

HEALTHIER
CHOICES

CANBERRA

SPORT CANTEENS



KICK-OFF CANTEEN
HOT BREAST W/FP \$6- FRESH FRUIT
SPICY THAI RICE \$7- SALAD
TOASTIES \$4-20 YOGHURT CUPS
- CHEESE + TOMATO
- HAM, CHEESE + TOMATO
- AVOCADO, HAM + CHEESE
PIES \$5-20 SAUSAGE ROLLS \$5-

Healthier Picks

pre-packaged items suitable for junior sport canteens

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ACT Health Directorate

HEALTHIER CHOICES

CANBERRA

SPORT CANTEENS



CANTEEN
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THIS WAY

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www.act.gov.au/healthierchoicescanberra

Phone 02 5124 9515 Email healthierjuniorsport@act.gov.au



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SPORT CANTEENS

Pre-packaged items are popular with sport canteens – especially if they have a long shelf life. This list will help you find healthier options for your canteen menu.

All items on this list are available to ACT canteens from:

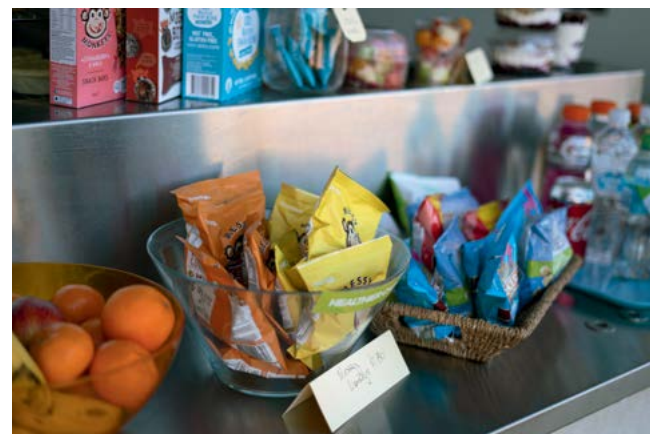
- Supermarkets;
- Direct from the manufacturer; or
- Through wholesale suppliers.

Nutritional information:

All items on this list have been assessed by the ACT Nutrition Support Service as either:

- 4 stars and above (pre packaged snacks and hot foods);
- 3 stars and above (dairy desserts); or
- Amber under the traffic light system.

This means they're ready to go!



Do you know an item that could be added to this list?

This list is a pilot test copy. Please suggest any item you would like added. We'll have it assessed by our qualified nutritionist. If it is a healthier choice we'll add it to the list. Email healthierjuniorsport@act.gov.au

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Please note: this list has been compiled based on information available at the time of printing and does not constitute endorsement of the products or suppliers.

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ACT Health Directorate

Healthier pre-packaged items for sport canteens

1.

SNACK BARS - SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Be Natural	Bar Nut Butter Berry Bliss	5PK - 160GM	S
Carman's	Original Fruit Free Muesli Bar	6PK - 270GM	S, M
Carman's	Super Berry Muesli Bar	6PK - 270GM	S, M
Carman's	Classic Fruit & Nut Museli Bar	6PK - 270GM	S, M
Carman's	Nut Bar Almond Hazelnut Vanilla	5PK - 175GM	S, M
Emma & Tom's	Chia Bar Cacao	12 X 35GM	M
Emma & Tom's	Chia Bar Cinnamon	12 X 35GM	M
Emma & Tom's	Chia Bar Cacao & Mint	12 X 35GM	M
Emma & Tom's	Seed Slice Bar	30 X 22GM	M
Food For Health	Fruit Free Bars With Almond & Chia	6PK - 150GM	S, M
Food For Health	Vanilla Apple Cranberry Bar	6PK - 210GM	S, M
Food For Health	Coconut Almond Chia Bar	6PK - 150GM	S,M
Freedom Foods	Messy Monkeys Snack Bars Mango & Apple	8PK - 160GM	S (healthfood aisle), M
Freedom Foods	Messy Monkeys Snack Bars Strawberry & Apple	8PK - 160GM	S (healthfood aisle), M
Freedom Foods	Messy Monkeys Snack Bars Apple Pie	8PK - 160GM	S (healthfood aisle), M
Freedom Foods	Messy Monkeys Snack Bars Banana Bread	8PK - 160GM	S (healthfood aisle), M
Freedom Foods	Heritage Mill Fruit Free Bars	6PK - 270GM	S (Coles), M
Freedom Foods	Heritage Mill Apple Cinnamon Bars	6PK - 270GM	S (Coles), M

