

HEALTHY STORE GUIDELINES

Quality of food

- ✓ Offer a variety of healthy foods choices; fresh, frozen, canned or dry (such as vegetables, fruits, whole grain products, dairy products, eggs, meat, fish, nuts)
- ✓ Limit variety of unhealthy foods (such as fried foods, candies, chips, processed meat)
- ✓ Limit selection of sweet beverages (such as regular and diet soft drinks, sport drinks, punch, juice)
- ✓ Do not sell energy drinks
- ✓ Avoid fried foods in ready-to-eat counters
- ✓ Ensure freshness of foods (e.g. fresh and colorful fruits and vegetables, fresh fish or meat)

Layout and equipment

- ✓ Make healthy foods more visible in the store (e.g. place healthy foods in front aisle, towards the front of the store or at eye level)
- ✓ Place unhealthy foods in less visible areas of the store (e.g. place soft drinks and chips at the back of the store or on less visible shelves)
- ✓ Avoid junk food and sweet beverages near cash registry
- ✓ Avoid junk food at children's eye level (e.g. place sugary cereals or candies on higher shelves)
- ✓ Limit space allocated to junk food (e.g. reduce floor space or shelf space allocated to sweet beverages, chips, candies, etc.)
- ✓ Avoid use of equipment from food companies (e.g. refrigeration equipment for sweet beverages or ice cream)

Price

- ✓ Display price of all foods
- ✓ Offer basic nutritious foods at low cost
- ✓ Avoid specials on unhealthy foods (e.g. no specials on soft drinks)
- ✓ Offer discounts on healthy food items, rather than junk food (e.g. weekly flyer or in-store promotions)
- ✓ Reduce price of healthy foods and increase price of fast food (e.g. take less profit on milk and more on soft drinks)

Food safety and hygiene

- ✓ Ensure regular maintenance of refrigeration equipment
- ✓ Maintain foods at adequate temperature (refrigerated: 0 to 4°C, frozen: -18°C or below, hot food: 60°C or above)
- ✓ Respect food safety and hygiene regulations
- ✓ Ensure all staff are trained in food safety and hygiene
- ✓ Ensure adequate hand washing
- ✓ Respect expiry dates and discard expired foods

Protection of environment

- ✓ Avoid plastic bags and encourage use of reusable bags
- ✓ Use or sell biodegradable containers rather than Styrofoam or plastic (e.g. biodegradable takeout containers or paper plates)
- ✓ Have an in-store can and bottle deposit
- ✓ Avoid food waste (e.g. reduce price of items for immediate consumption, give food surplus to charitable organizations before expiration)
- ✓ Recycle and compost

Health Promotion

- ✓ Organize healthy food tastings or samplings
- ✓ Promote healthier foods (e.g. healthy food display, store Facebook page, recipe cards, shelf labels, posters)