

Store Nutrition Report May 2019

Introduction

Good food helps people stay healthy, prevents obesity and helps prevent and manage chronic diseases such as heart disease, diabetes, kidney disease and some cancers. Children need healthy food to grow strong, develop properly and learn well.

Traditionally, Anangu ate bush foods and were healthy and strong. But now Anangu suffer with very high rates of chronic diet-related diseases.

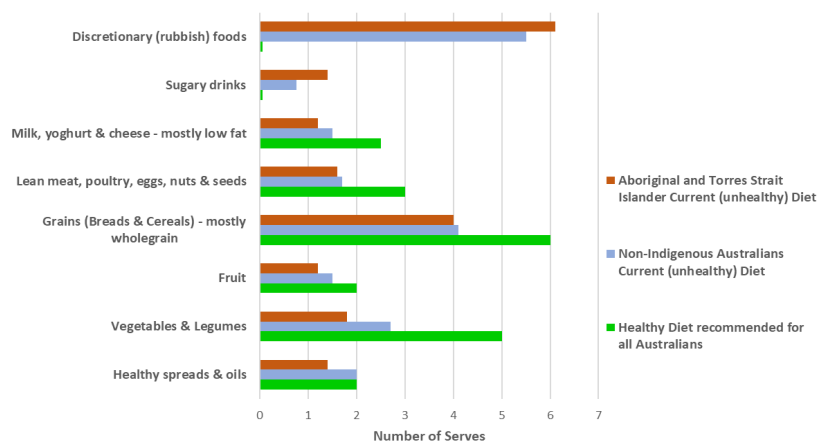
Nationally, Aboriginal people report consuming less vegetables and fruit, less wholegrain breads and cereals, less milk, cheese and yoghurt, less lean meat, poultry, eggs, nuts and seeds and less healthy spreads and oils than non-Indigenous Australians and the dietary recommendations (Figure 1). The types and proportions of healthy foods making up a healthy diet are shown in the *Aboriginal and Torres Strait Islander Guide to Healthy Eating* image.

Nationally, Aboriginal people also report consuming too much 'rubbish' foods and drinks, especially sugary drinks (Figure 1). Other names for 'rubbish' foods include 'junk' or 'discretionary' foods. These foods and drinks are high in added sugar, saturated (hard) fats, salt and/or alcohol. They are not required for health, make people sick and contribute to early death.

The health of all Australians would improve if we chose store foods that were more like traditional bush foods, such as vegetables, fruits, wholegrains, lean meat, poultry, eggs, nuts and seeds.



Figure 1: Number of serves consumed from each food group



Food choices are strongly influenced by the availability, placement, promotion and price of healthy and 'rubbish' foods and drinks in stores. This report presents the results of surveys conducted in stores in Central Australia to explore these factors in May 2019. It also includes data from surveys conducted in April 2018 and January 2019 to enable comparisons. These results can help local communities, health and store committees, store managers and store groups identify what can be improved to help people make healthier food and drink choices.

Summary of results

Key findings (May 2019)

Overall, most of the stores surveyed have improved the availability, placement and promotion of healthy foods and drinks.

- Most stores had a good range of healthy food and drinks available.
- In particular, most stores had high numbers of varieties of fresh fruit and vegetables.
- One Mai Wiru (MW) store no longer stocks large sizes of sugary drinks and another no longer stocks large bottle of sugary fruit juice.
- All stores displayed a greater amount of unsweetened drinks (water and diet drinks) than sugary drinks.
- Most stores demonstrated good placement of healthy and unhealthy food and drinks, e.g. fruit and vegetables near the front of the store and no unhealthy choices at point of sale.
- The main area for improvement is the placement of sugary drinks, recommended to be at the rear of store or in a reduced access fridge.
- In terms of promotion of healthy foods, most stores had room for improvement. Two MW stores had total scores of 100% and were the only stores in which practical nutrition promotion activities had been conducted in store in the previous month. Another area for improvement is the use of shelf talkers promoting healthy products.
- A healthy diet costs less than the current (unhealthy) diet, but results varied in different communities.
- A healthy diet was most affordable in the Mai Wiru stores, averaging 86% of the cost of the current (unhealthy) diet in May 2019 (compared to an average 94% in other stores on the APY Lands and 95% in Alice Springs).
- On average, if people on the APY Lands swapped to a healthy diet, they would save \$238.77 per family per fortnight – and be healthier too!

Changes over time (April 2018 to May 2019)

- Between the first survey (April 2018) and most recent (May 2019), there have been great improvements in several areas:
 - All stores on the APY Lands increased their range of healthy foods and drinks, with very large improvements in several stores. Most increased their range of fruit and vegetables.
 - In most stores the amount of refrigerated drink space had remained stable, and the proportion of unsweetened drinks (water and diet) increased in all stores except one.
 - Product placement improved in most stores. In four MW stores where product placement was rated 'poor' in April 2018, it was 'good' in May 2019; in two of the stores the total score for product placement had more than doubled.
- Since April 2018, the cost of the healthy diet on the APY Lands had increased by about 2% and the cost of the current (unhealthy) diet increased by 5%. In comparison, in Alice Springs the cost of the healthy diet increased by 7%, while the cost of the unhealthy diet increased by 5%. The Mai Wiru stores, and to a lesser extent Com2, continued to provide healthy foods and drinks at relatively affordable prices.
- Since April 2018, of the stores on the APY Lands, MW1 and MW2 have improved most in terms of the availability, placement and promotion of healthy foods and drinks.

Store actions to improve community diets and health

Most of the stores on the APY Lands are working hard to help improve community nutrition and health by:

- stocking more healthy foods, particularly healthy baby foods, and milk, cheese and yoghurts,
- stocking less (or no) large sizes of sugary drinks and fruit juices
- placing healthy foods at the front of store, ends of aisles and at point of sale
- using more posters, shelf talkers and activities to promote healthy foods
- keeping down the price of healthy foods, including fruit, vegetables, lean meats and plain water – and using more posters and shelf talkers to promote these good prices, and
- operating a healthy take-away service.

Availability of healthy foods

Surveys of the availability of healthy and 'rubbish' foods and drinks in community stores in Central Australia were completed in May 2019. Most stores had a good range of healthy food and drinks available (Table 1). The supply of fresh produce was particularly impressive in most stores. In May 2019, MW2 stocked the greatest range of healthy foods and drinks. As could be expected, the smallest store (MW4) stocked the most limited range of products. Most Mai Wiru stores stocked a very good range of healthy products, including infant foods, reduced fat dairy foods and healthy 'fast' foods. MW2 no longer stocked large sizes of sugary drinks and MW1 no longer stocked 2 litre bottles of sugary fruit juice. Most other stores could improve their offerings of healthy foods by reducing their range of sugary drinks and fruit juice, and not stocking large sizes of these sugary drinks. Some stores could stock a greater range of low fat milk, cheese and yogurt products.

