

## HEALTHY OPTIONS AND A 'CORE PRODUCT' LIST

### Compliance Criteria:

- Healthy Living Basic and Plus Award (HLA) [www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)
- NHS GGC Core product list May 14

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

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

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

\*Many other varieties also suitable