

HEALTHIER CHOICES

CANBERRA

SPORT CANTEENS



Healthier Picks

pre-packaged items suitable for junior sport canteens

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ACT Health Directorate

HEALTHIER CHOICES

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SPORT CANTEENS



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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: ✓ = Best choice

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.

HEALTHIER CHOICES CANBERRA

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SNACK BARS - SHELF STABLE			
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed			
Manufacturer	Product Name	Product size	Purchase information
BE NATURAL	SIMPLY NAKED BARS PEANUT BROWNIE	5PK - 150GM	S
BE NATURAL	SIMPLY NAKED BARS COCONUT BLISS	5PK - 150GM	S
BOUNCE FOODS	BREKKIE BAR COCONUT GOJI	3PK - 150GM	S, M
BOUNCE FOODS	BREKKIE BAR APRICOT ALMOND	3PK - 150GM	S
BOUNCE FOODS	BREKKIE BAR BANANA PECAN	3PK - 150GM	S
CARMANS	ORIGINAL FRUIT FREE MUESLI BAR	6PK - 270GM	S
CARMANS	BERRY MUESLI BARS CRANBERRY, BLUEBERRY & GOJI	6PK - 270GM	S, M
CARMANS	CLASSIC FRUIT & NUT MUSELI BAR	6PK - 270GM	S, M
CARMANS	NUT BAR ALMOND HAZELNUT VANILLA	5PK - 175GM	S, M
EMMA & TOM'S	CHIA BAR CACAO BROWNIE	12 X 35GM	S, M
EMMA & TOM'S	CHIA BAR CINNAMON BLONDIE	12 X 35GM	M
EMMA & TOM'S	CHIA BAR CACAO & MINT BROWNIE	12 X 35GM	M
EMMA & TOM'S	FIG & ZESTY LEMON RAW FRUIT AND NUT BAR	12 X 35GM	M
EMMA & TOM'S	GINGERBREAD HEMP SEED BAR	12 X 35GM	M
EMMA & TOM'S	APPLE & CINNAMON PROTEIN BAR	12 X 35GM	M
EMMA & TOM'S	SALTED CARAMEL PROTEIN BAR	12 X 35GM	M
BE NATURAL	SIMPLY NAKED BARS PEANUT BROWNIE	5PK - 150GM	M
EVERY BITE COUNTS	MIGHTY BELLIES BROWN RICE CRISPY BARS VANILLA	6PK - 120GM	S

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Manufacturer	Product Name	Product size	Purchase information
EVERY BITE COUNTS	MIGHTY BELLIES BROWN RICE CRISPY BARS COCOA	6PK - 120GM	S
FOOD FOR HEALTH	FRUIT FREE BARS WITH ALMOND & CHIA	6PK - 150GM	S, M
FREEDOM FOODS	BARLEY+ CRANBERRY & ALMOND BARS	6PK - 210GM	S (healthfood aisle), M
FREEDOM FOODS	BARLEY+ PINK LADY & CHAI FLAVOURED BARS	6PK - 210GM	S (healthfood aisle), M
FREEDOM FOODS	BARLEY+ SEVEN SEEDS BARS	6PK - 210GM	S (healthfood aisle), M
FREEDOM FOODS	BARLEY+ WILD BERRY YOGHURT BARS	6PK - 210GM	S (healthfood aisle), M
FREEDOM FOODS	HERITAGE MILL FRUIT FREE BARS	6PK - 270GM	S (Coles), M
FREEDOM FOODS	HERITAGE MILL VERY BERRY 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, M
GO NATURAL	ALMOND CASHEW NATURAL ENERGY BAR	45GM	S, M
HILLCREST	PREMIUM NUT BARS ALMOND, HAZELNUT & VANILLA	5PK - 175GM	S (Aldi)
KEEP IT CLEANER	PROTEIN BAR ALMOND BUTTER COOKIE	32GM	S, M
KEZ'S KITCHEN	GLUTEN FREE & NAKED CHOC MUD SNACK BARS	5PK - 125GM	S (healthfood aisle)
KEZ'S KITCHEN	GLUTEN FREE & NAKED LAMINGTON SNACK BARS	5PK - 125GM	S (healthfood aisle)
KEZ'S KITCHEN	GLUTEN FREE & NAKED CHOC CRUNCH PROTEIN SNACK BARS	5PK - 125GM	S (healthfood aisle)
KEZ'S KITCHEN	GLUTEN FREE & NAKED POPCORN SNACK BARS	5PK - 125GM	S (healthfood aisle)

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Manufacturer	Product Name	Product size	Purchase information
NESTLE	MILO SNACK BAR ORIGINAL	10PK - 210GM	S
NICE & NATURAL	PROTEIN WHOLE SEED BARS CRANBERRY RASPBERRY	5PK - 150GM	S
NICE & NATURAL	SUPERFRUITS MUESLI BARS CRANBERRY & BLUEBERRY	6PK - 192GM	S
NICE & NATURAL	ROASTED NUT BARS PEANUT	6PK - 192GM	S
NRG	MAXX SNACK BAR ORIGINAL	6PK - 126GM	S (Aldi)
OH SO NATURAL FOODS	SNACK BARS BLUEBERRY	5PK - 175GM	S
OH SO NATURAL FOODS	SNACK BARS SALTED CARAMEL	5PK - 175GM	S
OH SO NATURAL FOODS	SNACK BARS PEANUT	5PK - 175GM	S
RED TRACTOR	ORGANIC FRUIT & GRAIN BAR APRICOT RAISIN	6PK - 180GM	S
RED TRACTOR	ORGANIC FRUIT & GRAIN BAR APPLE BERRY	6PK - 180GM	S
RED TRACTOR	ORGANIC CHEWY MUESLI BAR ALMOND CRANBERRY	6PK - 180GM	S
THE BAR COUNTER	HIGH PROTEIN BAR RASPBERRY TRUFFLE FLAVOURED	40G	S
THE BAR COUNTER	HIGH PROTEIN BAR CHOC MINT CRUNCH	40G	S
THE BAR COUNTER	HIGH PROTEIN BAR PEANUT BUTTER & MACA TRUFFLE	40G	S
THE BAR COUNTER	HIGH PROTEIN BAR CHOCOLATE BROWNIE CRUNCH	40G	S
THE BAR COUNTER	HIGH PROTEIN BAR DARK CHOCOLATE & ALMOND	40G	S

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Manufacturer	Product Name	Product size	Purchase information
THE BAR COUNTER	NO ADDED SUGAR BAR MILK CHOCOLATE & HAZELNUT	40G	S
THE BAR COUNTER	NO ADDED SUGAR SALTED CARAMEL BANANA	40G	S
THE BAR COUNTER	GLUTEN FREE BAR SALTED CARAMEL QUINOA & CHIA	40G	S
THE BAR COUNTER	GLUTEN FREE BAR BERRY & COCONUT	40G	S
THE BAR COUNTER	GLUTEN FREE BAR COCOA COCONUT ALMOND	40G	S
THE BAR COUNTER	ENERGY BAR MATCHA MINT WHITE CHOCOLATE	40G	S
THE BAR COUNTER	RAW FOODS BAR CHOCOLATE RAW	40G	S
UNCLE TOBY	CHEWY FOREST FRUITS MUESLI BAR	6PK - 185GM	S
UNCLE TOBY	CHEWY APRICOT MUESLI BAR	6PK - 185GM	S
UNCLE TOBY	ANCIENT GRAINS & SEEDS MUESLI BAR	5PK - 175GM	S
UNCLE TOBY	CRANBERRY VANILLA & COCONUT MUESLI BAR	5PK - 175GM	S
UNCLE TOBY	MANGO VANILLA & CHIA MUESLI BAR	5PK - 175GM	S
UNCLE TOBY	BLUEBERRY & ANCIENT GRAINS MUESLI BAR	5PK - 175GM	S