Table 1: Availability of healthy and 'rubbish' foods and drinks in stores in May 2019

Green= good Amber= could be improved Red = poor

Availability of Healthy Foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
Weekly delivery of fresh, healthy food	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of vegetables (at least 15)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of frozen/canned veg (at least 10)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of fruit (at least 8)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of full cream and reduced fat milk (fresh, UHT, dried)	Green	Green	Red	Green	Red	Amber	Green	Amber	Green
Number of types of full fat and reduced fat cheese and yoghurt	Green	Green	Amber	Green	Amber	Amber	Amber	Green	Amber
Wholemeal/multigrain and "high fibre" white bread	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of wholegrain cereals e.g. Weetbix, rolled oats, quick oats, untoasted muesli, All Bran, Sultana Bran (at least 3)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of lean red meat e.g. beef, veal, lamb, pork, kangaroo, mince (at least 5)	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least one type of chicken, low fat tinned meat, lean (<10% fat) sausages, unsalted nuts; at least two types of tinned beans, tinned fish; eggs	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least one type of monounsaturated or polyunsaturated oil and spread e.g. olive, canola, sunflower, safflower, peanut	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least one type of iron enriched baby cereal 6m+, and at least 2 types each of meat and veg based baby foods 6m+, and 8m+; both jars and pouches	Green	Green	Amber	Amber	Amber	Green	Green	Green	Red
S26 from birth baby formula and no other (unrecommended) infant formula	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least 50% of all drinks are low sugar drinks (e.g. diet soft drinks or water)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Store has a bubbler and/or offers free chilled drinking water	Green	Green	Green	Green	Green	Red	Green	Green	Green
Stores with Takeaway Service									
At least one healthy takeaway meal, healthy sandwich, and at least two healthy snack packs	Green	Green	Green	Green	Green	Green	Green	Green	Green
Use of combi oven to prepare healthy takeaway choices;	Green	Green	Green	n/a	Green	Green	Green	Green	n/a
Does not use deep fryer	Green	Green	Green	Green	Green	Green	Green	Green	Green
No sugary drinks (full strength soft drink, sports drinks, energy drinks) over 600mL and no fruit juice more than 250mL	Amber	Amber	Amber	Red	Red	Red	Red	Red	Red
No unrecommended products (coconut oil, vegetable oils/spreads containing palm oil or trans fats >1%)	Green	Green	Red	Green	Red	Green	Red	Green	Green
Total Score for product availability	98%	98%	88%	89%	85%	88%	91%	94%	86%

Change since April 2018

There has been a dramatic improvement in the range of healthy foods and drinks supplied in all stores on the APY Lands since April 2018 (Table 2). The largest improvements were seen in MW4, MW2, MW1 and Com1 stores.

Table 2: Total score for product availability in April 2018, January 2019 and May 2019

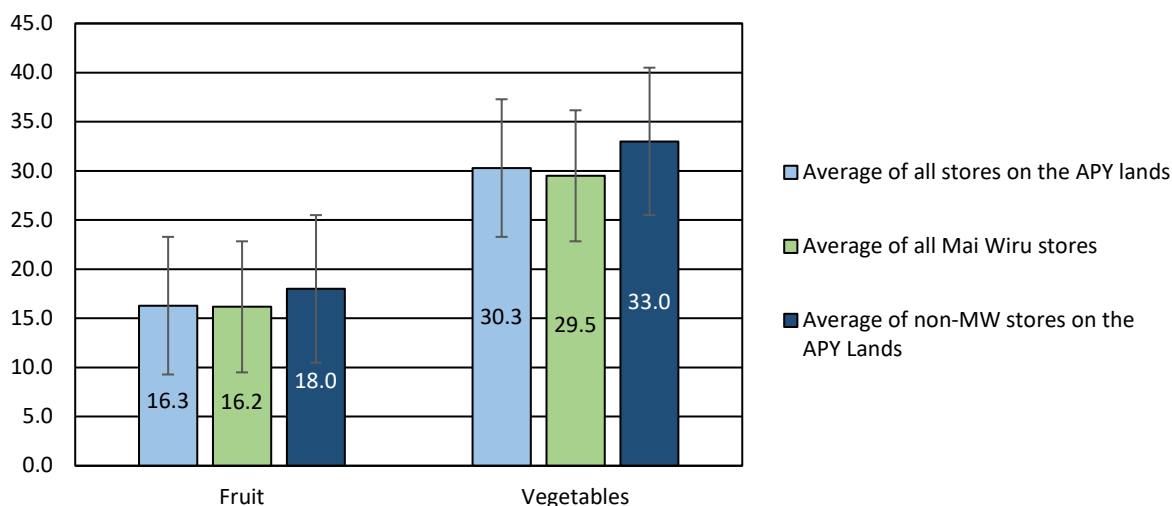
Green= good Amber= could be improved Red = poor

	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
April 2018	80%	81%	71%	66%	76%	72%	74%	70%	75%
January 2019	94%	89%	91%	80%	88%	90%	89%	90%	92%
May 2019	98%	98%	88%	89%	85%	88%	91%	94%	86%

Fruit and Vegetables

Surveys in May 2019 found the number of varieties of fresh fruit and vegetables stocked was excellent in most of the stores (Figure 2).

Figure 2: Number of varieties of fruit and vegetables available in May 2019



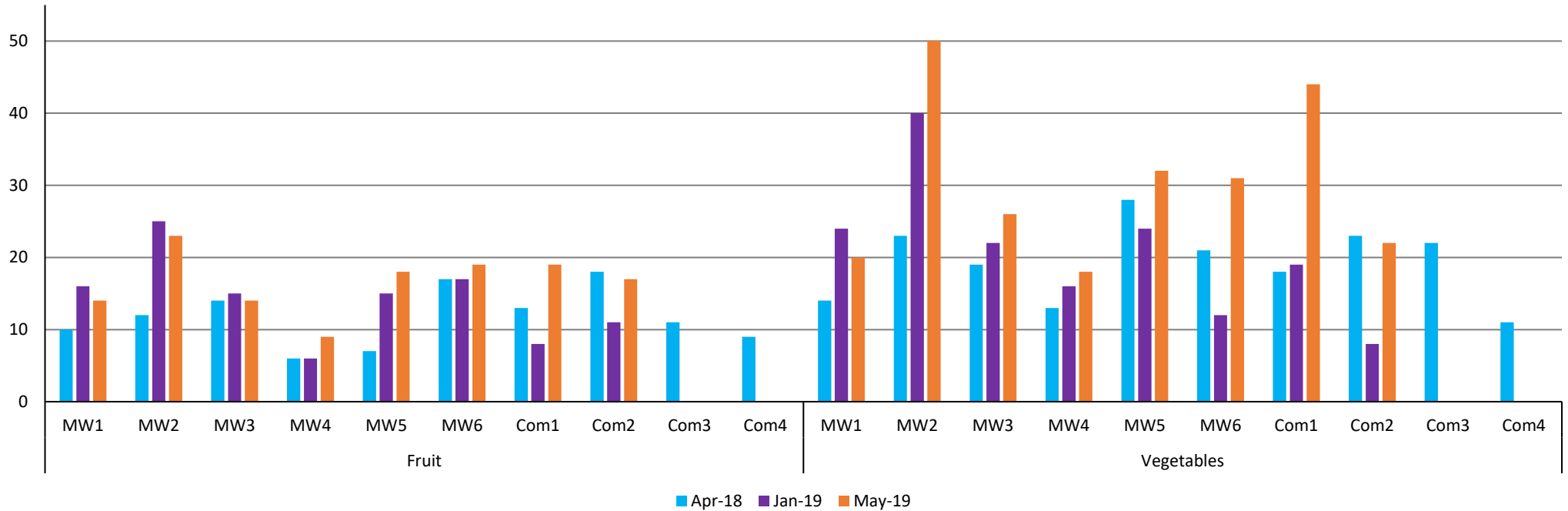
In May 2019, MW2 stocked the greatest variety of fruit, and MW2 and Com 1 stocked the greatest variety of vegetables (Table 3).

