

Food Retail Policy NHS Greater Glasgow and Clyde

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Lead Manager: Head of Health Improvement

Responsible Director: Director of Facilities /Director of Public Health

Date of approval: May 14

Approving Body: Quality and Performance Committee

Date for Review: May 17

1. Commitment to Food & Health

1.1 Rationale for Food Retail Policy

NHS Greater Glasgow & Clyde (NHSGGC) has a pivotal responsibility to promote health within its population. The relationship between a diet and health status is unequivocal. The Board has endorsed a policy position on food, fluid and nutrition since 1993. The extant Food, Fluid and Nutrition (FFN) policy was approved in 2008 and was subsequently reviewed in 2011.

The Board Policy is aligned with National policy and guidance for healthy eating such as 'Recipe for Success – Scotland's Drink and Food Policy (2009)' and 'Obesity Route Map' (2010) and the 'Chief Executive Letter 01 (CEL1) Health Promoting Health Service' (2010) requiring the NHS to increase availability, access and opportunities for healthier choices around food and drink for staff, visitors and patients in our hospitals. (This guidance does not include inpatient hospital food provision which is detailed in other national standards and policy)

This Food Retail policy supports the delivery of the following FFN Policy objectives:

- Objective 1: The promotion of a healthy and safe diet for Greater Glasgow and Clyde population
- Objective 2: The availability of an acceptable and appropriate healthy diet for employees, visitors and outpatients within NHS Greater Glasgow and Clyde

The purpose of the Food Retail Policy is to increase and promote access to healthier food and drink choices for patients, visitors and staff throughout NHS facilities, maintain compliance with associated National policy and develop an 'exemplar' position by NHSGGC.

This policy requires to:

- Determine the nutritional specification for food and drink provided for sale by NHSGGC
- Determine the nutritional specification for food and drink provided for sale on NHSGGC premises by external retailers, cafes, vending suppliers and voluntary organisations
- Communicate expectations regarding the promotion of all food and drink provided for sale on NHSGGC premises

1.2 Policy Statement

NHS Greater Glasgow and Clyde is committed to the continuous improvement of the diet of our population and will demonstrate this through the delivery of healthier food and drink choices throughout all Retail facilities located within NHSGGC estate.

1.3 Policy Commitment / Roles and Responsibilities

The policy requires visible commitment and leadership at all levels across the service to ensure exemplary practice is achieved. Leadership for the policy will be developed through:

- Sponsorship for the policy from the Food, Fluid and Nutrition Planning and Implementation Group chaired by NHS GGC Board Nurse Director
- Adoption and audit of a nutritional specification for all external / retailers and voluntary organisations as part of standardised 'leasing' arrangements by NHSGGC Director of Facilities and Director of Public Health
- Adoption and audit of a nutritional specification for all internal retail and/or catering (inc vending) facilities as part of standard operating practice by NHSGGC Director of Facilities and Director of Public Health
- Development of promotional interventions to increase the uptake of healthier choices in collaboration with internal/ external providers by Director of Public Health
- Compliance reporting on all associated National standards including Health Promoting Health Service by Director of Public Health

2. Policy into Practice

2.1 Scope of the Policy

The Food Retail policy (will) operate in conjunction with NHSGGC's Food, Fluid and Nutrition Policy and encompasses all aspects of Food and Drink sales across the various retail locations in NHSGGC.

The policy therefore extends to all:

- In-house managed services
 - > Aroma Cafes
 - > Dining Rooms
 - > Drink Vending
 - > Snack Vending
 - > Meal Vending
 - > Trolley Services
 - > Hospitality functions
- Externally managed services
 - > Retail shops
 - > Cafes
 - > Trolley Services
 - > Market stalls
 - > Fruit Barras
 - > Hospitality functions

The policy incorporates and builds on the extant nutritional expectations /specifications in place within NHSGGC and outlined in Appendices 1-8 and includes:

- Healthy Living Basic and Plus Award (HLA) www.healthylivingaward.co.uk
- Scottish Grocers Federation's Healthy Living Programme Gold Standard (SGF) <http://www.scottishshop.org.uk/sqfhlp>
- NHSGGC Vending Policy (2008) / HLA Vending

A number of NHSGGC staff are based within facilities shared with partner organisations. This policy (and/or specific nutritional specifications contained) is suitable for adoption with partner organisations through local negotiation.