SWEET SNACKS – SHELF STABLE				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
ANNIES	APPLE & BOYSENBERRY FRUIT BAR		20GM	S (Costco), M
ANNIES	APPLE & RASPBERRY FRUIT BAR		20GM	S (Costco), M
ANNIES	APPLE & STRAWBERRY FRUIT BAR		20GM	S (Costco), M
ANNIES	APPLE & APRICOT FRUIT BAR		20GM	S (Costco), M
ANNIES	APPLE & MANGO FRUIT BAR		20GM	S (Costco), M
AUSTRALIAN ORGANIC FOOD CO	FRUIT PUREE APPLE & STRAWBERRY	✓	120GM	S
AUSTRALIAN ORGANIC FOOD CO	FRUIT PUREE APPLE, PLUM, APRICOT & PEACH	✓	120GM	S
AUSTRALIAN ORGANIC FOOD CO	FRUIT PUREE PEAR, PEACH & NECTARINE	✓	120GM	S
BEAR	REAL FRUIT YO YOS MANGO		5PK - 100GM	S
BEAR	REAL FRUIT YO YOS RASPBERRY		5PK - 100GM	S
BEAR	REAL FRUIT YO YOS STRAWBERRY		5PK - 100GM	S
CARMANS	BLISS BALLS CHOC ORANGE CACAO & POPPY		80GM	S
CARMANS	ALMOND SUPER SEED VANILLA BLISS BALLS		80GM	S
CARMANS	BLISS BALLS ALMOND, COCOA BROWNIE		80GM	S
CARMANS	BLISS BALLS SALTED CARAMEL & COCONUT		80GM	S
CHIA CO	CHIA POD SMOOTH MIXED BERRY		120GM	S (individual), M (in 6PK)
CHIA CO	CHIA POD SMOOTH BANANA		120GM	S,M
CHIA CO	CHIA POD SMOOTH CHOCOLATE		120GM	S,M

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
EMMA & TOM'S	LEMON MERINGUE EGG WHITE PROTEIN BALL		12 X 35GM	M
EMMA & TOM'S	PEANUT BUTTER SUPERFOOD BALL		12 X 40GM	M
EMMA & TOM'S	SALTED CARAMEL SUPERFOOD BALL		12 X 40GM	M
EMMA & TOM'S	CACAO & VANILLA SUPERFOOD BALL		12 X 35GM	M
FRISP	MANGO CRISPS NO ADDED SUGAR		15GM	S
FRISP	BANANA CRISPS NO ADDED SUGAR		15GM	S
FRUIT WISE	FRUIT STRAP 100% FRUIT APPLE & CHERRY		14GM	M
FRUIT WISE	FRUIT STRAP 100% FRUIT APPLE, MANGO & PASSIONFRUIT		14GM	M
FRUIT WISE	FRUIT STRAP 100% FRUIT APPLE & TROPICAL		14GM	M
FRUIT WISE	FRUIT STRAP 100% FRUIT APPLE & STRAWBERRY		14GM	M
FRUIT WISE	FRUIT STRAP 100% FRUIT APPLE & APRICOT		14GM	M
FRUIT WISE	FRUIT STRAP 100% FRUIT FIVE FLAVOURS		10PK - 140GM	S, M
GOLDEN CIRCLE	BERRY BUZZ PUREE IN POUCH	✓	120GM	S
GOLDEN CIRCLE	STRAWBERRY SQUEEZE PUREE IN POUCH	✓	120GM	S
GOLDEN CIRCLE	TROPICAL SMASH PUREE IN POUCH	✓	120GM	S
GOLDEN CIRCLE	BANANA BERRY BLAST PUREE IN POUCH	✓	120GM	S
GOLDEN CIRCLE	PINE MANGO MASH UP PUREE IN POUCH	✓	120GM	S

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S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
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
GOULBURN VALLEY	FRUITS PLUS APPLE BANANA & HONEY WITH COCONUT NO ADDED SUGAR POUCH		140GM	S, M
GOULBURN VALLEY	FRUITS PLUS APPLE, PINEAPPLE, BANANA & MANGO WITH COCONUT NO ADDED SUGAR POUCH		140GM	S, M
GOULBURN VALLEY	FRUITS PLUS APPLE BERRY WITH CHIA NO ADDED SUGAR POUCH		140GM	S, M
GOULBURN VALLEY	FRUITS PLUS APPLE & CINNAMON WITH CHIA NO ADDED SUGAR POUCH		140GM	S, M
HARVEST BOX	APPLE TART SNACK PACK		45GM	M
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	BBQ CRUNCH		45GM	M
HARVEST BOX	SATAY CRUNCH		45GM	M
HEALTH ATTACK	CRISPY FRUITS FREEZE DRIED FRUITS PURE MANGO		10GM	S (Costco)
HEALTH ATTACK	CRISPY FRUITS FREEZE DRIED FRUITS PURE APPLE		10GM	S (Costco)
HEALTH ATTACK	CRISPY FRUITS FREEZE DRIED FRUITS PURE PINEAPPLE		10GM	S (Costco)

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
KEEP IT CLEANER	BLISS BALLS CHOC HAZELNUT		40G	S
KEEP IT CLEANER	BLISS BALLS ACAI BERRY		40G	S
KEEP IT CLEANER	BLISS BALLS CHOC ORANGE		40G	S
KEEP IT CLEANER	BLISS BALLS PEANUT BUTTER		40G	S
KEEP IT CLEANER	BLISS BALLS PEPPERMINT SLICE		40G	S
KEEP IT CLEANER	BLISS BALLS CHOC ORANGE		40G	S
KEEP IT CLEANER	PROTEIN BLISS BALLS PEANUT BERRY CRUNCH		3PK - 96GM	S
KEEP IT CLEANER	PROTEIN RUBY RED VELVET BALL		32GM	S
KEEP IT CLEANER	PROTEIN CINNAMON DOUGHNUT BALL		32GM	S
KELLOG'S	K-TIME BAKED TWISTS RASPBERRY & APPLE FLAVOUR		5PK/185GM	S,M
KELLOG'S	K-TIME BAKED TWISTS STRAWBERRY & BLUEBERRY FLAVOUR		5PK/185GM	S , M
MACRO WHOLEFOODS MARKET	MIGHTY BITES CHEEKY COCOA CRUNCHY BALLS		5 PK - 100GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	MIGHTY BITES AMAZE APPLE & STRAWBERRY FLAVOURED BALLS		5 PK - 100GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	CACAO CRAZE - CACAO ALMONDS		30GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN POWER - PEA PROTEIN, HEMP & HONEY ALMONDS		30GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	AIR POPPED CORN - SWEET & SALTY		20GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	APPLE & SULTANA QUINOA BITES		18GM	S (Woolworths)