Table 3: Number of varieties of fresh fruit and vegetables available at each store in May 2019

	MW1	MW2	MW3	MW4	MW5	MW6	Com1	Com2
Fruit	14	23	14	9	18	19	19	17
Vegetables	20	50	26	18	32	31	44	22

Between April 2018 and May 2019, there was an increase in the range of fruit and vegetables available in most stores (Figure 3). The most dramatic improvement in supply of different types of fruit was seen in MW2 (220% increase) and Com1 (160% increase). The greatest improvement in supply of different types of vegetables was seen in MW2 (250% increase) and Com 1 (220% increase).

Figure 3: Number of varieties of fruit and vegetables available in April 2018, January 2019 and May 2019



Availability of sugary and unsweetened drinks

All stores surveyed in May 2019 displayed a larger amount of unsweetened drinks (diet drinks and water) than sugary drinks, except for Com1. Figure 4 shows the relative proportions of unsweetened drinks and sugary drinks available for sale at each store. MW2, MW1 and Com2 had the highest proportion of unsweetened drinks for sale. Com1, MW5 and MW4 had the lowest proportions of diet drinks and water, and greater quantities of sugary drinks, available for sale.

Figure 4: Percentage of shelf space of unsweetened (diet and water) drinks compared to shelf space of sugary drinks available in May 2019



Change since April 2018

Table 4 shows the total number of refrigerator shelves filled by all drinks, and the percentage of refrigerator shelves filled by unsweetened drinks, in each community in April 2018, January 2019 and May 2019. The total number of refrigerated drink shelves had reduced significantly at MW1 and increased at MW6, but remained relatively stable in all other communities. The proportion of unsweetened drinks had increased in all stores, except MW5, 1 with great improvements in MW1, MW2 and MW3 (> 25% increase), and, from much lower bases, MW6 (75% increase) and Com 1 (> 200%).

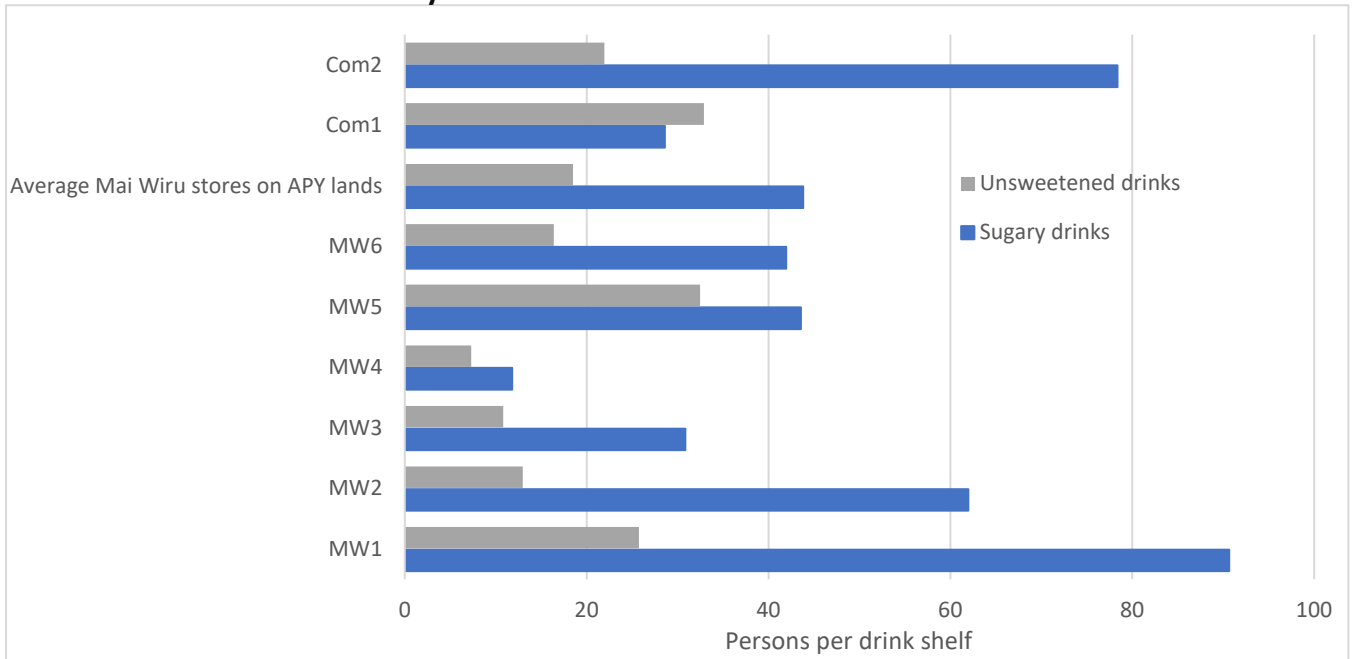
Table 4: Number of refrigerator shelves filled by drinks, and the percentage filled by unsweetened drinks, in stores in April 2018, January 2019 and May 2019

	MW1	MW2	MW3	MW4	MW5	MW6	Com1	Com2
Apr-18	46.6 (62%)	14.4 (67%)	24.3 (57%)	16.3 (58%)	30.8 (67%)	14.7 (41%)	16.0 (18%)	15.2 (70%)
Jan-19	39.7 (52%)	13.6 (81%)	21.8 (73%)	14.9 (73%)	25.5 (51%)	21.7 (66%)	22.5 (36%)	15.0* (100%)
May-19	22.7 (78%)	17.6 (83%)	27.4 (74%)	16.0 (62%)	26.7 (57%)	27.4 (72%)	16.7 (46%)	14.2 (78%)

*Approximate number of shelves in reduced access fridge (available only Fridays and Saturdays)

Using population data from the 2016 Census, Figure 5 represents the number of people in each community per each refrigerator shelf of sugary and unsweetened drinks in May 2019. For sugary drinks, the more people that are 'catered for' per shelf, the better. MW1, Com2 and MW2 display much fewer sugary drinks in their fridges per person than other community stores.

Figure 5: Numbers of people in the community per refrigerator shelf of sugary drinks* and unsweetened drinks in May 2019



*the higher the number, the more people that are catered for per shelf (which is preferable for sugary drinks only)

Placement of healthy foods

Good placement of healthy food and drinks in the store helps people make healthier choices. The survey looked at placement of foods such as fruit and vegetables, other healthy foods, and sugary drinks and water, as well as foods at the point of sale.

There was fairly consistent product placement in Mai Wiru stores surveyed in May 2019 (Table 5). Stores MW1, MW2, MW5 and MW6 had the best placement of healthy foods and drinks in May 2019. In both MW3 and Com 1, store managers are aware that the fruit and vegetables are placed at the rear of the store and can be difficult to see from all store entry points and are considering this issue.

