

Heart and Stroke Foundation SA **Tuck Shop Guidelines**

Sweet Treats

- You should stock a Maximum of 5 different sweet and chocolate options (combined).
- Decrease portion sizes of sweets and chocolates.
- Increase number of healthier options available.

Packet Chips

- Decrease variety of chips available.
- Decrease portion sizes if possible.
- Increase number of healthier options available e.g. baked options.

Cakes

- Eliminate cakes, biscuits vetkoek and doughnuts.
- Increase number of healthier options available.

Ice-cream / Ice- lollies

- Eliminate ice-cream and ice-lollies.
- Increase number of healthier options available.

Beverages

- Eliminate sugar laden fizzy drinks. Opt for sugar free drinks.
- Energy drinks should only be sold at sports events.
- Increase number of healthier options available.

Breads/ Rolls

- Opt for the healthier choices

Sandwich Filings

- Opt for the healthier choices

Prepared meals

- Provide Halaal and/or Kosher options.
- Eliminate Pies, Samosas, Sausage Rolls and Fried chips.
- Provide at least 1 healthy meal and beverage option on pre-paid order form for each day.
- Allow the HSFSA's dietician to assess your pre-paid order form (the healthy options will be indicated by the heart ♥ mark).

Refer to list of 'Poor, Better, Best' Foods to find healthier options.