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
MACRO WHOLEFOODS MARKET	ORGANIC SULTANAS 12 MINI PACKS		12PK - 180GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN MUFFIN BANANA & CHIA		80GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN MUFFIN LEMON, COCONUT & BLUEBERRY		80GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN BOWL CACAO & COCONUT		60GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN BOWL ACAI & MIXED BERRY		60GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	PROTEIN BOWL MANGO & COCONUT		60GM	S (Woolworths)
MADE REAL	WHOLEFOOD BALLS PEANUT BUTTER & CARAMEL FLAVOURED		6PK - 96GM	S
SANITARIUM	WEET-BIX GO BREAKFAST BISCUITS HONEY OAT CRUNCH		5 PK - 250GM	S
SANITARIUM	WEET-BIX GO BREAKFAST BISCUITS VANILLA MACADAMIA		5 PK - 250GM	S
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
SPC	PUREE & SIMPLE POUCHES: APPLE & MIXED BERRY	✓	4PK X 90GM	S, M
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	✓	4 OR 8 X 120GM	S, M

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
SPC	APPLE PUREE SNACK PACK	✓	24 X 120GM	S, M
SPC	DICED APRICOTS IN JUICE	✓	4 X 120GM	S, M
SPC	DICED PEARS IN JUICE	✓	4 X 120GM	S, M
SPC	DICED PEACHES IN MANGO NECTAR NO ADDED SUGAR	✓	4 X 120GM	S, M
SPC	TROPICS MANGO IN JUICE	✓	4 OR 8 X 120GM	S, M
SPC	TROPICS DICED SWEET PINEAPPLE IN JUICE	✓	4 X 113GM	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
SPC	LITTLE TUBS OF APPLE PUREE	✓	4 X 120GM	S, M
SPC	LITTLE TUBS OF APPLE STRAWBERRY PUREE	✓	4 X 120GM	S, M
SPC	JELLY WITH DICED PEACHES ORANGE FLAVOURED NO ADDED SUGAR		4 OR 8 X 120GM	S, M
SPC	JELLY WITH DICED PEACHES MANGO FLAVOURED NO ADDED SUGAR		4 OR 8 X 120GM	S, M
SPC	JELLY WITH DICED PEARS RASPBERRY FLAVOURED NO ADDED SUGAR		4 OR 8 X 120GM	S, M

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SUNBEAM	SULTANAS		6PK - 240GM	S, (Bidfood-item no. 10595)
SUNBEAM	SULTANAS & APRICOT		6PK - 222GM	S, (Bidfood-item no. 16307)
SUNBEAM	SULTANAS & APPPLE		6PK - 150GM	S, (Bidfood - item no. 116308)
SUNBEAM	MINI SULTANAS		8PK - 120GM	S
SUNBEAM	SUNNY BUNCH SNACKS WITH PEACH APRICOT, FLAME RAISINS APPLE & CARROT		5PK - 375GM	U
SUNBEAM	SUNNY BUNCH SNACKS WITH CARROT, FLAME RAISINS, APRICOT & APPLE		5PK - 375GM	U
SUN VALLEY	100% TRUE FRUIT TROPICAL FRUIT SALAD BARS		6PK - 120GM	S
SUN VALLEY	100% TRUE FRUIT PLUM & APPLE BARS		6PK - 120GM	S
SWEET VALLEY	SPURTZ APPLE WITH PINEAPPLE & MANGO		4PK - 120GM	S (Aldi)
SWEET VALLEY	SPURTZ APPLE WITH MIXED BERRY		4PK - 120GM	S (Aldi)
SWEET VALLEY	FRUIT IN JUICE DICED PEACHES		4 X 125GM	S, (Aldi)
SWEET VINE	GROWERS CHOICE AUSTRALIAN SULTANAS		6PK - 240GM	S (Aldi)
TASTI	SMOOSHED WHOLEFOOD BALLS CACAO BROWNIE		4PK - 138GM	S
TASTI	SMOOSHED WHOLEFOOD BALLS BERRY CASHEW & CACAO		4PK - 138GM	S
THINK PRODUCTS	MINI MUNCH ALMOND CRANBERRY		20GM	S (& Costco)
THINK PRODUCTS	MINI MUNCH ALMOND BLUEBERRY		20GM	S (& Costco)

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THINK PRODUCTS	MINI MUNCH SUNFLOWER SEEDS STRAWBERRY		20GM	S (& Costco)
THINK PRODUCTS	MUNCH BAR CASHEW HEMP STRAWBERRY		35gm	S (Woolworths)
THINK PRODUCTS	MUNCH BAR ALMOND CASHEW BLUEBERRY		35gm	S (Woolworths)
THINK PRODUCTS	MUNCH BAR PUMPKIN ALMOND COCONUT		35gm	S (Woolworths)
THINK PRODUCTS	CRISPYFRUITS PURE APPLE or PEAR or MANGO		10GM	S (& Costco)
THINK PRODUCTS	CRISPYFRUITS PURE PINEAPPLE or STRAWBERRY		10GM	S (& Costco)
THINK PRODUCTS	CRISPYFRUITS PURE TANGERINE		10GM	S (& Costco)
UNCLE TOBYS	OATS CREAMY HONEY POTS		50GM	S
UNCLE TOBYS	OATS BREAKFAST BAKES BERRY HARVEST		4PK - 260GM	S
UNCLE TOBYS	OATS BREAKFAST BAKES HONEY & ALMOND		4PK - 260GM	S
UNCLE TOBYS	OATS BREAKFAST BAKES APPLE & CINNAMON		4PK - 260GM	S
UNCLE TOBYS	OATS BREAKFAST BAKES HONEY & ALMOND		65GM	S
WOOLWORTHS	AIR POPPED CORN SWEET & SALTY		20GM	S (Woolworths)
WOOLWORTHS	TRIAL MIX		6 X 30GM	S (Woolworths)
WOOLWORTHS	TRIAL MIX BERRY BURST		40GM	S (Woolworths)
WOOLWORTHS	AUSSIE NATURAL ALMONDS	✓	6 X 30GM	S (Woolworths)

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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)
WOOLWORTHS	PINEAPPLE IN JUICE		4 X 125G	S (Woolworths)
WOOLWORTHS	FRUIT SALAD IN JUICE		4 X 125G	S (Woolworths)
WOOLWORTHS	TROPICAL FRUIT IN JUICE		4 X 125G	S (Woolworths)
WOOLWORTHS	TWO FRUITS IN JUICE		4 X 125G	S (Woolworths)
WOOLWORTHS	APPLE PUREE		4 X 125G	S (Woolworths)
WOOLWORTHS	APPLE & STRAWBERRY PUREE		4 X 125G	S (Woolworths)
WOOLWORTHS	APPLE PUREE IN POUCH		90GM	S (Woolworths)
WOOLWORTHS	APPLE & STRAWBERRY PUREE IN POUCH		90GM	S (Woolworths)