Table 5: Placement of healthy and ‘rubbish’ foods and drinks in stores in May 2019

Green= good Amber= could be improved Red = poor

Placement of Healthy Foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
Fresh fruit and veg at front of store or in line of sight from front of store	Green	Green	Amber	Green	Green	Green	Amber	Red	Green
Healthy snack foods at point of sale: Fruit (fresh fruit, fresh fruit salad and dried fruit), Cheese/fish and crackers, Boiled eggs	Green	Green	Green	Red	Green	Green	Green	Green	Red
Water fridge at front of store	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sugary drinks are at rear of store or in reduced access fridge	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Red	Amber
No unhealthy choices at easy access point of sale; no lollies, chocolates, chips/crisps, nutella or other	Green	Green	Green	Green	Green	Green	Green	Green	Green
Healthy food predominately at eye level and predominately at ends of aisles; unhealthy choices out of reach of infants as children	Green	Green	Green	Green	Green	Green	Green	Green	Green
Total Score for product placement	92%	92%	75%	81%	92%	92%	87%	67%	86%

Change since April 2018

Product placement improved for most stores from April 2018 and January 2019 to May 2019 (Table 6). The greatest improvements were seen in MW4, MW1, Com1 and MW6 stores, with MW2 and Com 2 starting from a high base. In April 2018 Com 2 scored highest in product placement, but its total score decreased in the most recent survey; in May 2019 four MW stores scored higher than Com2 (Table 6).

Table 6: Total score for product placement in April 2018, January 2019 and May 2019

Green= good Amber= could be improved Red = poor

	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
April 2018	42%	86%	81%	26%	68%	54%	59%	28%	100%
January 2019	78%	76%	78%	72%	67%	77%	75%	46%	100%
May 2019	92%	92%	75%	81%	92%	92%	87%	67%	86%

Promotion of healthy foods

The surveys assessed promotion of healthy foods in store through various measures including pricing of healthy foods, the absence of price promotions/advertising of unhealthy choices, and signage and posters, as well as in store activities promoting healthy choices (Table 7).

Stores MW1 and MW2 had the best product promotion of healthy choices of all stores surveyed, and were the only stores where practical nutrition promotion activities had been conducted within the previous month (Table 7). Promotion of healthy foods and drinks could be improved in other stores by increased use of posters and shelf talkers and increased promotion of price discounts on healthy foods, including vegetables, fruit, lean meats and water.

Posters inadvertently depicting choking hazards in infants have now been removed from all stores. The new budget recipe posters developed by NPY Women's Council appeared to be very popular in Mai Wiru stores.

Table 7: Promotion of healthy and 'rubbish' foods and drinks in stores in May 2019

Green= good Amber= could be improved Red = poor

Promotion of Healthy Foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
Plain water \$1, Fruit & veg at cost price or low margins, low margins on other core food groups	Green	Green	Green	Green	Green	Green	Green	Green	Green
Signage & posters promoting healthy products, Signage & posters price promoting healthy food and water, Warning signage and posters on unhealthy drinks, general nutrition posters present. NB Signage & posters must be consistent with ADGs and Infant Feeding Guidelines	Green	Green	Green	Green	Green	Green	Green	Red	Amber
No price promotion/advertising of unhealthy choices (sugary drinks, confectionary, chocolate, crisps, fried takeaway food or fried chips)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Only displays signage or posters consistent with nutrition evidence base (e.g. baby food posters promoting choking hazard, advertising unhealthy foods and drinks such as fruit roll ups, fad diet products)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Support and promote different types of practical promotion of healthy choices (e.g. taste tests, cooking demonstration, provision of recipes etc) (at least 2 different activities within the last month)	Green	Green	Amber	Amber	Amber	Amber	Amber	Red	Red
Displays shelf talkers promoting healthy products	Green	Green	Amber	Red	Amber	Amber	Amber	Amber	Green
Total Score for product promotion	100%	100%	83%	67%	83%	80%	86%	73%	80%

Change since April 2018

Product promotion improved greatly in most stores from April 2018 and January 2019 to May 2019 (Table 8). The largest improvements in product promotion were observed in stores MW1 and, from a higher base, MW2 – both these stores scored 100% for this criteria in May 2019. Improvements were also seen in MW5, MW6, MW3 and Com1. In April 2018, Com2 scored highest in product promotion, but it was among the lowest scoring stores for this criterion in May 2019.

Table 8: Total score for product promotion in April 2018, January 2019 and May 2019

Green= good Amber= could be improved Red = poor

	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
April 2018	47%	60%	60%	57%	47%	47%	53%	37%	71%
January 2019	78%	83%	67%	37%	58%	38%	51%	34%	63%
May 2019	100%	100%	83%	67%	83%	80%	86%	73%	80%

Previous data on product availability, placement and promotion

This report has used a new way of assessing product availability, promotion and placement based on best practice remote store nutrition policies developed early in 2018. Since 2014, store achievement against the national Remote Indigenous Store and Take-away (RIST) checklist developed in 2004 has also been collected regularly in stores on the APY lands. These data are presented in the appendix of this report for completeness. However, not all the criteria in the RIST checklists are still relevant in remote stores.

Diet and food prices

Since 2008, the cost of a 'healthier' Market Basket of foods has been collected regularly in stores on the APY lands. For completeness, these data are included in the Appendix. However, a new way of calculating diet prices, the Healthy Diets ASAP (Australian Standardised Affordability and Pricing) method, now enables better comparison of the cost of diets. The Healthy Diets ASAP method was used on the APY lands in April 2018, January 2019 and May 2019 and the results are reported here.

The Healthy Diets ASAP (Australian Standardised Affordability and Pricing) approach calculates the price of current and healthy diets for a family in each community.

The data allows local health and store councils to:

1. Compare the cost of a healthy diet with that of the current diet in each place
2. Compare the cost of a healthy diet and the current diet in different places
3. Monitor changes over time

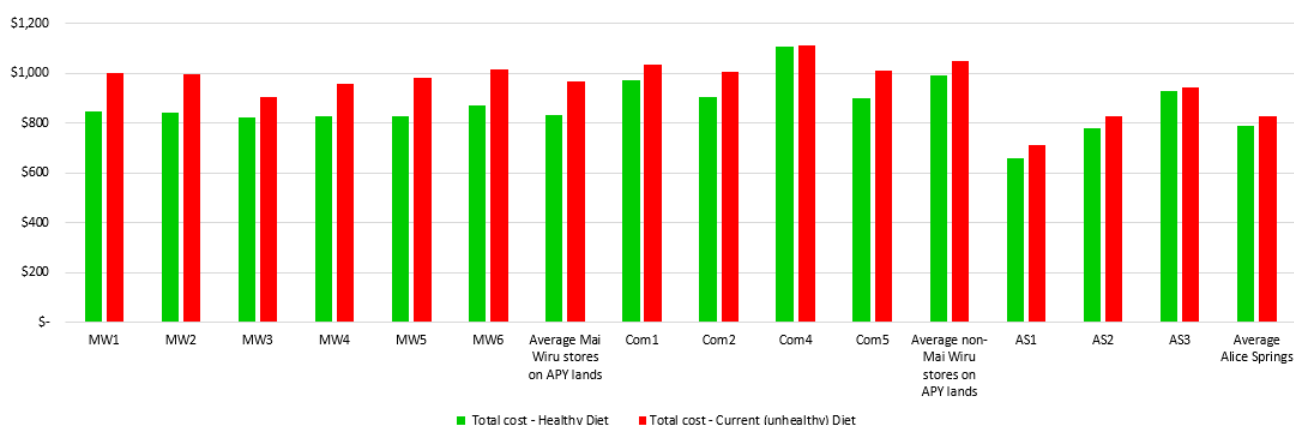


Diet cost: May 2019

The cost of a healthy diet and the current (unhealthy) diet in different communities in Central Australia in May 2019 are illustrated in Figure 8. More detailed results are provided in the appendix. A healthy diet cost less than the current (unhealthy) diet in all communities, except Com 4 (Figure 8).