2.2 Policy Outcomes

The expected outcomes for the Food Retail Policy are:

- a) All Drink Vending will contain only sugar free items
- b) All Snack Vending will achieve 50% 'healthy choices' as specified in the Vending policy
- c) All Meal Vending will achieve HLA criteria
- d) All cafes / dining facilities will achieve HLA / HLA Plus criteria as eligible
- e) All In-house café / dining facilities will adopt a pricing structure that favours healthier options.
- f) All retail outlets and shops will provide a range of healthy options* as core retail items in line with SGF/HLA standards
- g) All retail outlets and shops will clearly promote healthier choices through use of NHS branded promotional logos, signage etc. in line with SGF/HLA standards
- h) All retail outlets and shops will only promote healthy options* at point of sale
- i) All retail outlets and shops will provide 70% compliance with sugar free drinks or a limited range of sugar based drinks
- j) All commercial advertising (such as that located on vending machines, shop fronts etc) on NHS premises will exclude products high in sugar and/or fat
- k) All trolley services will include a defined range of healthy options* and achieve 50% 'healthy choices' in line with HLA
- l) Fruit and Vegetables will be made available for routine sale in all major acute sites
- m) The range of healthy products* routinely offered for sale will be extended through liaison with National Procurement/ National Facilities contracts
- n) A healthy food choice campaign developed in partnership with vending suppliers, external retailers and voluntary organisations will be established.
- o) NHSGGC will maintain a zero tolerance approach to the sale of all tobacco products and alcohol.

* Healthy Options and a 'core product' list are defined in Appendix 9

2.3 Scheme of Accountability

The Food Retail Policy requires an integrated approach across NHSGGC which will be facilitated by the Food, Fluid and Nutrition PIG and its associated sub-structures. The Board's Nurse Director will chair the PIG and continue to deliver the Nutrition champion role for NHSGGC.

The Food, Fluid and Nutritional Care PIG will receive:

- quarterly progress reports on workplan and policy outcomes
- quarterly compliance reports/audit for all Inhouse services
- quarterly observational reports/audit for all External services
- annual progress reports/self assessments compiled in conjunction with external services
- annual compliance reports in relation to National standards (HLA/SGF)
- adhoc 'mystery shopper' reports

The Food, Fluid and Nutritional Care PIG will provide for approval by the Corporate Management Group / NHSGGC Board Quality and Performance Committee:

- an annual workplan and update linked to Policy Outcomes

Membership of the PIG includes Senior Management representation from Facilities (retail and catering services) and Public Health.

The FFN PIG will ensure close working with the NSGH Project Team and Facilities Director to support the retail feasibility scoping work underway (and subsequent implementation) to address Food Retail Policy requirements for all new premises.

2.4 Contractual Arrangements

The Food Retail Policy will be a requirement of all new lease arrangements and will be included as part of the tender process. All existing leasing will be reviewed in line with renewals of lease agreements.

NHSGGC will work closely with all 'in-term' lease holders to support progression to compliance with the policy.

Ongoing noncompliance with the policy will be subject to sanctions and may lead to a break in lease arrangements.

3. Impact Assessment

3.1 EQIA

NHS Greater Glasgow and Clyde acknowledges that food choice and dietary intake are influenced by generational, cultural, religious, environmental, socio-economic and lifestyle factors.

A rapid EQIA policy has been undertaken and it is recognised that the content of this policy will have an impact on the availability of foods that comply with religious dietary requirements. It is recommended that food retail services are required to provide suitable options as part of the range of items offered for sale.

3.2 Risk

NHSGGC does not (directly and/or via external providers) consistently provide sufficient healthy options to enable staff, visitors and patients to easily access a healthy diet whilst on NHSGGC premises. Adoption of policy will help mitigate this risk.

NHSGGC exposure to negative publicity regarding compliance with National Standards and Policies as well as public expectation of NHS organisations to provide exemplary practice in healthy eating are High Risk. Adoption of policy will help mitigate this risk.