SAVOURY SNACKS – SHELF STABLE				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
COLES	RICE CAKES ORIGINAL		150GM	S (Coles)
COLES	ORGANIC BROWN RICE CAKES WITH CHIA		150GM	S (Coles)
COLES	ORGANIC BROWN RICE CAKES		150GM	S (Coles)
COLES	ONLY ALMONDS TUB	✓	80GM	S (Coles)
COLES	TRAILMIX TUB CRANBERRIES, ALMONDS & PEPITAS		80GM	S (Coles)
COLES	NUT DELUXE TUB - DRY ROASTED ALMONDS & PEANUTS	✓	75GM	S (Coles)
COLES	POWER MIX TUB ALMONDS, RAISINS, INCA BERRIES, WALNUTS, CRANBERRIES		80GM	S (Coles)
DAMORA	THIN & CRISPY RICE CRACKERS SALT & VINEGAR FLAVOURED		6PK - 120GM	S (Aldi)
DAMORA	THIN & CRISPY RICE CRACKERS CHEESE FLAVOURED		6PK - 120GM	S (Aldi)
DAMORA	THIN & CRISPY RICE CRACKERS ORIGINAL		6PK - 120GM	S (Aldi)
DAMORA	BROWN RICE AND QUINOA THIN RICE CRACKERS		150GM	S (Aldi)
DAMORA	ORIGINAL THIN RICE CAKES		150GM	S (Aldi)
EVERY BITE COUNTS	MIGHTY BELLIES LENTIL PUFFS BBQ		6PK	S
EVERY BITE COUNTS	MIGHTY BELLIES LENTIL PUFFS SALT & VINEGAR		6PK	S
FORRESTERS	ON THE GO SALTED MIXED NUTS		5PK - 225GM	S (Aldi)
FORRESTERS	ON THE GO AUSTRALIAN NATURAL ALMONDS		6PK - 180GM	S (Aldi)
FORRESTERS	ON THE GO ALMOND, WALNUT & CASHEWS		6PK - 180GM	S (Aldi)

SAVOURY SNACKS – SHELF STABLE				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
FREEDOM FOODS	MESSY MONKEYS CHEESE		8PK - 160GM	S
FREEDOM FOODS	MESSY MONKEYS BURGER		8PK - 160GM	S
FREEDOM FOODS	MESSY MONKEYS CHICKEN		8PK - 160GM	S
FREEDOM FOODS	MESSY MONKEYS SALT & VINEGAR		8PK - 160GM	S
FREEDOM FOODS	MESSY MONKEYS TOMATO SAUCE		8PK - 160GM	S
FREEDOM FOODS	MESSY MONKEY LIGHTLY SALTED POPCORN		10PK - 130GM	S
FREEDOM FOODS	MESSY MONKEY LIGHTLY SWEET & SALTY POPCORN		10PK - 130GM	S
FREEDOM FOODS	MESSY MONKEY LIGHTLY CHEESE POPCORN		10PK - 130GM	S
HAPPY SNACK CO	KIDS ROASTED FAV-VA BEAN PIZZA		10PK - 150GM	S, M
HAPPY SNACK CO	KIDS ROASTED FAV-VA BEAN LIGHTLY SALT SNACK 10		10PK - 150GM	S, M
HAPPY SNACK CO	KIDS ROASTED FAV-VA BEAN SALT VINEGAR SNACK 10		10PK - 150GM	S, M
HAPPY SNACK CO	ROASTED CHICKPEAS LIGHTLY ROASTED SNACK 6		6PK - 150GM	S, M
HAPPY SNACK CO	ROASTED FAV-VA BEANS LIGHTLY SALTED SNACK 6		6PK - 150GM	S, M
HAPPY SNACK CO	ROASTED FAV-VA RED PEP CHILLI SNACK PACK 6		6PK - 150GM	S, M
HAPPY SNACK CO	ROASTED FAV-VA SEA SALT BAL VINEG SNACK PACK 6		6PK - 150GM	S, M
HAPPY SNACK CO	ROASTED CHICKPEAS LIME CRACKED PEPPER SNACK 6		6PK - 150GM	S, M
HEALTHIERIES KIDSCARE	RICE SNACK WHEELS CHICKEN		10PK - 180GM	S

SAVOURY SNACKS – SHELF STABLE				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	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
LUCKY	WALNUTS, CASHEWS & ALMONDS	✓	6PK - 180GM	S
MACRO WHOLEFOODS MARKET	LENTIL BITES CRUZIN CARROT		6PK - 108GM	S (Woolworths health food aisle)
MACRO WHOLEFOODS MARKET	LENTIL BITES PUMPED UP PUMPKIN		6PK - 108GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	CHIPOTLE CRUNCH		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	SMOKIN CORN - BBQ FLAVOURED CORN KERNELS		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	EDA-YUMMY MIX - LIGHTLY SALTED CHICKPEA, EDAMAME, PEA & CORN MIX		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	CHEEKY CHICKPEAS - ROASTED CHICKPEAS LIGHTLY SEASONED		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	NUTS ABOUT ONION - CARAMALISED ONION FLAVOURED PEANUTS & ALMONDS WITH CRUNCHY CORN		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	AIR POPPED CORN - SWEET & SALTY		20GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	AIR POPPED CORN - LIGHTLY SEA SALTED		20GM	S (Woolworths HF aisle)

SAVOURY SNACKS – SHELF STABLE				
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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
MACRO WHOLEFOODS MARKET	TEMPTING TAMARI - TAMARI & SEAWEED ALMONDS WITH SUNFLOWER SEEDS		30GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	CORN & ANCIENT GRAIN CHIPS - SIRACHA & HARISSA		175GM	S (Woolworths health food aisle)
MACRO WHOLEFOODS MARKET	CORN & KALE CHIPS - MISO & MUSHROOM		175GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	CHICKPEA CORN CHIPS SPICY TOMATO SALSA		175GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	LENTIL CORN CHIPS TZATZIKI		175GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	HEMP CORN CHIPS KALE & WASABI		125GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	HEMP BLUE CORN CHIPS LIGHTLY SALTED		125GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	SPICY SEAWEED GRAIN BITES		175GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	ITALIAN HERBS GRAIN BITES		14GM	S (Woolworths HF aisle)
MACRO WHOLEFOODS MARKET	PROTEIN MUFFIN HEMP & PUMPKIN		80GM	S (Woolworths)
NATURE'S DELIGHT	MIXED NUTS ROASTED + SALTED		20 X 45GM	S (Costco)
JUST VEG	5 X CARROT SNACK PACKS	✓	5PK - 300GM	S
KOALA POP KORN	POPCORN LIGHTLY SALTED		25GM - 24pk	M
KOALA POP KORN	POPCORN SWEET 'N SALTY		25GM - 24pk	M
KOALA POP KORN	POPCORN SWEET CHILLI		25GM - 24pk	M
KOALA POP KORN	POPCORN BBQ		25GM - 24pk	M
KOALA POP KORN	POPCORN CHICKEN		25GM - 24pk	M