The cost of a healthy diet was most affordable in Mai Wiru stores (Figure 8). The healthy diet was most expensive in stores Com4 and Com1 in May 2019. Although healthy diets would cost around 30% more in remote stores compared to large supermarkets in Alice Springs, the prices of healthy foods in one smaller store in Alice Springs (AS3) were comparable to those in remote areas.

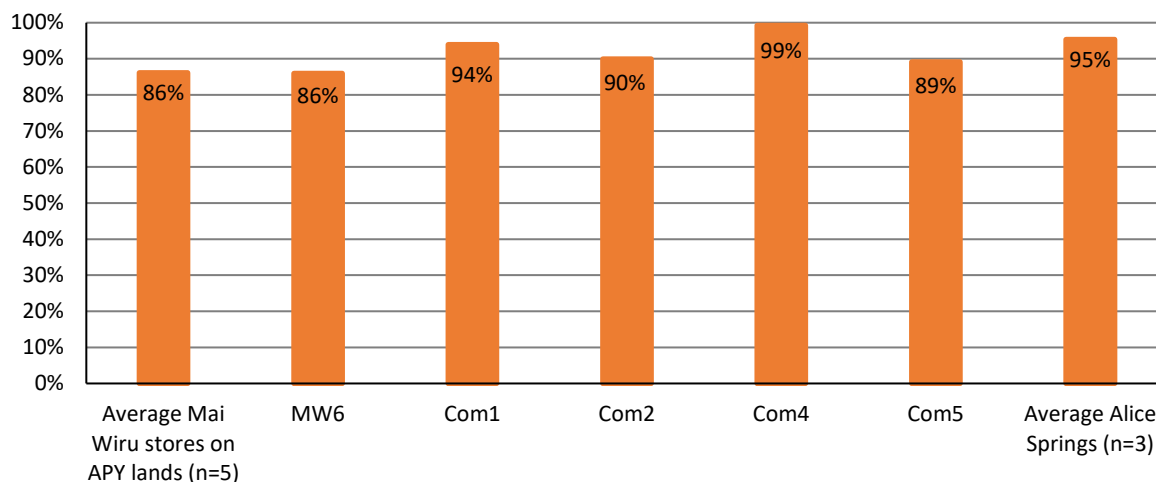
Figure 8: The cost of the current (unhealthy) diet and healthy diet in stores in May 2019



The relative cost of a healthy diet compared to the cost of the current (unhealthy) diet in stores and store groups is shown in Figure 9. The difference between the cost of healthy diets and current diets is greater in Mai Wiru stores on the APY Lands than in Alice Springs or in other stores, as these

stores reduce the price of key healthy foods and water by cross-subsidisation consistent with the Mai Wiru stores nutrition policy; a similar policy is in place in Com 2.

Figure 9: The relative cost of a healthy diet compared to a current (unhealthy) diet in May 2019



Diet cost: changes over time

Figure 10 presents the cost of a healthy and current (unhealthy) diet in all stores surveyed in April 2018, January 2019 and May 2019 as well as in Alice Springs stores. Over the year the cost of a healthy diet remained relatively stable in Mai Wiru stores, while in the other stores surveyed an increase is evident.

The relative costs of a healthy diet compared to a current (unhealthy) diet in April 2018, January 2019 and May 2019 in each community are reported in Table 9. While the cost of the healthy diet compared to the cost of the current (unhealthy) diet was relatively low and stable in Mai Wiru stores over the year, this varied greatly between other stores on the APY lands. The results for Com2 were generally similar to Mai Wiru stores, but the relative cost of a healthy diet was higher and increased more in Com4, and to a lesser extent in Com1 (Figure 10, Table 9).

Figure 10: The cost of the current (unhealthy) diet and healthy diet in stores in April 2018, January 2019 and May 2019

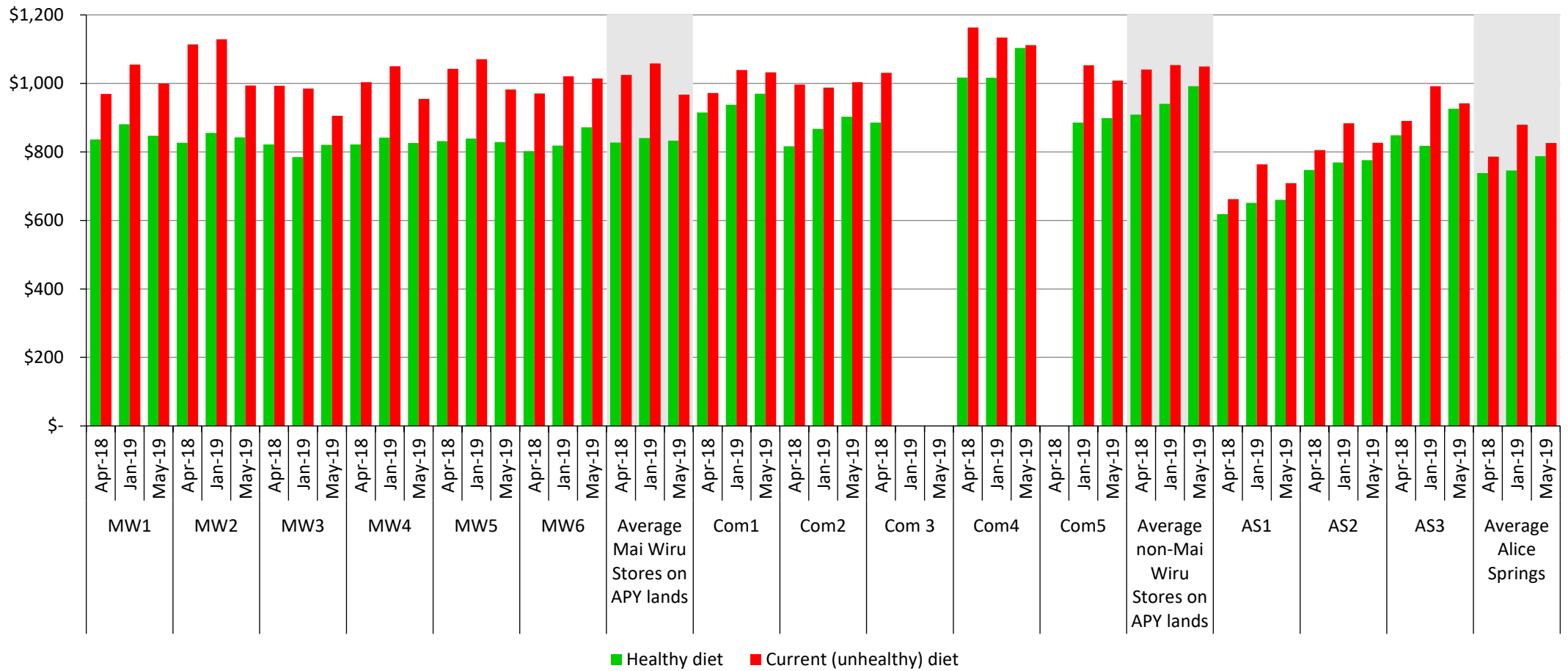


Table 9: The relative cost of a healthy diet compared to a current (unhealthy) diet in April 2018, January 2019 and May 2019.

