



checklist

How healthy is your store?



Checklist

Place a tick in the box if your answer is yes

Aim to tick as many boxes as possible

Nutrition		
The store sells wholemeal or multigrain or "better choice" white bread (i.e. high fibre and/ or low GI)		<input type="checkbox"/>
The store sells at least 3 healthy breakfast cereals (eg porridge, wheat biscuits, untoasted muesli, oat and wheat/bran flakes)		<input type="checkbox"/>
The store sells pasta and/or low GI rice such as basmati		<input type="checkbox"/>
The store sells low fat dry biscuits (<10g/100g fat)		<input type="checkbox"/>
The store sells at least 8 types of fresh fruit	How many? _____	<input type="checkbox"/>
The store sells tinned fruit in natural juice or water only		<input type="checkbox"/>
The store has a delivery of fresh fruit and vegetables every week all year round		<input type="checkbox"/>
The store sells at least 4 different types of white/green vegetables (eg beans, spinach, zucchini, leeks, peas)	How many? _____	<input type="checkbox"/>
The store sells at least 3 different types of salad vegetables (eg capsicum, mushroom, radish, tomato, lettuce)	How many? _____	<input type="checkbox"/>
The store sells at least 3 different types of yellow/red vegetables (eg carrots, corn, pumpkin and sweet potato)	How many? _____	<input type="checkbox"/>
The store sells reduced fat, low fat or skim milk (fresh, dried or UHT) in addition to full cream milk		<input type="checkbox"/>
The store sells evaporated skim milk		<input type="checkbox"/>
The store sells low fat coconut milk/cream		<input type="checkbox"/>
The store does not sell hardened or solidified fats (eg copha, lard)		<input type="checkbox"/>
The store only sells monounsaturated and polyunsaturated margarines and oils		<input type="checkbox"/>
The store sells at least 2 different types of canned beans (eg baked beans, red kidney beans, 3 bean mix)		<input type="checkbox"/>



The store sells at least 5 different types of other canned or frozen vegetables	<input type="checkbox"/>
The store sells at least 6 lean cut meat options (eg kangaroo, skinless chicken thighs, meat with visible fat removed and lean mince) How many? _____	<input type="checkbox"/>
The store stocks tinned fish (eg tuna, salmon, sardines, oysters)	<input type="checkbox"/>
All sausages sold by the store are "low fat" sausages	<input type="checkbox"/>
The store sells reduced fat tinned meats eg lite hamper and tinned meat stews (<10g/100g fat)	<input type="checkbox"/>
The store sells feeding cups	<input type="checkbox"/>
The store sells at least 1 type of fruit based baby food (6-9 months)	<input type="checkbox"/>
The store sells bowls and spoons suitable for babies	<input type="checkbox"/>
The store sells at least 1 type of savoury baby food (eg meat and vegetables (6-9 months)	<input type="checkbox"/>
The store sells at least 1 type of iron enriched baby rice cereal	<input type="checkbox"/>
The store has a bubbler and/or offers free chilled drinking water	<input type="checkbox"/>
The store only sells 100% fruit juice in small portion packs (250ml or smaller)	<input type="checkbox"/>
At least 50% of all drinks (apart from milk drinks and 100% fruit juice) in the refrigerator are low sugar drinks (e.g. diet soft drinks, bottled water, soda water and unflavoured mineral water)	<input type="checkbox"/>



Management

The store has a documented active nutrition policy

The store does not serve children during school hours

All store staff have been trained in food safety

Dogs are not allowed in the store

All store staff comply with tobacco control legislation

The store does not have rubbish lying around

Promotion and marketing

Generally, healthy food items have the best position in all displays

The store does not promote lollies, chocolates or crisps

The store uses colourful posters and display boards to promote the healthy products

The store has pieces of fresh fruit and/or other healthy snack items (e.g. cheese sticks, boiled eggs) at point of sale

The store cross subsidises healthy foods by marking up less healthy items



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