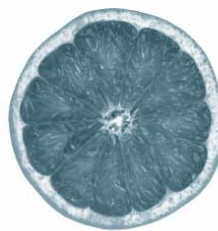
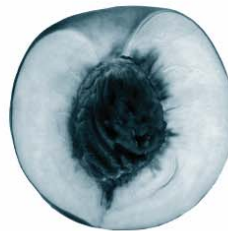
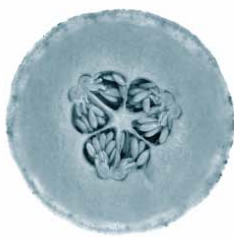




checklist

How healthy is your takeaway?



Healthy takeaway checklist

This checklist provides a way to quickly assess how healthy your takeaway is.

Photocopy this checklist and use it every few months to track improvements over time.

Aim to tick as many boxes as possible.

In our takeaway	
We do not sell deep fried foods and use only low fat cooking methods—such as grilling or steaming.	<input type="checkbox"/>
We use only monounsaturated or polyunsaturated margarines and oils.	<input type="checkbox"/>
We do not sell 'fatty' meats—such as cabana, cabanossi or salami.	<input type="checkbox"/>
We trim all visible fat from meat and remove skin from chicken.	<input type="checkbox"/>
We sell meals containing lean meat—such as kangaroo, skinless chicken thighs and lean mince.	<input type="checkbox"/>
We have a healthy hot food choice available every day—such as stew with vegetables and rice.	<input type="checkbox"/>
We sell salads every day.	<input type="checkbox"/>
We sell meals containing meat alternatives—such as eggs or kidney beans.	<input type="checkbox"/>
We have a variety of sandwiches available every day, made with a variety of breads—such as wholegrain, wholemeal and high fibre white.	<input type="checkbox"/>
We sell at least three types of fresh fruit every day.	<input type="checkbox"/>
We use reduced fat dairy products (milk, cheese, yoghurt and custard).	<input type="checkbox"/>
We offer free chilled drinking water.	<input type="checkbox"/>
We only sell 100% fruit juice, in small portion packs (250ml or smaller).	<input type="checkbox"/>
We sell reduced fat flavoured milks in small portion packs (under 400ml).	<input type="checkbox"/>
At least 50% of our drinks in the refrigerator (apart from milk drinks and 100% fruit juices) are low sugar drinks (e.g. diet soft drinks, soda water and unflavoured mineral water).	<input type="checkbox"/>



Promotion	
Healthy food choices are placed at eye level and in key locations—such as checkouts.	<input type="checkbox"/>
We use colourful posters and display boards to promote the healthy products.	<input type="checkbox"/>
We place pieces of fresh fruit and/or other healthy snacks at point of sale—such as the front counter, at eye level.	<input type="checkbox"/>
We do not promote lollies or chocolates.	<input type="checkbox"/>
We do not promote sports drinks or energy drinks.	<input type="checkbox"/>
We cross-subsidise healthy foods (such as fruit and vegetables) by marking up less healthy foods (such as pies or soft drinks).	<input type="checkbox"/>
	<input type="checkbox"/>
Management	<input type="checkbox"/>
We have a documented, active nutrition policy.	<input type="checkbox"/>
All staff have been trained in food safety.	<input type="checkbox"/>
All staff comply with tobacco control legislation.	<input type="checkbox"/>
The takeaway does not have rubbish lying around.	<input type="checkbox"/>
Dogs are not allowed in the takeaway.	<input type="checkbox"/>





checklist

How healthy is your takeaway?