S = Supermarket
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SNACK BARS – SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Freedom Foods	Heritage Mill Very Berry Bars	6PK - 270GM	S (Coles), M
Freedom Foods	Heritage Mill Coca Cranberry Bars	6PK - 270GM	S (Coles), M
Go Natural	Almond Cranberry Pepita Nut Delight Bars	5PK - 175GM	S, M
Go Natural	Nut Delight Original Chopped Bars	5PK - 175GM	S, M
Go Natural	Fruit Nut Delight Bars	5PK - 175GM	S (IGA), M
Kez's Kitchen	Choc Mud Bars	5PK - 125GM	S (healthfood aisle)
Kez's Kitchen	Lamington Bars	5PK - 125GM	S (healthfood aisle)
Nestle	Milo Snack Bar Original	10PK - 210GM	S
Nice & Natural	Protein Whole Seed Bars Cranberry Raspberry	5PK - 150GGM	S
Uncle Tobys	Chewy Forest Fruits Muesli Bar	6PK - 185GM	S
Uncle Tobys	Chewy Apricot Muesli Bar	6PK - 185GM	S
Uncle Tobys	Chewy Lamington Muesli Bar	6PK - 185GM	S
Uncle Tobys	Chewy Apple Crumble Muesli Bar	6PK - 185GM	S
Uncle Tobys	Farmers Pick Almond Blueberry Pepita Bars	5PK - 175GM	S
Uncle Tobys	Farmers Pick Pecan Maple Cashew Bars	5PK - 175GM	S

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SWEET SNACKS – SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Annies	Apple & Boysenberry Fruit Bar	20GM	S (Costco)
Annies	Apple & Raspberry Fruit Bar	20GM	S (Costco)
Annies	Apple & Strawberry Fruit Bar	20GM	S (Costco)
Annies	Apple & Apricot Fruit Bar	20GM	S (Costco)
Annies	Apple & Mango Fruit Bar	20GM	S (Costco)
Annies	Apple & Banana Fruit Bar	20GM	S (Costco)
Carman's	Orange Cacao Poppy Seed Bliss Balls	80GM	M
Carman's	Almond Super Seed Vanilla Bliss Balls	80GM	M
Chia Co	Chia Pod Smooth Mixed Berry	120GM	S, M
Chia Co	Chia Pod Smooth Banana	120GM	S, M
Chia Co	Chia Pod Smooth Chocolate	120GM	S, M
Goulburn Valley	Fruit Salad In Juice	170GM	WD (Bidfood)
Goulburn Valley	Mango In Juice	170GM	WD (Bidfood)
Goulburn Valley	Two Fruits In Juice	170GM	WD (Bidfood)
Goulburn Valley	Peaches In Juice	2 X 170GM	S,M
Goulburn Valley	Two Fruits In Juice	2 X 170GM	S,M
Goulburn Valley	Fruit Salad In Juice	2 X 170GM	S,M
Harvest Box	Apple Tart Snack Pack	45GM	M