SAVOURY SNACKS – SHELF STABLE				
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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
PARKERS	MULTI PACK BAKED PRETZEL MINIS		6PK - 150GM	S
REAL FOODS	CORN THINS ORIGINAL		150GM	S
REAL FOODS	CORN THINS TASTY CHEESE		150GM	S
REAL FOODS	CORN THINS SESAME		150GM	S
REAL FOODS	CORN THINS SOY LINSEED & CHIA		150GM	S
REAL FOODS	CORN THINS MULTIGRAIN		150GM	S
REAL FOODS	WHOLE GRAIN THINS ANCIENT GRAINS		150GM	S
SUNBEAM	SNACK PACKS NATURAL ALMONDS & CASHEWS	✓	6PK - 240GM	S
SUNRICE	RICE SNACKS MINI BITES CHEESE		8PK - 160GM	S
SUNRICE	RICE SNACKS MINI BITES DEVILISH CHICKEN		8PK - 160GM	S
SUNRICE	RICE SNACKS MINI BITES SALT & VINEGAR		8PK - 160GM	S
SUNRICE	RICE SNACKS MINI BITES ORIGINAL		8PK - 160GM	S
SUNRICE	ORIGINAL THICK RICE CAKES		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)
WOOLWORTHS	LIGHTLY SALTED POPCORN		10PK	S (Woolworths)
WOOLWORTHS	LIGHTLY SEA SALTED POPCORN		20GM	S (Woolworths)
WOOLWORTHS	POPPED CORN CHIPS ROAST CHICKEN FLAVOURED		6PK - 90GM	S (Woolworths)
WOOLWORTHS	POPPED CORN CHIPS SALT & VINEGAR		6PK - 90GM	S (Woolworths)
WOOLWORTHS	THIN CORN CAKES WITH BROWN RICE		150GM	S (Woolworths)
WOOLWORTHS	THIN BROWN RICE CAKES ORIGINAL or SOUR CREAM & CHIVES		150GM	S (Woolworths)


SAVOURY SNACKS – REQUIRES REFRIGERATION <small>S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed</small>				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BABYBEL	CHEESE MINI LIGHT	✓	5PK - 100GM	S
BABYBEL	CHEESE MINI ORIGINAL		5PK - 100GM OR 10PK - 200GM	S
BEGA	STRINGERS ORIGINAL	✓	8PK- 160GM OR 12PK - 240GM	S
BEGA	STRINGERS CHEDDAR	✓	8PK- 160GM	S
BEGA	TASTY STICKS CHEDDAR		240GM	S
COLES	TASTY LIGHT CHEESE & CRACKERS		50GM	S (Coles)
COLES	CHEESE SPREAD & CRISPREAD		12PK - 300GM	S (Coles)
COLES	CHEESEY PEELERS	✓	8 X 20GM	S (Coles)
COLES	CHEESE TRIANGLES	✓	8 - 140GM	S (Coles)
COWBELLE	CHEESE TRIANGLES	✓	5 X 20GM	S (Costco)
COWBELLE	MINI MOONS PROCESSED CHEESE	✓	5 X 20GM	S (Costco)
COWBELLE	CHEESTREAMERS STRING CHEESE STICKS	✓	8PK - 160GM	S (Costco)
MAINLAND	ON THE GO LIGHT CHEESE & BISCUIT		50GM	S (Bidfood - item no. 67138)
MAINLAND	ON THE GO TASTY CHEESE & BISCUIT		50GM OR 4PK - 120GM	S (Bidfood - item no. 67138)
MAINLAND	MUNCHABLES TASTY CHEESE & RICE CRACKERS		4 X 24GM	S (Bidfood - item no. 67138)
DAIRYWORKS	COLBY CHEESE & RICE CRACKERS		4PK - 120GM	S
DAIRYWORKS	TASTY NATURAL CHEESE & RICE CRACKERS		4PK OR 10PK - 120GM	S

SAVOURY SNACKS – REQUIRES REFRIGERATION S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
SNACKERS MARKET	EDAM BITES	✓	5 X 20GM	S (Aldi)
SNACKERS MARKET	GOUDA BITES		5 X 20GM	S (Aldi)
THE LAUGHING COW	CHEESE LIGHT TRIANGLES	✓	8PK - 128GM	S
THE LAUGHING COW	CHEESE ORIGINAL TRIANGLES	✓	8PK - 128GM	S
WESTACRE	SNACK 'N' GO COLBY CHEESE SLICES WITH PLAIN RICE CRACKERS		40GM	S(Aldi)
WESTACRE	SNACK 'N' GO EXTRA TASTY CHEDDAR CHEESE SLICES WITH PLAIN WATER CRACKERS		4PK - 120GM	S(Aldi)
WESTACRE	SNACK 'N' GO KIDS COLBY CHEESE WITH RICE CRACKERS		4PK - 100GM	S(Aldi)
WOOLWORTHS	TASTY CHEESE & CRACKERS		4 X 30GM	S (Woolworths)
WOOLWORTHS	EXTRA TASTY CHEESE & CRACKERS		4 X 30GM	S (Woolworths)
WOOLWORTHS	LIGHT CHEESE & CRACKERS		4 X 30GM	S (Woolworths)
WOOLWORTHS	NATURAL CHEESE STICKS		8PK - 160GM	S (Woolworths)




SAVOURY PASTRIES – SOLD FROZEN				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BALFOURS	BETTER BITE PASTY		140GM	WD
BALFOURS	BETTER BITE SAUSAGE ROLL		120GM	WD
BALFOURS	BETTER BITE POTATO PIE		180GM	WD
BALFOURS	BETTER BITE BEEF PIE		180GM	WD
BALFOURS	BETTER BITE PIZZA PIE		180GM	WD
FOUR'N TWENTY	CHICKEN & VEGETABLE PIES		175GM	WD
FOUR'N TWENTY	TRAVELLER CHICKEN & VEGETABLE PIES		160GM	WD
FOUR'N TWENTY	TRAVELLER BEEF CHEESE & BACON PIES		160GM	WD
FOUR'N TWENTY	TRAVELLER CLASSIC MEAT PIE		160GM	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 CRUIZER		180GM	WD
MRS MAC'S	POTATO TOP BEEF PIE		180GM	WD
MRS MAC'S	LITE'N UP MINI BEEF PIE		46GM	WD
WOOLWORTHS	MEAT PIE SINGLE SERVE		150GM	S (Woolworths)

HOT FOODS – SOLD FROZEN				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
ALLIED CHEFS	BEEF LASAGNE		200GM	WD (Plateau)
ALLIED CHEFS	VEGETABLE LASAGNE		200GM	WD (Plateau)
ALLIED CHEFS	TWISTA PASTA BOLOGNAISE SAUCE		200GM	WD (Plateau)
ALLIED CHEFS	ANGUS BEEF LASAGNE		200GM	
ALLIED CHEFS	CHICKEN LASAGNE		200GM	
ALLIED CHEFS	MACARONI CHEESE		200GM	
ALLIED CHEFS	SPAGHETTI BOLOGNAISE		200GM	
ALLIED CHEFS	RAVIOLI NAPOLITANA		200GM	
ALLIED CHEFS	POTATO BAKE		200GM	
ALLIED CHEFS	FRIED RICE TRADITIONAL		200GM	M
ALLIED CHEFS	FRIED RICE VEGETARIAN		200GM	M
ALLIED CHEFS	SWEET & SOUR CHICKEN		200GM	M
COCO & LUCAS	WILD BUTTER CHICKEN & BASMATI RICE		220GM	S (Woolworths)
COCO & LUCAS	MACARONI & CHEESE		220GM	S (Woolworths)
COCO & LUCAS	BEEF COTTAGE PIE		220GM	S (Woolworths)
COCO & LUCAS	SPAGHETTI BOLOGNAISE		220GM	S (Woolworths)