The Retail Policy may require national companies to change existing product ranges to meet criteria and may impact on commercial lease values. Feasibility scoping and annual reporting arrangements with external companies will inform ongoing policy review.

Current in-house services are required to comply with specification outlined in the policy and demonstrate high levels of compliance. External services with existing lease arrangements are not subject to compliance which may impact negatively on footfall and sales within NHS services. Ensuring that all services are subject to similar nutritional specifications regardless of in-house or external operation will ensure greater consistency. A review of current leasing arrangements would align all commercial leases currently in place.

External services may challenge implementation on an ongoing basis. Detailed monitoring arrangements will be required for external providers. NHSGGC would implement suitable sanctions for non compliance.

4. Financial Framework

The Food Retail Policy will be supported by the FFN Financial Framework and annual expenditure will be proposed and considered by the FFN PIG. Defined management capacity will require to be aligned within Facilities Directorate. Ongoing planned, preventative maintenance will be required to support optimum retail facilities across NHSGGC estate.

5. Communication and Dissemination

Extensive consultation will be undertaken with current and potential external providers to agree feasibility in line with all new and renewed lease arrangements. Negotiation with existing lease holders will be undertaken prior to dissemination of the policy.

The Food Retail Policy supports action to improve employee health and therefore will be considered by Staff Health Strategy Group and Board Area Partnership Forum (APF).

The Food Retail Policy will be located on the NHSGGC website and Intranet.

A detailed communication and implementation plan (workplan) has been developed and is available on the NHSGGC Acute Food, Fluid and Nutrition Staffnet. The communication plan outlines proposals for the Food Choices campaign.

The policy will be made available on request in alternative formats. Requests for alternative formats should be made to Anna.Baxendale@ggc.scot.nhs.uk

6. Evaluation

The implementation and effectiveness of the policy will be evaluated in relation to achievement of Policy Outcomes.

A monitoring framework will be developed in relation to each outcome and will report back the FFN FIG.

In addition, the ongoing review of compliance against national standards such as HLA / SGF will be undertaken by national agencies external to the Board.

APPENDIX 1:
NUTRITIONAL SPECIFICATION FOR CAFÉS, DINING ROOMS, RESTERAUNTS
AND SANDWICH BARS

Compliance Criteria:

- Healthy Living Award / Healthy Living Award Plus
www.healthylivingaward.co.uk

Policy Outcome:

- All cafes / dining facilities will achieve HLA / HLA Plus criteria as eligible
- All In-house café / dining facilities will adopt a pricing structure that favours healthier options.

Summary of Key Requirements / Criteria:

	HLA Basic	HLA Plus - The criteria for the Basic award must still be met.
Product range	<ul style="list-style-type: none"> • At least 50 % of the food on the menu must meet the specific healthyliving criteria, prepared using both healthier ingredients and cooking methods • Where appropriate, healthy and nutritious children's food should be provided. • The product range should include offers sensitive to religious dietary requirements. • NHSGGC requires 100% of soft drinks (by both product and retail volume) to be sugar-free (less than 0.5 grams of sugar per 100ml). Soft drinks include flavoured waters. 	<ul style="list-style-type: none"> • At least 70% of the food you offer must be healthyliving choices • At least half of the items in each section of the menu must be healthyliving choices.
Nutritional composition and content	<ul style="list-style-type: none"> • Starchy foods must form the main part of most meals. • Levels of fats and oils, particularly saturated fat, must be kept to a minimum. • Levels of salt must be kept to a minimum. • Levels of sugar must be kept to a minimum. • Fruit and vegetables must be clearly available. 	<ul style="list-style-type: none"> • Same as for the Basic award.
Promotion	<ul style="list-style-type: none"> • Have a promotion and marketing strategy which works alongside the general principles of the healthyliving award and supports healthier eating. 	<ul style="list-style-type: none"> • Avoiding the promotion of non-healthy items • Increasing the provision and promotion of healthy choices

APPENDIX 2:
NUTRITIONAL SPECIFICATION FOR MEAL VENDING

Compliance Criteria:

- Healthy Living Award / Healthy Living Award Plus
www.healthylivingaward.co.uk

Policy Outcome:

- All Meal Vending will achieve HLA criteria

Summary of Key Requirements / Criteria:

Product range	<ul style="list-style-type: none"> • 70% of the product range must meet the healthyliving nutrient specifications • At least 1 healthyliving item must be available for each type of product. • The product range should include offers sensitive to religious dietary requirements.
Nutritional composition and content	<ul style="list-style-type: none"> • Starchy foods must form the main part of most meals. • Levels of fats and oils, particularly saturated fat, must be kept to a minimum. • Levels of salt must be kept to a minimum. • Levels of sugar must be kept to a minimum. • Fruit and vegetables must be clearly available.
Promotion	<ul style="list-style-type: none"> • healthyliving items must be prominently positioned and should be priced competitively with other products • Meal deals – must contain fruit and or vegetables

**APPENDIX 3:
NUTRITIONAL SPECIFICATION FOR DRINK VENDING**

Compliance Criteria:

- NHSGGC Vending Policy (2008)
<http://www.staffnet.ggc.scot.nhs.uk/Partnerships/Greater%20Glasgow%20and%20Clyde%20Services/FFN/Documents/Vending%20Policy%202008.pdf>

Policy Outcome:

- All Drink Vending will contain only sugar free items
- All commercial advertising (such as that located on vending machines, shop fronts etc) on NHS premises will exclude products high in sugar and/or fat

Summary of Key Requirements / Criteria:

Product range	<ul style="list-style-type: none"> • A drinks vending machine MUST contain water, unsweetened fruit juice and/or low-fat milk. • Other drinks allowed if specific criteria (outlined in NHSGGC Vending Policy) are met are: <ul style="list-style-type: none"> > Dairy - Semi-skimmed, skimmed milk or lower fat milks > Soya, rice or oat drinks enriched with calcium > Any variety of fruit juice or vegetable juice > Drinks made with a combination of water (still or carbonated) and fruit and/or vegetable juice > Tea and coffee
Nutritional composition and content	<ul style="list-style-type: none"> • ALL soft drinks (including flavoured waters) within a vending machine must be sugar-free (less than 0.5 grams of sugar per 100ml). • Unsweetened fruit juice, drinks made with a combination of fruit juice and water and drinks made with a blend of fruit and/or vegetables are acceptable in addition to soft drinks.
Promotion	<ul style="list-style-type: none"> • Water and milk drinks should be prominently positioned, for example, at eye level in glass fronted machines or listed first in product lists.

**APPENDIX 4:
NUTRITIONAL SPECIFICATION FOR SNACK VENDING**

Compliance Criteria:

- NHSGGC Vending Policy (2008)
<http://www.staffnet.ggc.scot.nhs.uk/Partnerships/Greater%20Glasgow%20and%20Clyde%20Services/FFN/Documents/Vending%20Policy%202008.pdf>
- HLA Vending
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)

Policy Outcome:

- All Snack Vending will achieve 50% 'healthy choices'
- All commercial advertising (such as that located on vending machines, shop fronts etc) on NHS premises will exclude products high in sugar and/or fat

Summary of Key Requirements / Criteria:

<p>Product range <i>(Crisps and confectionary)</i></p>	<ul style="list-style-type: none"> • At least 50% of snack items available (by both product and retail volume) must meet the 'low/medium' nutrient specifications as outlined in the HLA award. • NHSGGC require all crisps to be baked products.
<p>Nutritional composition and content</p>	<ul style="list-style-type: none"> • Ensure lower fat, sugar and salt alternatives are offered in line with nutritional specifications in the HLA.
<p>Promotion</p>	<ul style="list-style-type: none"> • Options meeting criteria must be prominently positioned, for example, at eye level, and should be priced competitively with other products. • No promotional material allowed advertising items not meeting criteria.