Communities	% cost of healthy diet / current (unhealthy) diet		
	April 2018	January 2019	May 2019
MW1	86%	83%	85%
MW2	74%	76%	85%
MW3	83%	80%	91%
MW4	82%	80%	87%
MW5	80%	78%	84%
MW6	83%	80%	86%
Average of Mai Wiru on APY lands*	81%	79%	86%
Com1	94%	90%	94%
Com2	82%	88%	90%
Com3	86%	n/a	n/a
Com4	87%	90%	99%
Com5	n/a	84%	89%
Average of 'other' stores on APY lands**	87%	89%	94%
AS1	93%	85%	93%
AS2	93%	87%	94%
AS3	95%	82%	98%
Average Alice Springs	94%	85%	95%

Diet costs in different places

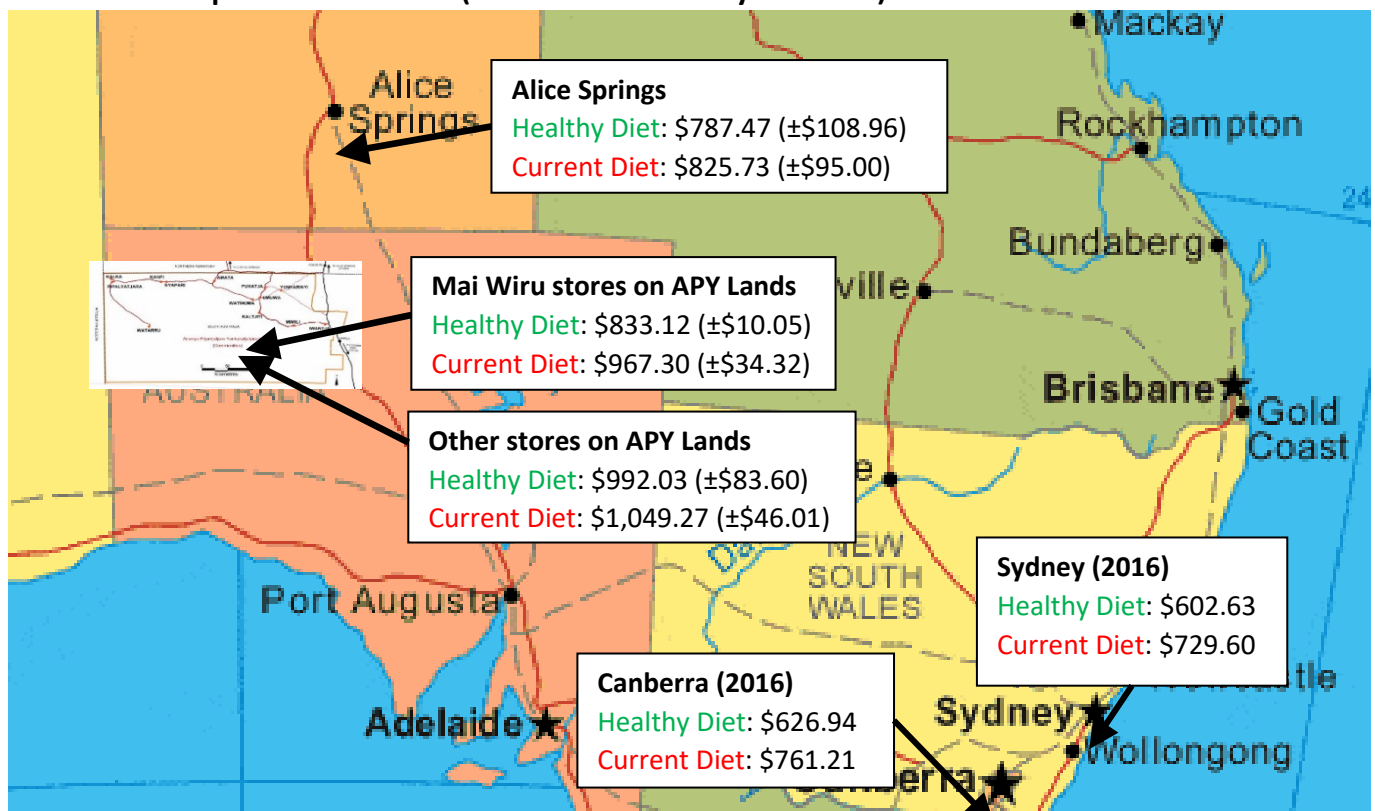
The costs of a healthy and the current (unhealthy) diet that have been calculated in different places in Australia are shown in Figure 11.

In May 2019, the average cost of the healthy diet in Mai Wiru stores on the APY Lands was only 6% more than in Alice Springs and 38% more than in Sydney in 2016. In May 2019, although there was wide variation in other stores (Figure 8), the average cost of a healthy diet in all the other stores on the APY Lands was about 26% more than in Alice Springs and about 65% more than in Sydney in 2016.

Conversely, the average cost of the current (unhealthy) diet in Mai Wiru stores and other stores on the APY Lands was 17% and 27% respectively more expensive than Alice Springs in May 2019, and 33% and 43% respectively more expensive than Sydney in 2016.

Since April 2018, the cost of the healthy diet on the APY Lands had increased by about 2% and the cost of the current (unhealthy) diet increased by 5%. Comparatively, in Alice Springs the cost of the healthy diet had increased by 7% and the cost of the current unhealthy diet had increased by 5% since April 2018. These data indicate that most stores on the APY Lands are doing a great job keeping the cost of healthy foods relatively low.

Figure 11: The costs of the current diet and a healthy diet per household per fortnight in different places in Australia (where data currently available)



If people on the APY Lands are still consuming diets as reported in the Australian Health Survey in 2012-13, they would be spending most of their grocery money on 'rubbish' foods and drinks (Figure 12). If people on APY Lands swapped to a healthy diet, they would save \$105.33 per family per fortnight (Figure 13) – and be healthier too!

Figure 12: The average cost of current (unhealthy) and healthy diets, and food groups, at all stores on the APY Lands in May 2019

