

## **APPENDIX A      The Remote Indigenous Stores and Takeaways (RIST)Project Resources.**

**To download please visit [www.healthinonet.ecu.edu.au/nutrition](http://www.healthinonet.ecu.edu.au/nutrition)**

### **Guidelines for stocking healthy food in remote community stores**

**Aim:** To provide store managers with a checklist of a minimum range of core foods to be stocked in any store, regardless of its size.

**Use:** This booklet can be used on a regular basis by store managers to assess whether they have all of the minimum core foods in stock. When used in conjunction with the Heart Foundation Buyer's Guide, items from the guidelines that are not available in the store can be ordered to ensure a range of healthy foods and drinks are available at all times.

### **Fruit and vegetable quantity spreadsheet**

**Aim:** To provide store managers with a tool to calculate the quantities of fresh fruit and vegetables required to meet recommended amounts for a community.

**Use:** This software resource is an Excel spreadsheet that compares current quantities of fruit and vegetables purchased with recommended quantities based on current dietary recommendations and size of the community. Average Australian consumption rates are also included and it allows managers to set realistic targets whilst increasing their stock and range of fresh fruit and vegetables.

### **Marketing ideas for healthy food in remote community stores**

**Aim:** To provide ideas on how to promote healthy food and drinks in a remote store setting.

**Use:** Marketing suggestions that have successfully been used in remote stores to promote healthier food and drink choices are explained in detail. Strategies include: shelf talker programs; cooking demonstrations; food tasting; shelf position and face displays; store tours; promotional posters; incentives; and store layout.

### **Healthy fast food**

**Aim:** To provide stores and takeaways with ideas on how to supply tasty, safe and affordable healthy takeaway options.

**Use:** This manual is intended for use by the manager of the takeaway and provides practical information to assist in the preparation and delivery of a range of healthy meals and food options. Topics covered include: recommendations for healthy eating; how stores and takeaways can promote healthy eating; recommended minimum range of menu items; daily menu suggestions; preparation and cooking tips; basic recipes; menu and workflow planning; food safety; storing foods; preparing food; Australian dietary guidelines; reading food labels and nutrition information panels; and nutrient claims. Also included in the manual is a Takeaway Checklist (see Self assessment checklists for the store and takeaways below)

### **Heart Foundation Buyer's Guide for managers of Remote Indigenous Stores and Takeaways**

**Aim:** To assist managers of remote Indigenous stores and takeaways in ordering healthier food products within specific food categories.

**Use:** This resource is based on the types of food items presented in the *Guidelines for stocking healthy food in remote community stores* and the

foods most frequently purchased by customers of remote stores. It provides information on the products suitable under each category of food. Foods have been broadly grouped into two sections - foods recommended for promotion for 'everyday' consumption and those recommended to be promoted as foods to be consumed occasionally or 'sometimes foods'. This guide will make stocking healthier choices easier.

#### **Freight improvement tool kit**

**Aim:** To guide store managers, as well as others involved in the food supply chain, in methods to improve freight transport of healthy foods to remote stores

**Use:** This resource was developed following the RIST National Food Transport Forum. It is a two-part document that is intended to give people using freight services in remote Indigenous communities the information they need to get the best out of the services provided. Part A provides background information on the opportunities and pitfalls of perishable goods transport, while Part B provides practical examples to help improve methods of transport.

#### **Checklists for the store and takeaways**

**Aim:** The Checklists aim to assist store and takeaway managers in identifying an outlet's capacity to provide healthy food and drink options.

**Use:** The Checklists can be used to monitor the availability of sufficient varieties of healthy foods and drinks for the community.

#### **Maximising the shelf-life of fruit and vegetables**

**Aim:** To provide store managers and staff with general handling guidelines that will maximise the shelf life of fresh fruit and vegetables.

**Use:** This A3 sized poster can be displayed in areas where fresh fruit and vegetables are stored.

#### **Keeping track of healthy food monitoring tool**

**Aim:** To measure a community's consumption of key foods and nutrients, and gain an understanding of a remote community's food purchasing habits and nutritional issues.

**Use:** The monitoring tool enables the examination of sales of key indicator foods and nutrients and helps communities and nutritionists to identify specific targets, develop food and nutrition policies for the community, evaluate stores interventions, as well as providing a guide for nutrition education programs.