HOT FOODS – SOLD FROZEN				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
ENRICO'S	BEEF LASAGNE		220GM	
ENRICO'S	MACARONI CHEESE PASTA		200GM	
ENRICO'S	CHICKEN FRIED RICE		200GM	
ENRICO'S	TWISTA PASTA BOLOGNESE		200GM	
ENRICO'S	HONEY SOY CHICKEN		200GM	
ENRICO'S	SPAGHETTI MEATBALLS		200GM	
FARMWOOD	CHICKEN BREAST TENDERS		4PK - 400GM	S (Aldi)
FARMWOOD	CHICKEN BREAST SCHNITZEL		4PK - 400GM	S (Aldi)
GOOD FOOD HERO	BEEF KORMA & RICE		220GM, 320GM	M
GOOD FOOD HERO	BEEF STROGANOFF & PASTA		220GM, 320GM	M
GOOD FOOD HERO	BOLOGNAISE PASTA BAKE		220GM, 320GM	M
GOOD FOOD HERO	BUTTER CHICKEN WITH RICE		220GM, 320GM	M
GOOD FOOD HERO	MACARONI & CHEESE PASTA BAKE		220GM, 320GM	M
GOOD FOOD HERO	COCONUT CHICKEN THAI CURRY WITH JASMINE RICE		220GM, 320GM	M
GOOD FOOD HERO	THAI FRIED RICE WITH CHICKEN		220GM, 320GM	M
GOOD FOOD HERO	MEXICAN BEEF BURRITOS		200GM	M

HOT FOODS – SOLD FROZEN				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	 Best choice	Product size	Purchase information
GOOD FOOD HERO	LAMB KOFTA BALLS		80GM	M
INGHAM	BLASTA PASTA TRADITIONAL LASAGNE		200GM	M
INGHAM	BLASTA PASTA SPAGHETTI BOLOGNAISE		200GM	M
RICE KING PRODUCTS	VEGETARIAN FRIED RICE		200GM	M
RICE KING PRODUCTS	TRADITIONAL POTATO BAKE		200GM	M
RICE KING PRODUCTS	TRADITIONAL SINGAPORE NOODLES		200GM	M
RICE KING PRODUCTS	STIR FRIED HOKKIEN NOODLES		200GM	M
RICE KING PRODUCTS	HONEY SOY CHICKEN AND RICE		200GM	M
RICE KING PRODUCTS	AUTHENTIC CHINESE FRIED RICE		200GM	M
RICE KING PRODUCTS	VEGETARIAN FRIED RICE		200GM	M

PRE-MADE BURGER PATTIES - SOLD FROZEN <small>S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed</small>				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
ANGEL BAY	BEEF BURGER LITE		100GM	WD (Plateau)
COLONIAL FARM	FULLY COOKED LEAN BURGER		4.32KG	WD (Foodservice)
COLONIAL FARM	FULLY COOKED LEAN RISSOLE		6KG	WD (Foodservice)
COLONIAL FARM	FULLY COOKED VEGETABLE BURGER		60 X 100GM	WD (Foodservice)
INGHAMS	SCHOOL CHICKEN BREAST BURGERS		1KG	M
INGHAMS	SCHOOL CHICKEN BREAST SCHNITZEL		1KG	M
STEGGLES	CHICKEN BURGERS CRUMBED		1KG	M
MACRO WHOLEFOODS MARKET	VEGIE-LISH MOROCCAN INSPIRED BURGER		2PK - 250GM	S (Woolworths)
MACRO WHOLEFOODS MARKET	VEGIE-LISH MEXICAN INSPIRED BURGER		2PK - 250GM	S (Woolworths)

SUSHI & DIM SUM S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	 Best choice	Product size	Purchase information
BIG CRUNCH SUSHI	TUNA CUCUMBER ROLL-YOUR-OWN SUSHI ROLL		135GM	Sold fresh, requires immediate refrigeration, shelf-life ~3 days.
BIG CRUNCH SUSHI	CHICKEN TERIYAKI ROLL-YOUR-OWN SUSHI ROLL		135GM	
BIG CRUNCH SUSHI	BEEF TERIYAKI ROLL-YOUR-OWN SUSHI ROLL		135GM	
BIG CRUNCH SUSHI	VEGGIE ROLL-YOUR-OWN SUSHI ROLL		135GM	
BIG CRUNCH SUSHI	TUNA MUNCH BOX		110GM	
BIG CRUNCH SUSHI	CUCUMBER MUNCH BOX		110GM	
BIG CRUNCH SUSHI	AVOCADO MUNCH BOX		110GM	
BIG CRUNCH SUSHI	TERIYAKI CHICKEN MUNCH BOX		110GM	
BIG CRUNCH SUSHI	TUNA & TERIYAKI CHICKEN COMBO MUNCH BOX		110GM	
BIG CRUNCH SUSHI	CHICKEN RICE PAPER ROLL		140GM	
BIG CRUNCH SUSHI	VEGGIE RICE PAPER ROLL		140GM	
BIG CRUNCH SUSHI	EDAMAME SNACK PACK		150GM	
HONG KONG DIM SUM KITCHEN	PORK DIM SUM		320GM	S
HONG KONG DIM SUM KITCHEN	PORK & CHIVE DIM SUM		200GM	S
MAKMUR ENTERPRISES/GOLDEN WOK	EMPEROR CHICKEN MINI DIM SUM		1KG	
MAKMUR ENTERPRISES/GOLDEN WOK	EMPEROR PORK & VEGETABLE DUMPLINGS		1KG	

SUSHI & DIM SUM				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
MAKMUR ENTERPRISES/GOLDEN WOK	EMPEROR HONEY SOY CHICKEN DUMPLINGS		1KG	
MAKMUR ENTERPRISES/GOLDEN WOK	EMPEROR BBQ BEEF DUMPLINGS		1KG	
MAKMUR ENTERPRISES/GOLDEN WOK	EMPEROR VEGETABLE DUMPLINGS		1KG	

FROZEN DESSERTS				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BERRI	QUELCH 99% FRUIT JUICE ICY TUBES - ASSORTED FLAVOURS		24 x 70ML	S
BERRI	ORANGE FRUIT JUICE CUP		110ML	WD (Capitol Chilled Foods)
BERRI	APPLE FRUIT JUICE CUP		110ML	WD (Capitol Chilled Foods)
BEVCO	APPLE FRUIT JUICE CUP		110ML	WD (Capitol Chilled Foods)
BEVCO	APPLE BLACKCURRANT FRUIT JUICE CUP		110ML	WD (Capitol Chilled Foods)
BEVCO	ORANGE FRUIT JUICE CUP		110ML	WD (Capitol Chilled Foods)
BULLA	FROZEN YOGHURT STRAWBERRY		100GM	WD (Plateau)
BULLA	FROZEN YOGHURT MANGO		100GM	WD (Plateau)