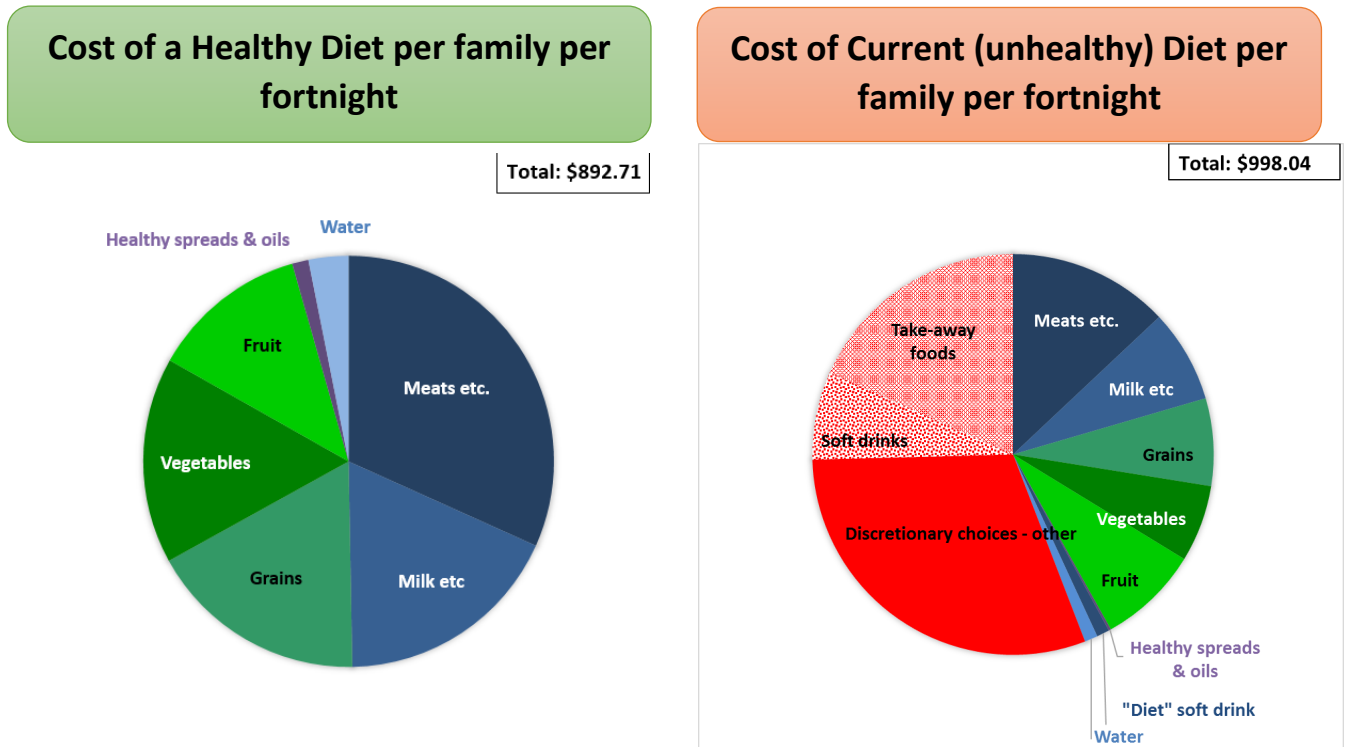
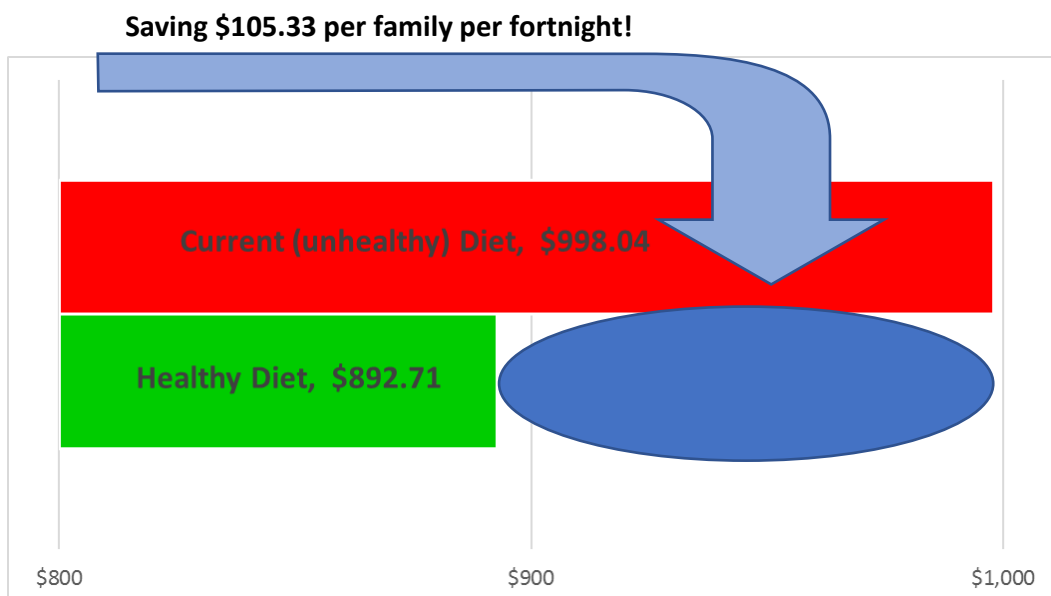
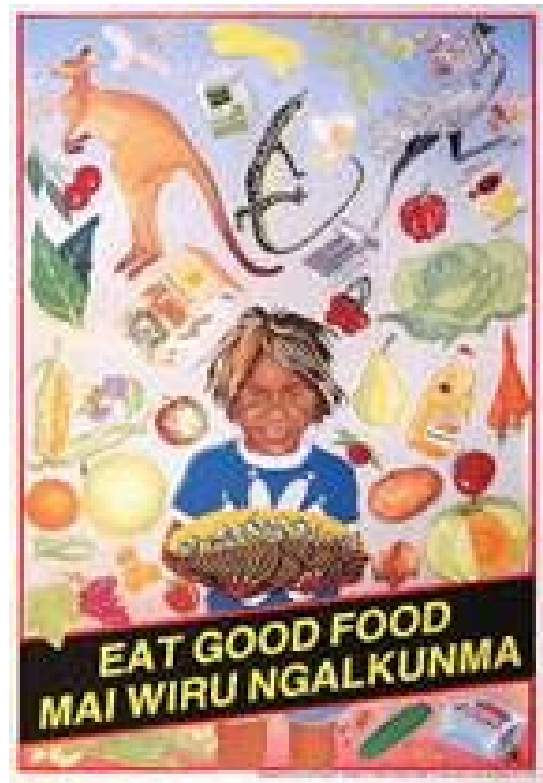


Figure 13: Average cost saving by swapping to a healthy diet in all stores on APY Lands in May 2019



Healthy eating messages:

- Eat store foods that are most like traditional bush foods
- Eat bush foods whenever possible
- Avoid “rubbish” foods
- Don’t drink sugary drinks



Appendix:

Table A1: The cost of the current (unhealthy) and healthy diet per community and the relative cost of a healthy diet over a current diet in May 2019

Communities	Cost of the current (unhealthy) diet (per household per fortnight)	Cost of healthy diet (per household per fortnight)	% cost of healthy diet / current (unhealthy) diet
MW1	\$ 999.33	\$ 847.29	85%
MW2	\$ 993.93	\$ 842.45	85%
MW3	\$ 905.88	\$ 820.88	91%
MW4	\$ 954.92	\$ 826.21	87%
MW5	\$ 982.46	\$ 828.76	84%
MW6	\$ 1,014.24	\$ 871.90	86%
Average of Mai Wiru on APY lands*	\$ 967.30	\$ 833.12	86%
Com1	\$ 1,032.37	\$ 969.78	94%
Com2	\$ 1,003.30	\$ 902.59	90%
Com4	\$ 1,112.13	\$ 1,103.72	99%
Com5	\$ 1,008.32	\$ 898.53	89%
Average of 'other' stores on APY lands**	\$ 1,049.27	\$ 992.03	94%
AS1	\$ 709.00	\$ 659.97	93%
AS2	\$ 826.49	\$ 776.28	94%
AS3	\$ 941.69	\$ 926.17	98%
Average Alice Springs	\$ 825.73	\$ 787.47	95%

*does not include MW6

**does not include Com5

Market Basket price data

The results of the Market Basket price survey where collected in **May 2019** are shown in Figure A1 and the available time series data are shown in Figure A2 for historical information.