APPENDIX 5: **NUTRITIONAL SPECIFICATION FOR FOOD RETAIL (SHOPS)**

Compliance Criteria:

- Scottish Grocers Federation's Healthy Living Programme Gold Standard (SGF) <http://www.scottishshop.org.uk/sgfhlp>
- NHSGGC Retail Specification
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)

Policy Outcome:

- All retail outlets and shops will provide a range of healthy options* as core retail items in line with SGF/HLA standards
- All retail outlets and shops will clearly promote healthy options* through use of NHS branded promotional logos, signage etc. in line with SGF/HLA standards
- All retail outlets and shops will only promote healthy options* at point of sale
- All retail outlets and shops will provide 70% compliance with sugar free drinks or a limited range of sugar based drinks
- All commercial advertising (such as that located on vending machines, shop fronts etc) on NHS premises will exclude products high in sugar and/or fat

Summary of Key Requirements / Criteria:

Product range	<ul style="list-style-type: none"> • The product range should include offers sensitive to religious dietary requirements.
<i>Sundries</i>	<ul style="list-style-type: none"> • Comply with HLA criteria
<i>Drinks</i>	<ul style="list-style-type: none"> • A minimum of 70% of soft drinks (by both retail volume and product) must be sugar-free (less than 0.5 grams of sugar per 100ml). Soft drinks include flavoured waters.
<i>Snacks(e.g. confectionary & crisps)</i>	<ul style="list-style-type: none"> • At least 50% of items available must meet the 'low/medium' nutrient specifications as outlined in the HLA award.
<i>Fruit and veg</i>	<ul style="list-style-type: none"> • Ensure a range of fruit and vegetables are available at all times
<i>Chilled/fresh foods (cheese, spreads, milk, desserts)</i>	<ul style="list-style-type: none"> • 50% to comply with HLA criteria
<i>Composite chilled (inc. sandwiches, ready meals)</i>	<ul style="list-style-type: none"> • 50% comply with HLA criteria
<i>Non perishable foods</i>	<ul style="list-style-type: none"> • Options include 'healthy staples' for cooking/preparation as well as 'healthier options' e.g. pasta, rice, tinned vegetables, tinned soups, breakfast cereals, reduced sugar jam, low-fat pasta sauce
<i>Perishable foods</i>	<ul style="list-style-type: none"> • Presenting a range of goods reflecting low salt, fat and sugar including wholemeal products. e.g. bread and bakery products
Nutritional composition and content	<ul style="list-style-type: none"> • Ensure lower fat, sugar and salt alternatives are offered and in line with nutritional specifications in the HLA.
Promotion	<ul style="list-style-type: none"> • Where possible utilise existing 'healthy eating' branding for product ranges / develop new NHSGGC branding. • Options meeting criteria must be prominently positioned and where possible with dedicated retail space. • Avoiding the promotion of less-healthy items, particularly at the point of sale • Ensure healthy items are priced competitively with other products.

**APPENDIX 6:
NUTRITIONAL SPECIFICATION FOR FOOD RETAIL (TROLLEY SERVICES)**

Compliance Criteria:

- Scottish Grocers Federation's Healthy Living Programme Gold Standard (SGF) <http://www.scottishshop.org.uk/sgfhlp>
- NHSGGC Trolley Specification
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)

Policy Outcome:

- All trolley services will include a defined range of healthy options*and achieve 50% 'healthy choices' in line with HLA

Summary of Key Requirements / Criteria:

Product range	<ul style="list-style-type: none"> • At least 50% of snack items available must meet the 'low/medium' nutrient specifications as outlined in the HLA award • NHSGGC requires 100% of soft drinks (by both product and retail volume) to be sugar-free (less than 0.5 grams of sugar per 100ml). Soft drinks include flavoured waters. • No 'extra sized' crisps or confectionery products should be offered. • A selection of fruit should be offered at every service. • The product range should include products sensitive to religious dietary requirements.
Nutritional composition and content	<ul style="list-style-type: none"> • Ensure lower fat, sugar and salt alternatives are offered in line with nutritional specifications in the HLA.
Promotion	<ul style="list-style-type: none"> • Options meeting criteria must be prominently positioned and should be priced competitively with other products.