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SWEET SNACKS – SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Harvest Box	Spiced Up Snack Pack	45GM	M
Harvest Box	We Love Nuts Snack Pack	45GM	M
Harvest Box	Berry Bazooka Health Bomb	45GM	M
Harvest Box	Crazy Cacao Health Bomb	45GM	M
Harvest Box	Gogo Goji Health Bomb	45GM	M
Macro	Mighty Bites Cheeky Cocoa Crunchy Balls	5 PK - 100GM	S (Woolworths)
Macro	Mighty Bites Amaze Apple & Strawberry Flavoured Balls	5 PK - 100GM	S (Woolworths)
Sanitarium	Weet-Bix Go Breakfast Biscuits Vanilla Macadamia	5 PK - 250GM	S
Sanitarium	Weet-Bix Go Breakfast Biscuits Honey Oat Crunch	5 PK - 250GM	S
Spc	Fruit Crush Ups Tropical	90GM	S, M
Spc	Fruit Crush Ups Fruit Salad	90GM	S, M
Spc	Fruit Crush Ups Mango & Apple	90GM	S, M
Spc	Fruit Crush Ups Strawberry	90GM	S, M
Spc	Fruit Crush Ups Mixed Berry	90GM	S, M
Spc	Puree & Simple Pouches: Apple, Peach & Pineapple	4PK X 90GM	S, M
Spc	Puree & Simple Pouches: Apple & Strawberry	4PK X 90GM	S, M
Spc	Puree & Simple Pouches: Apple & Mango	4PK X 90GM	S, M
Spc	Puree & Simple Pouches: Apple & Banana	4PK X 90GM	S, M

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SWEET SNACKS – SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Spc	Peaches In Juice	4 OR 8 X 120GM	S, M
Spc	Fruit Salad In Juice	4 OR 8 X 120GM	S, M
Spc	Two Fruits In Juice	8 X 120GM	S, M
Spc	Tropics Mango In Juice	4 OR 8 X 120GM	S, M
Spc	Fruit Plus Apple Berry With Chia	140GM	S, M
Spc	Fruit Plus Apple Cinnamon With Chia	140GM	S, M
Spc	Frumax Apple Orange	120GM	S, M
Spc	Frumax Apple Pineapple	120GM	S, M
Spc	Frumax Apple Peach Apricot	120GM	S, M
Spc	Frumax Apple Strawberry Raspberry	120GM	S, M
Sunbeam	Sultanas	6PK - 240GM	S, WD (Bidfood)
Sunbeam	Sultanas & Apricot	6PK - 222GM	S, WD (Bidfood)
Sunbeam	Sultanas & Apple	6PK - 150GM	S, WD (Bidfood)
Sunbeam	Mini Sultanas	8PK - 120GM	S
Sunbeam	Snacks That Go Fruit & Nut	6PK - 240GM	S
Think Products	Mini Munch Almond Cranberry	20GM	S
Think Products	Mini Munch Almond Blueberry	20GM	S

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SWEET SNACKS – SHELF STABLE			
Manufacturer	Product Name	Product size	Purchase information
Think Products	Mini Munch Sunflower Seeds Strawberry	20GM	S
Think Products	Crispyfruits Pure Apple	10GM	S
Think Products	Crispyfruits Pure Mango	10GM	S
Think Products	Crispyfruits Pure Pear	10GM	S
Think Products	Crispyfruits Pure Pineapple	10GM	S
Think Products	Crispyfruits Pure Strawberry	10GM	S
Think Products	Crispyfruits Pure Tangerine	10GM	S
True Fruit	Tropical Fruit Salad Fruit Leather	6PK - 120GM	S
True Fruit	Apricot & Apple Fruit Leather	6PK -120GM	S
Uncle Tobys	Oats Creamy Honey Pots	50GM	S
Woolworths	Trial Mix	6 X 30GM	S (Woolworths)
Woolworths	Aussie Natural Almonds	6 X 30GM	S (Woolworths)
Woolworths	Sultanas & Apple	6 X 25GM	S (Woolworths)
Woolworths	Dry Roasted Almonds & Sultanas	6 X 30GM	S (Woolworths)
Woolworths	Sultanas	6 X 40GM	S (Woolworths)