Figure A1: Market Basket price in each store **May 2019**

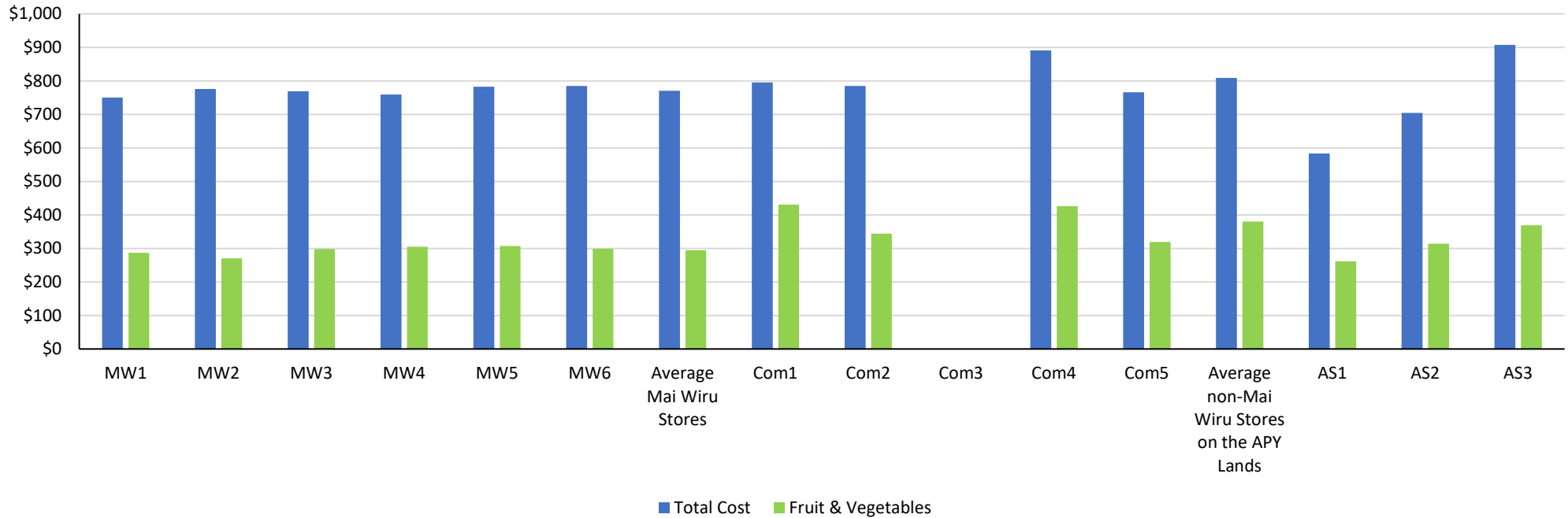


Figure A2: Market basket price time-series data 2008-2019

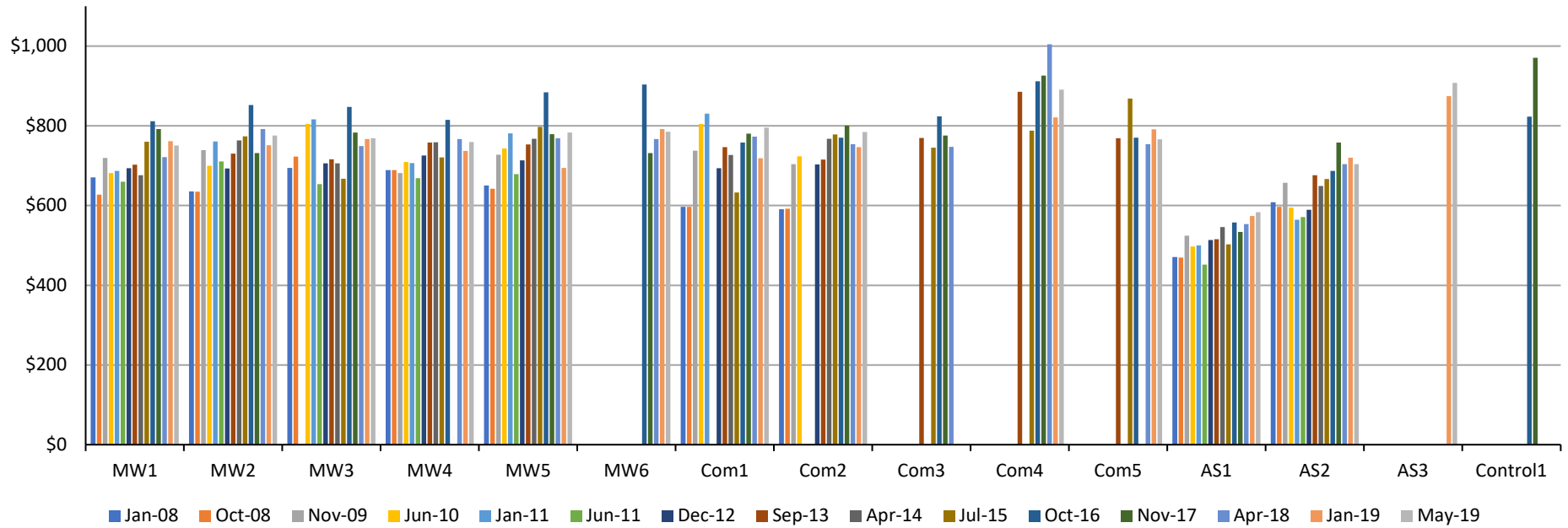


Figure A4: Store achievement against the RIST ‘How healthy is your store?’ nutritious product checklist from 2014 - May 2019.

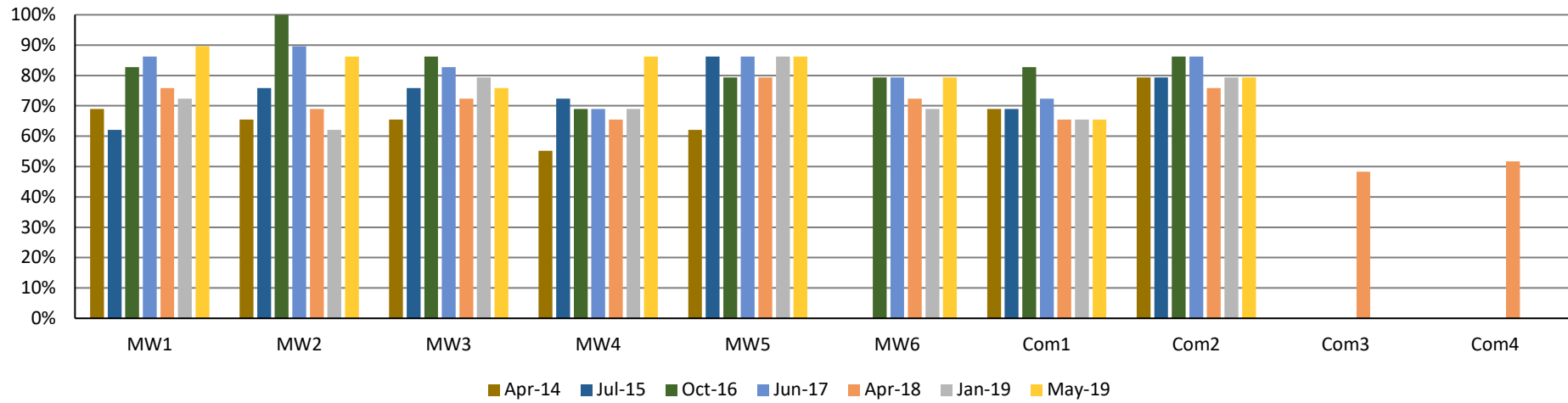


Figure A5: Store achievement against the RIST ‘how healthy is your store?’ management, promotion and marketing checklist from 2014 - May 2019.

