
  - diet soft drinks*
- Milk - plain and flavoured, reduced and low fat varieties (400ml or smaller portion packs only)
- Bottled water
- Soda water (unflavoured)
- Natural mineral water (unflavoured)



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