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SAVOURY SNACKS – SHELF STABLE

Manufacturer	Product Name	Product size	Purchase information
Cobs	Popcorn Multipack	5PK - 65GM	Unknown
Freedom Foods	Messy Monkey Cheese	8PK - 160GM	S, M
Freedom Foods	Messy Monkey Pizza	8PK - 160GM	S, M
Freedom Foods	Messy Monkey Burger	8PK - 160GM	S, M
Freedom Foods	Messy Monkey Chicken	8PK - 160GM	S, M
Freedom Foods	Messy Monkey Lightly Salted Popcorn	10PK - 130GM	S, M
Freedom Foods	Messy Monkey Lightly Sweet & Salty Popcorn	10PK - 130GM	S, M
The Happy Snack Company	Kids Roasted Fav-Va Bean Pizza Snack 10	10PK - 150GM	S, M
The Happy Snack Company	Kids Roasted Fav-Va Bean Lightly Salt Snack 10	10PK - 150GM	S, M
The Happy Snack Company	Kids Roasted Fav-Va Bean Salt Vinegar Snack 10	10PK - 150GM	S, M
The Happy Snack Company	Roasted Chickpeas Classic Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Fav-Va Classic Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Fav-Va Red Pep Chilli Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Fav-Va Sea Salt Bal Vineg Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Fav-Va Tomato Onion Basil Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Split Chickpeas Classic Snack Pack 6	6PK - 150GM	S, M
The Happy Snack Company	Roasted Chickpeas Lime Cracked Pepper Snack Pack 6	6PK - 150GM	S, M
Healtheries KidsCare	Rice Snack Wheels Chicken	10PK - 180GM	S

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SAVOURY SNACKS – SHELF STABLE

Manufacturer	Product Name	Product size	Purchase information
Healtheries KidsCare	Potato Stix Roast Potato	10PK - 160GM	S
Healtheries KidsCare	Potato Stix Chicken	10PK - 160GM	S
Healtheries KidsCare	Potato Curls Burger	8PK - 96GM	S
Healtheries KidsCare	Potato Curls Chicken	8PK - 96GM	S
Macro	Lentil Bites Buzzin Beetroot	6PK - 108GM	S (Woolworths) health food aisle
Macro	Lentil Bites Cruzin Carrot	6PK - 108GM	S (Woolworths) health food aisle
Macro	Lentil Bites Pumped Up Pumpkin	6PK - 108GM	S (Woolworths) health food aisle
Macro	Air Puffed Fava Beans Bbq Blast	8PK - 160GM	S (Woolworths) health food aisle
Macro	Air Puffed Fava Beans Pizza Pizazz	8PK - 160GM	S (Woolworths) health food aisle
Macro	Air Puffed Fava Beans Touch O'salt	8PK - 160GM	S (Woolworths) health food aisle
Macro	Oven Baked Quinoa Puffs Cheeky Chicken	8PK -	S (Woolworths) health food aisle
Macro	Crunchy Fava Bean Bites Boldly Bbq	8PK - 144GM	S (Woolworths) health food aisle
Koala Pop Korn	Popcorn Lightly Salted	25GM - CARTON OF 24	M
Koala Pop Korn	Popcorn Sweet 'N Salty	25GM - CARTON OF 24	M
Koala Pop Korn	Popcorn Sweet Chilli	25GM - CARTON OF 24	M
Koala Pop Korn	Popcorn Bbq	25GM - CARTON OF 24	M
Koala Pop Korn	Popcorn Chicken	25GM - CARTON OF 24	M

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SAVOURY SNACKS – SHELF STABLE