FROZEN DESSERTS				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BULLA	FROZEN YOGHURT RASPBERRY		100GM	WD (Plateau)
BULLA	FROZEN YOGHURT REDUCED SUGAR STRAWBERRY, MANGO, WILDBERRY FLAVOURS MULTIPACK		8PK - 472GM	S
BULLA	FROZEN YOGHURT REDUCED SUGAR STRAWBERRY, PASSIONFRUIT, RASPBERRY FLAVOURS MULTIPACK		8PK - 472GM	S
BULLA	MINI FROZEN YOGHURT REDUCED SUGAR STRAWBERRY, MANGO, WILDBERRY & PASSIONFRUIT FLAVOURS MULTIPACK		14PK - 504GM	S
BULLA	LIGHT VANILLA ICECREAM		100GM	WD (Plateau)
COLES	CHOC POPS		10PK - 700ML	S (Coles)
COLES	BANANA POPS		10PK - 700ML	S (Coles)
HARVEY FRESH	APPLE FRUIT JUICE CUP		110ML	WD (Parmalat)
HARVEY FRESH	ORANGE FRUIT JUICE CUP		110ML	WD (Parmalat)
MILFINA	MINI FROZEN YOGHURT PASSIONFRUIT, MANGO, STRAWBERRY, WILDBERRY MULTIPACK		14PK - 504GM	S (Aldi)
MILFINA	PLAT-A-POPS RAINBOW		10PK - 700ML	S (Aldi)
MILFINA	PLAT-A-POPS BANANA		10PK - 700ML	S (Aldi)
STREETS	PADDLE POP CHOCOLATE		6PK - 408ML	S
STREETS	PADDLE POP RAINBOW		6PK - 408ML	S
STREETS	PADDLE POP BANANA		6PK - 408ML	S

FROZEN DESSERTS				
S = supermarket, M = Manufacturer, WD = Wholesale Distributor, U = supplier unconfirmed				
Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
STREETS	PADDLE POP CARAMEL CHOC		6PK - 408ML	S
STREETS	BLUE RIBBON PROTEIN BAR CHOC MINT		4PK - 268ML	S
STREETS	BLUE RIBBON PROTEIN BAR COCONUT VANILLA		4PK - 268ML	S
STREETS	BLUE RIBBON PROTEIN BAR CREAMY CHOCOLATE		4PK - 268ML	S
TWISTED	MINIS CHOCOLATE & VANILLA FROZEN YOGHURT		120ML	S (Costco), WD (Plateau)
TWISTED	MINIS STRAWBERRY & VANILLA FROZEN YOGHURT		120ML	S (Costco), WD (Plateau)
TWISTED	MINIS WATERMELON & MANGO FROZEN YOGHURT		120ML	S (Costco), WD (Plateau)
TWISTED	MINIS SALTED CARAMEL & CHOCOLATE FROZEN YOGHURT		120ML	S
TWISTED	MINIS SALTED BLUEBERRIES & COOKIE DOUGH FROZEN YOGHURT		120ML	S
TWISTED	MINIS WATERMELON & MANGO AND SALTED CARAMEL & CHOCOLATE FLAVOURS FROZEN YOGHURT		4PK - 480ML	S
TWISTED	MINIS STRAWBERRY & VANILLA AND CHOCOLATE & VANILLA FLAVOURS FROZEN YOGHURT		4PK - 480ML	S
TWISTED	LICKS NO ADDED SUGAR PINK LEMON TWIST 99% REAL FRUIT JUICE		80ML	M
TWISTED	LICKS NO ADDED SUGAR MANGO DELISH 99% REAL FRUIT JUICE		80ML	M
TWISTED	LICKS NO ADDED SUGAR BERRY BUZZ 99% REAL FRUIT JUICE		80ML	M

DRINKS - SHELF STABLE				
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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BREAKA	UHT FLAVOURED MILK CHOCOLATE	✓	250ML	WD (Parmalat)
BREAKA	UHT FLAVOURED MILK STRAWBERRY	✓	250ML	WD (Parmalat)
BREAKA	UHT FLAVOURED MILK VANILLA	✓	250ML	S (& Costco)
DEVONDALE	MOO STRAWBERRY FLAVOURED MILK		200ML	S (& Costco)
DEVONDALE	MOO CHOCOLATE FLAVOURED MILK		200ML	S (& Costco)
DEVONDALE	OUR CREAMY ONE FULL CREAM MILK		150ML & 200ML	S (& Costco)
DEVONDALE	EXTRA LIGHT 99.9% FAT FREE SKIM MILK	✓	6 X 200ML	S (& Costco)
FARMDALE	MOO BOX CHOCOLATE FLAVOURED MILK	✓	6 X 200ML	S (Aldi)
FARMDALE	MOO BOX STRAWBERRY FLAVOURED MILK	✓	6 X 200ML	S (Aldi)
FREEDOM FOODS	MESSY MONKEYS CHOCOLATE DAIRY MILK	✓	200ML	S
FREEDOM FOODS	MESSY MONKEYS STRAWBERRY DAIRY MILK	✓	200ML	S
FREEDOM FOODS	MESSY MONKEYS VANILLA FLAVOURED YOGHURT DRINK		200ML	S
FREEDOM FOODS	MESSY MONKEYS BLUEBERRY FLAVOURED YOGHURT DRINK		200ML	S
FREEDOM FOODS	MESSY MONKEYS STRAWBERRY FLAVOURED YOGHURT DRINK		200ML	S
GOLDEN CIRCLE	ORANGE JUICE NO ADDED SUGAR OR APPLE JUICE NO ADDED SUGAR		6 X 200ML	S
GOLDEN CIRCLE	TROPICAL JUICE NO ADDED SUGAR		6 X 200ML	S
GOLDEN CIRCLE	APPLE MANGO JUICE NO ADDED SUGAR		6 X 200ML	






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GOLDEN CIRCLE	SPARKLING CRISP APPLE 99% FRUIT JUICE		4 X 250ML	
GOLDEN CIRCLE	SPARKLING APPLE TROPICAL PUNCH 99% FRUIT JUICE NO ADDED SUGAR		4 X 250ML	
GOLDEN CIRCLE	SPARKLING ZESTY APPLE LEMON LIME 99% FRUIT JUICE NO ADDED SUGAR		4 X 250ML	
GOLDEN CIRCLE	SPARKLING APPLE ORANGE & BLOOD ORANGE 99% FRUIT JUICE NO ADDED SUGAR		4 X 250ML	
GOLDEN CIRCLE	SPARKLING APPLE ORANGE & POMEGRANATE 99% FRUIT JUICE NO ADDED SUGAR		4 X 250ML	
HARVEY FRESH	UHT 99% APPLE JUICE		250ML	WD (Parmalat)
HARVEY FRESH	UHT 99% APPLE & BLACKCURRANT JUICE		250ML	WD (Parmalat)
HARVEY FRESH	UHT 99% ORANGE JUICE		250ML	WD (Parmalat)
HARVEY FRESH	UHT 99% TROPICAL JUICE		250ML	WD (Parmalat)
SUNRAYSIA	ORGANIC 100% JUICE POUCH APPLE		5 X 200ML	S
SUNRAYSIA	ORGANIC 100% JUICE POUCH APPLE & MANGO		5 X 200ML	
SUNRAYSIA	ORGANIC 100% JUICE POUCH APPLE & GUAVA		5 X 200ML	
SUNRAYSIA	ORGANIC 100% JUICE POUCH APPLE & BLACKCURRANT		5 X 200ML	
SUNRAYSIA	ORGANIC 100% JUICE POUCH APPLE & POMEGRANATE		5 X 200ML	
SUNRAYSIA	ORGANIC 100% JUICE POUCH ORANGE		5 X 200ML	
SUNRAYSIA	ORGANIC 100% JUICE POUCH TROPICAL		5 X 200ML	S