APPENDIX 7:
NUTRITIONAL SPECIFICATION FOR SPECIALIST RETAIL (MARKET STALLS /
FRUIT BARRAS)

Compliance Criteria:

- Scottish Grocers Federation’s Healthy Living Programme Gold Standard (SGF) <http://www.scottishshop.org.uk/sgfhlp>
- NHSGGC Market Stalls
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)
- Fruit Barras Specification
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)

Policy Outcome:

- Fruit and Vegetables will be made available for routine sale in all major acute sites

Summary of Key Requirements / Criteria:

- **Market stalls: Where food items are offered for sale**

Product range	<ul style="list-style-type: none"> • Adhoc Market Stalls are acceptable based on local Facilities Management agreements
	<ul style="list-style-type: none"> • The sale of ‘gift’ type food items will be permitted for sale out-with the HLA criteria e.g. home baked confectionary, jams etc • Perishable farm fresh products such as cheese, butter etc should be provided for sale in suitable storage conditions e.g. refrigeration • Fresh fruit and vegetables should be provided for sale in washed and ‘whole’ or pre-packed condition. • Fruit should not be prepared for sale on site.
	<ul style="list-style-type: none"> • Supplier(s) must ensure they are compliant with current government legislation regarding the retail of food items and will be expected to produce documentation surrounding their food safety practices e.g. preparation, transport/storage and presentation on request • Supplier(s) must ensure that relevant infection control and environmental health protocols are adhered. • Supplier(s) must ensure that staff and volunteers have attended relevant training REHIS or equivalent, manual handling, health and safety at work and consumer protection.

- **Fruit and Vegetable Barras:**

Product range	<ul style="list-style-type: none"> • NHSGGC will appoint preferred contractors to sell fruit and vegetables in specific locations subject to contractual agreement.
	<ul style="list-style-type: none"> • Fresh fruit and vegetables should be provided for sale in washed and 'whole' or pre-packed condition. • Fruit should not be prepared for sale on site.
	<ul style="list-style-type: none"> • Supplier(s) must ensure they are compliant with current government legislation surrounding the sale of fresh fruit and vegetables and will be expected to produce documentation surrounding their food safety practices e.g. preparation, transport/storage and presentation on request • Supplier(s) must ensure that relevant infection control and environmental health protocols are adhered to with regards to the selling of fresh vegetables. • Supplier(s) must ensure that staff and volunteers have attended relevant training REHIS or equivalent, manual handling, health and safety at work and consumer protection. • Supplier(s) will be expected to liaise with the Scottish Grocers Federation (SGF) or equivalent and when required attend the Gold Standard for Community Retailers training

APPENDIX 8:
NUTRITIONAL SPECIFICATION FOR HOSPITALITY FUNCTIONS

Compliance Criteria:

- Healthy Living Basic and Plus Award (HLA) www.healthylivingaward.co.uk

Policy Outcome:

- Supplier of hospitality functions should comply with HLA.

Summary of Key Requirements / Criteria:

	HLA Basic
Product range	<ul style="list-style-type: none"> • At least 50 % of the food on the menu must meet the specific healthy living criteria, prepared using both healthier ingredients and cooking methods • The product range should include offers sensitive to religious dietary requirements. • NHSGGC requires 100% of soft drinks (by both product and retail volume) to be sugar-free (less than 0.5 grams of sugar per 100ml). Soft drinks include flavoured waters.
Nutritional composition and content	<ul style="list-style-type: none"> • Starchy foods must form the main part of most meals. • Levels of fats and oils, particularly saturated fat, must be kept to a minimum. • Levels of salt must be kept to a minimum. • Levels of sugar must be kept to a minimum. • Fruit and vegetables must be clearly available.

APPENDIX 9:
HEALTHY OPTIONS AND A 'CORE PRODUCT' LIST

Compliance Criteria:

- Healthy Living Basic and Plus Award (HLA) www.healthylivingaward.co.uk
- NHS GGC Core product list May 14
[NHSGGC Acute Food, Fluid and Nutrition Staffnet](#)

Policy Outcome:

- The range of healthy products* routinely offered for sale will be extended through liaison with National Procurement/ National Facilities contracts

Summary of Key Requirements / Criteria:

Product Type	Products Meeting HLA Criteria (Low – Medium)
Sundries	<ul style="list-style-type: none"> • Kallo Corn Cakes • Kallo Rice Cakes • Rivita Crisp Breads (expect Fruit Crunch) • Rivita Thins • Rivita Minis • Jacobs Crisp breads • Jacobs Flats breads
Drinks	<ul style="list-style-type: none"> • Minute maid 100%; orange, apple • Capri Sun 100% juice; apple, orange • Appletiser • Peartiser • Sugar free flavoured water • Sugar free fizzy drinks • Still water (plain) • Sparkling water (plain) • Plain milk
Snacks (Savoury)	<ul style="list-style-type: none"> • Crisps - Walkers Baked Cheese & Onion • Crisps - Walkers Baked Salt & Vinegar • Crisps - Walker French Fries
Snacks (Sweet)	<ul style="list-style-type: none"> • Cereal bar - Alpen Light • Cereal bar - Go Ahead • Cereal bar - Jordans Frusli • Cereal bar - Nature • Hartleys no added sugar ready to eat jelly; strawberry, raspberry, orange • Hartleys low calorie ready to eat jelly; strawberry, raspberry, orange • Ambrosia light rice • Ambrosia low fat custard
Fruit & Vegetables	<ul style="list-style-type: none"> • All fresh.

<p>Chilled/fresh foods (cheese, spreads, milk)</p>	<ul style="list-style-type: none"> • Cheese - The Laughing Cow Light • Cheese - Philadelphia lightest • Yoghurt drink - Danone Actimel; Raspberry, Strawberry, Original, Coconut, Blueberry, Multifruit • Fat Free greek yoghurt total % • Yoghurt - Yeo Valley 0% Fat Natural • Yoghurt - Yeo Valley Natural • Yoghurt - Danone Activia; Forest Fruit, Lemon & Lime, Peach, Raspberry, Cherry, Raspberry Layer • Weight Watchers Fromage Frais; Summer fruit, Berry fruit • Weight Watchers Youghurts; Summer fruit, dessert recipe, citrus fruit, toffee & vanilla • Yoghurt - Muller Light: Turkish delight, smooth toffee, orange, strawberry, vanilla, cherry • Cheese and bread - Philadelphia splendips nacho & tomato salsa • Cheese and bread - Philadelphia splendips-med flatbreads & chutney
<p>Composite chilled (inc. Sandwiches, ready meals)</p>	<ul style="list-style-type: none"> • PJ's Sandwich • Rolls • Ciabatta & Wraps • Egg mayonnaise • Chicken mayo & sweetcorn • Chicken & herb mayo salad • Prawn mayonnaise • Egg & sundried tomato • Caesar chicken with parmesan • Goats cheese • Tomato & rocket • Scottish roast beef & onion • Prawn & lemon mayonnaise & salad • Highland ham & Arran mustard • Peppered pastrami & gherkin • Mexican three bean • Pastrami & cream cheese
<p>Non perishable foods</p>	<ul style="list-style-type: none"> • Soup - Heinz squeeze and stir; cream of tomato, minestrone, med veg • Composite -John West light lunch • Composite -The Food Doctor- Bulgar wheat and quinoa pot with tomato, black olive and basil/asparagus leek & mint • Cereals - Quaker Oats; original, puffed wheat • Cereals - Post; Grape Nuts • Cereals - Nestle; Shredded wheat • Cereals - Scotts; Easy porage oats original • Cereals - Kellogs; Rice Crispies, Corn Flakes • Batchelor Deli box noodles • Batchelor cup of soup • Heniz beans • Branstons Beans • Heniz Spaghetti Hoops • Batchelor Super noodles

	<ul style="list-style-type: none"> • Mug shot noodle & pasta • Composite - Dolmio PastaVita • Campbells Soups; Chicken noodle, minestrone, tomato* • Weight Watchers from Heniz Soup; Chicken, potato & leek, Tomato* • Vegetables tinned in spring water • Fruit tinned in own juice
Perishable foods	<ul style="list-style-type: none"> • Bread -Warburtons, Allinsons, Hovis- Wholemeal variety • Crumpets - Hovis, Kingsmill • Muffins - Hovis soft white, Kingsmill • Bagels - Kingsmill 50/50,fruit & fibre, white. • Bagels - New York Bakery.co plain, cinnamon & raisin, red onion & chive, cranberry & orange, Fruit & oat, sesame

*Many other varieties also suitable