Manufacturer	Product Name	Product size	Purchase information
Parker's	Multi Pack Pretzels Lightly Salted	6PK - 150GM	S
Sunbites	Airpopped Popcorn Lightly Salted	6PK - 78GM	S
SunRice	Rice Snacks Mini Bites Cheese	8PK - 160GM	S
SunRice	Rice Snacks Mini Bites Salt & Vinegar	8PK - 160GM	S
SunRice	Rice Snacks Mini Bites Original	8PK - 160GM	S
SunRice	Rice Cakes Original	150GM	S
SunRice	Rice Cakes Thick	150GM	S
SunRice	Rice Cakes Thin Sundried Tomato & Basil	195GM	S
SunRice	Rice Cakes Thin Sour Cream & Chives	195GM	S
Woolworths	Original Popcorn	10PK	S (Woolworths)

SAVOURY SNACKS – REQUIRES REFRIGERATION

Manufacturer	Product Name	Product size	Purchase information
Babybel	Cheese Mini Light	100GM	S
Bega	Stringers Original	240GM	S
Bega	Stringers Cheddar	240GM	S
Bega	Tasty Sticks Cheddar	240GM	S
Mainland	On The Go Light Cheese & Biscuit	50GM	S, WD (Bidfood)
Dairyworks	Colby Cheese & Rice Crackers	4PK - 120GM	S
The Laughing Cow	Cheese Light Triangles	128GM	S
Woolworths	Tasy Cheese & Crackers	4 X 30GM	S (Woolworths)
Woolworths	Light Cheese & Crackers	4 X 30GM	S (Woolworths)

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SAVOURY PASTRIES – SOLD FROZEN			
Manufacturer	Product Name	Product size	Purchase information
Balfours	Better Bite Pasty	140GM	WD
Balfours	Better Bite Junior Snack Beef Pie	90GM	WD
Balfours	Better Bite Sausage Roll	140GM	WD
Balfours	Better Bite Sausage Roll	120GM	WD
Balfours	Better Bite Junior Snack Sausage Roll	100GM	WD
Balfours	Better Bite Potato Pie	180GM	WD
Balfours	Better Bite Beef Pie	180GM	WD
Balfours	Better Bite Pizza Pie	180GM	WD
Betterbites	Spinach & Ricotta Rolls	100GM OR 133GM	M
Betterbites	Sausage Rolls	100GM	M
Four'n Twenty	Traveller Classic Meat Pie	160GM	WD
Four'n Twenty	Traveller Beef & Pepper Meat Pie	160GM	WD
Four'n Twenty	Aussie/Lite Meat Pie	175GM	WD
Four'n Twenty	Aussie/Lite Sausage Roll	125GM	WD
Mrs Mac's	Lite'n Up Sausage Roll	120GM	WD
Mrs Mac's	Lite'n Up Beef Pie	175GM	WD
Mrs Mac's	Lite'n Up Beef Pie Cruiser	180GM	WD
Mrs Mac's	Lite'n Up Potato Top Beef Pie	180GM	WD
Mrs Mac's	Lite'n Up Snack Beef Pie	110GM	WD
Mrs Mac's	Lite'n Up Mini Beef Pie	46GM	WD

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HOT FOODS – SOLD FROZEN			
Manufacturer	Product Name	Product size	Purchase information
Allied Chefs	Beef Lasagne	200GM	WD (Plateau)
Allied Chefs	Vegetable Lasagne	200GM	WD (Plateau)
Allied Chefs	Twista Pasta Bolognese Sauce	200GM	WD (Plateau)
Enrico's	Beef Lasagne	220GM	M
Enrico's	Macaroni Cheese Pasta	200GM	M
Enrico's	Chicken Fried Rice	200GM	M
Enrico's	Potato Pie	200GM	M
Enrico's	Twista Pasta Bolognese	200GM	M
Enrico's	Beef Stir Fry With Noodles	200GM	M
Enrico's	Honey Soy Chicken	200GM	M
Enrico's	Spaghetti Meatballs	200GM	M
Enrico's	Satay Chicken With Rice	200GM	M
Good Food Hero	Beef Korma & Rice	220GM, 320GM	M
Good Food Hero	Beef Stroganoff & Pasta	220GM, 320GM	M
Good Food Hero	Bolognese Pasta Bake	220GM, 320GM	M
Good Food Hero	Butter Chicken With Rice	220GM, 320GM	M
Good Food Hero	Chicken & Vegetable Pasta Bake	220GM, 320GM	M
Good Food Hero	Macaroni & Cheese Pasta Bake	220GM, 320GM	M