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
JUST JUICE	PARADISE PUNCH JUICE		6 X 200ML	S
JUST JUICE	APPLE JUICE		6 X 200ML	S
JUST JUICE	APPLE BLACKCURRANT JUICE		6 X 200ML	S
JUST JUICE	ORANGE JUICE		6 X 200ML	S
M2GO	CHOCOLATE FLAVOURED MILK	✓	250ML	S
M2GO	STRAWBERRY FLAVOURED MILK	✓	250ML	S
NESTLE	MILO READY TO DRINK TETRA	✓	200ML	S (& Costco)
NIPPY'S	ICED CHOCOLATE FLAVOURED MILK	✓	250ML, 375ML, 500ML	S
NIPPY'S	ICED BANANA FLAVOURED MILK	✓	250ML, 375ML	S
NIPPY'S	ICED HONEYCOMB FLAVOURED MILK	✓	250ML, 375ML, 500ML	S
NIPPY'S	ICED STRAWBERRY FLAVOURED MILK	✓	250ML, 375ML, 500ML	S
NIPPY'S	ICED VANILLA FLAVOURED MILK	✓	375ML	S
NIPPY'S	APPLE BLACKCURRANT JUICE		250ML	M
NIPPY'S	APPLE JUICE		250ML	M
NIPPY'S	ORANGE JUICE		250ML	M
NIPPY'S	TROPICAL JUICE		250ML	M

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
PAULS	UHT FLAVOURED MILK CHOCOLATE	✓	250ML	WD (Parmalat)
PAULS	UHT FLAVOURED MILK STRAWBERRY	✓	250ML	WD (Parmalat)
SANITARIUM	SO GOOD LONG LIFE UNSWEETENED ALMOND MILK	✓	250ML	S
SANITARIUM	SO GOOD LONG LIFE REGULAR SOY MILK	✓	250ML	S
SANITARIUM	GLUTEN FREE UP&GO CHOC ICE	✓	250ML	S
SANITARIUM	GLUTEN FREE UP&GO VANILLA ICE	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST BANANA or STRAWBERRY	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST CARAMEL	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST CHOCOLATE ICE	✓	250ML	S (& Costco)
SANITARIUM	UP&GO LIQUID BREAKFAST VANILLA ICE	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST HONEYCOMB	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST VANILLA ICE NO ADDED SUGAR	✓	250ML	S
SANITARIUM	UP&GO LIQUID BREAKFAST CHOCOLATE ICE NO ADDED SUGAR	✓	250ML	S
SANITARIUM	UP&GO LIQUID PROTEIN ENERGIZE VANILLA or CHOC HIT	✓	250ML	S
V8	FRUIT & VEGETABLE BREAKFAST JUICE		3 X 250ML	S (Aldi)
WESTCLIFF	99% FRUIT JUICE APPLE OR 99% FRUIT JUICE ORANGE		6 X 250ML	S (Aldi)
WESTCLIFF	99% FRUIT JUICE APPLE BLACKCURRANT		6 X 250ML	S (Aldi)
WESTCLIFF	99% FRUIT JUICE POP TOP APPLE		6 X 250ML	S (Aldi)

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Manufacturer	Product Name	✓ Best choice	Product size	Purchase information
BARISTA BROTHERS	ICED CHOCOLATE	✓	500ML	S
BERRI	APPLE FRUIT JUICE POP TOP		12 X 250ML	WD (Capitol Chilled Foods)
BERRI	APPLE BLACKCURRANT FRUIT JUICE POP TOP		12 X 250ML	WD (Capitol Chilled Foods)
BERRI	ORANGE FRUIT JUICE POP TOP		12 X 250ML	WD (Capitol Chilled Foods)
BIG M	ORIGINAL FLAVOURED MILK CHOCOLATE	✓	300ML, 600ML	S, WD (Lionco)
BIG M	FLAVOURED MILK STRAWBERRY	✓	300ML, 600ML	S, WD (Lionco)
BIG M	FLAVOURED MILK BANANA	✓	300ML, 600ML	S, WD (Lionco)
DAIRY FARMERS	CLASSIC NO ADDED SUGAR FLAVOURED MILK CHOCOLATE	✓	500ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC NO ADDED SUGAR FLAVOURED MILK STRAWBERRY	✓	500ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK CHOCOLATE	✓	300ML, 500ML, 600ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK STRAWBERRY	✓	300ML, 500ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK BANANA	✓	500ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK VANILLA MALT	✓	500ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK STRAWBERRY	✓	600ML	WD (Parmalat)
DAIRY FARMERS	CLASSIC FLAVOURED MILK BANANA	✓	600ML	WD (Parmalat)
FARMDALE	RAM CHOCOLATE FLAVOURED MILK		600ML	S (Aldi)
FARMDALE	RAM CARAMEL FUDGE FLAVOURED MILK		600ML	S (Aldi)

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NORCO	MIGHTY COOL 30% LESS SUGAR CHOCOLATE	✓	250ML	S (Aldi)
NORCO	MIGHTY COOL 30% LESS SUGAR STRAWBERRY	✓	250ML	S (Aldi)
OAK	MINI SHAKE 25% LESS SUGAR CHOCOLATE	✓	250ML	S (Aldi)
OAK	MINI SHAKE 25% LESS SUGAR STRAWBERRY	✓	250ML	S (Aldi)
OAK	LIGHT FLAVOURED MILK STRAWBERRY or BANANA	✓	300ML	WD (Parmalat)
OAK	LIGHT FLAVOURED MILK CHOCOLATE	✓	300ML	WD (Parmalat)
OAK	PLUS PROTEIN FLAVOURED MILK CHOCOLATE or VANILLA	✓	500ML	WD (Parmalat)
OAK	THICK FLAVOURED MILK DEATH BY CHOCOLATE		425ML	WD (Parmalat)
OAK	THICK FLAVOURED MILK VANILLA KILLA		425ML	WD (Parmalat)
OAK	THICK FLAVOURED MILK CHOC MINT		425ML	WD (Parmalat)
OAK	THICK FLAVOURED MILK SALTED CARAMEL		425ML	WD (Parmalat)
OAK	FLAVOURED MILK CHOCOLATE		300ML, 600ML	WD (Parmalat)
OAK	FLAVOURED MILK VANILLA		300ML, 600ML	WD (Parmalat)
OAK	FLAVOURED MILK STRAWBERRY		300ML, 600ML	WD (Parmalat)
OAK	FLAVOURED MILK BANANA		600ML	WD (Parmalat)
OAK	THE MAX FLAVOURED MILK COOL CHOC MINT		600ML	WD (Parmalat)
OAK	THE MAX FLAVOURED MILK MOLTEN CARAMEL		600ML	WD (Parmalat)

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Manufacturer	Product Name	 Best choice	Product size	Purchase information
OAK	MINI SHAKE 25% LESS SUGAR CHOCOLATE		250ML	S (Aldi)
OAK	THE MAX FLAVOURED MILK COOL CHOC MINT		600ML	WD (Parmalat)
OAK	THE MAX FLAVOURED MILK MOLTEN CARAMEL		600ML	WD (Parmalat)
PAULS	FULL CREAM MILK		150ML, 200ML, 300ML, 600ML	WD (Parmalat)
PAULS	TRIM		150ML	WD (Parmalat)
PAULS	MILKY MAX STRAWBERRY		250ML	S (Aldi)
PAULS	MILKY MAX CHOCOLATE		250ML	S (Aldi)