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HOT FOODS – SOLD FROZEN

Manufacturer	Product Name	Product size	Purchase information
Good Food Hero	Macaroni Cheese With Chicken & Corn Rissole	220GM, 320GM	M
Good Food Hero	Split Pea & Lentil Dahl With Basmati Rice	220GM, 320GM	M
Good Food Hero	Thai Fried Rice	220GM, 320GM	M
Good Food Hero	Thai Green Curry With Chicken	220GM, 320GM	M
Ingham	Blasta Pasta Traditional Lasagne	200GM	M
Rice King Products	Vegetarian Fried Rice	200GM	M

PRE-MADE BURGER PATTIES - SOLD FROZEN

Manufacturer	Product Name	Product size	Purchase information
Angel Bay	Beef Burger Lite	100GM	WD (Plateau)
Betterbites	Beef Burger Patties	100GM	M
Colonial Farm	Fully Cooked Lean Burger	90GM	WD (Plateau)
Good Food Hero	Beef Burger Patties	120GM	M
Good Food Hero	Chicken Burger Patties	120GM	M

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SUSHI & DIM SUM			
Manufacturer	Product Name	Product size	Purchase information
Big Crunch Sushi	Tuna Cucumber Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Chicken Teriyaki Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Beef Teriyaki Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Veggie Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Spicy Tuna Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Smoked Salmon Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Crab California Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Chicken Schnitzel Roll-Your-Own Sushi Roll	135GM	M
Big Crunch Sushi	Tuna Munch Box	110GM	M
Big Crunch Sushi	Cucumber Munch Box	110GM	M
Big Crunch Sushi	Avocado Munch Box	110GM	M
Big Crunch Sushi	Teriyaki Chicken Munch Box	110GM	M
Big Crunch Sushi	Tuna & Teriyaki Chicken Combo Munch Box	110GM	M
Big Crunch Sushi	Chicken Rice Paper Roll	140GM	M
Big Crunch Sushi	Prawn Rice Paper Roll	140GM	M
Big Crunch Sushi	Veggie Rice Paper Roll	140GM	M
Big Crunch Sushi	Beef Rice Paper Roll	140GM	M
Big Crunch Sushi	Edamame Snack Pack		M

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FROZEN DESSERTS			
Manufacturer	Product Name	Product size	Purchase information
Berri	Quelch 99% Fruit Juice Icy Tubes - Assorted Flavours	24 x 70ML	S, WD
Bulla	Frozen Yoghurt Strawberry	100GM	WD (Plateau)
Bulla	Frozen Yoghurt Mango	100GM	WD (Plateau)
Bulla	Frozen Yoghurt Raspberry	100GM	WD (Plateau)
Bulla	Frozen Yoghurt Passionfruit	100GM	WD (Plateau)
Bulla	Mini Frozen Yoghurt Assorted Flavours	14PK - 504GM	S
Bulla	Light Vanilla Icecream	49GM	WD (Plateau)
Streets	Paddle Pop Chocolate	54GM	S, M
Streets	Paddle Pop Rainbow	68GM	S, M
Streets	Paddle Pop Banana	54GM	S, M
Twisted	Chocolate & Vanilla Frozen Yoghurt	120ML	S (Costco), WD (Plateau)
Twisted	Strawberry & Vanilla Frozen Yoghurt	120ML	S (Costco), WD (Plateau)
Twisted	Raspberry & Coconut Frozen Yoghurt	120ML	S (Costco), WD (Plateau)
Twisted	Watermelon & Mango Frozen Yoghurt	120ML	S (Costco), WD (Plateau)

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