

Appendix 2

Healthier Food Vendor Assessment Form

The City of Kwinana is committed to supporting the health of its community by encouraging food vendors to sell healthier food and drink options. Healthier food and drink options play an important role in creating the healthy environment that the community demands.

This assessment form helps the City to identify healthier food vendors. It also allows food vendors to identify areas for improvement and make healthier changes if needed. Healthier food vendor trading sites offered to food vendors who include and promote affordable, healthier food and drink options on their menu. All vendors are encouraged to actively promote healthy food and drink options at their point of sale.

***Fuel to Go & Play® approved Healthier Vendor Guide Vendors are encouraged to apply.** Refer to the Fuel to Go & Play® [website](#) and [applicant handbook](#) for more information.

How to use this self-assessment form

- 1) Complete either the food and drinks vendor OR drinks-only vendor assessment form:

Vendors are required to meet the two essential criteria listed below:

- do not display full sugar drinks
- include at least one healthy (green) option on their menu.

- 2) Please answer all questions to the best of your ability and tally your score at the end. Each question results in a score. For food and drinks vendors, a maximum of 12 points can be awarded in this self-assessment. For drinks-only vendors, a maximum of 10 points can be awarded in this self-assessment. It is recommended that vendors aim for a minimum score of 6.

Model healthy food truck

The following image shows simple strategies that you can implement to improve your self-assessment score.

On display

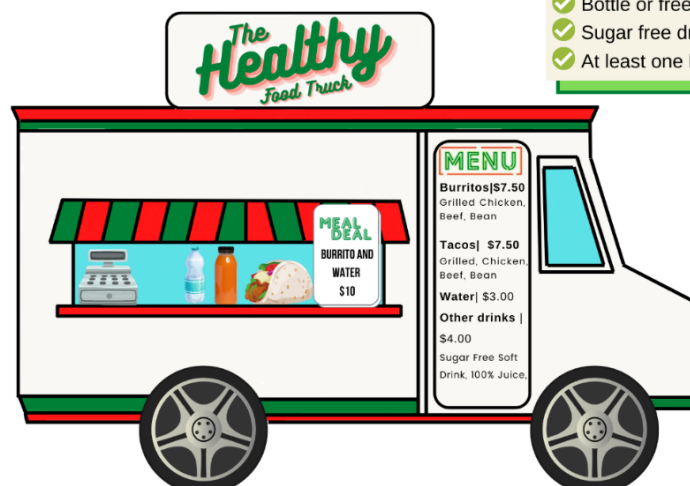
- ✓ At least one healthy option
- ✗ Unhealthy food and drink options

Off display

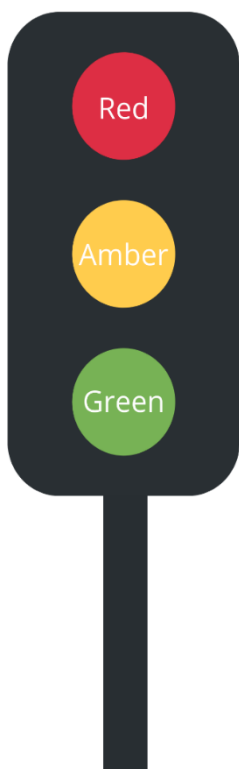
- ✗ Full sugar drinks
- ✗ Unhealthy food and drink options

On the menu

- ✓ Bottle or free tap water available
- ✓ Sugar free drink options available
- ✓ At least one healthy food option



How to identify healthier food and drink options on your menu



Red items:

- low in nutrients
- often high in energy, fat, sugar and/or salt
- discretionary items such as cakes, lollies, fried food, sugary drinks

Amber items:

- have some nutritional value
- may contain moderate amount of energy, fat, sugar and/or salt
- should be selected carefully

Green items:

- are good sources of vital nutrients
- contain food and drinks from the five food groups in the Australia Guide to Healthy Eating (fruit, vegetable, dairy and alternatives, meat and alternatives, grains)

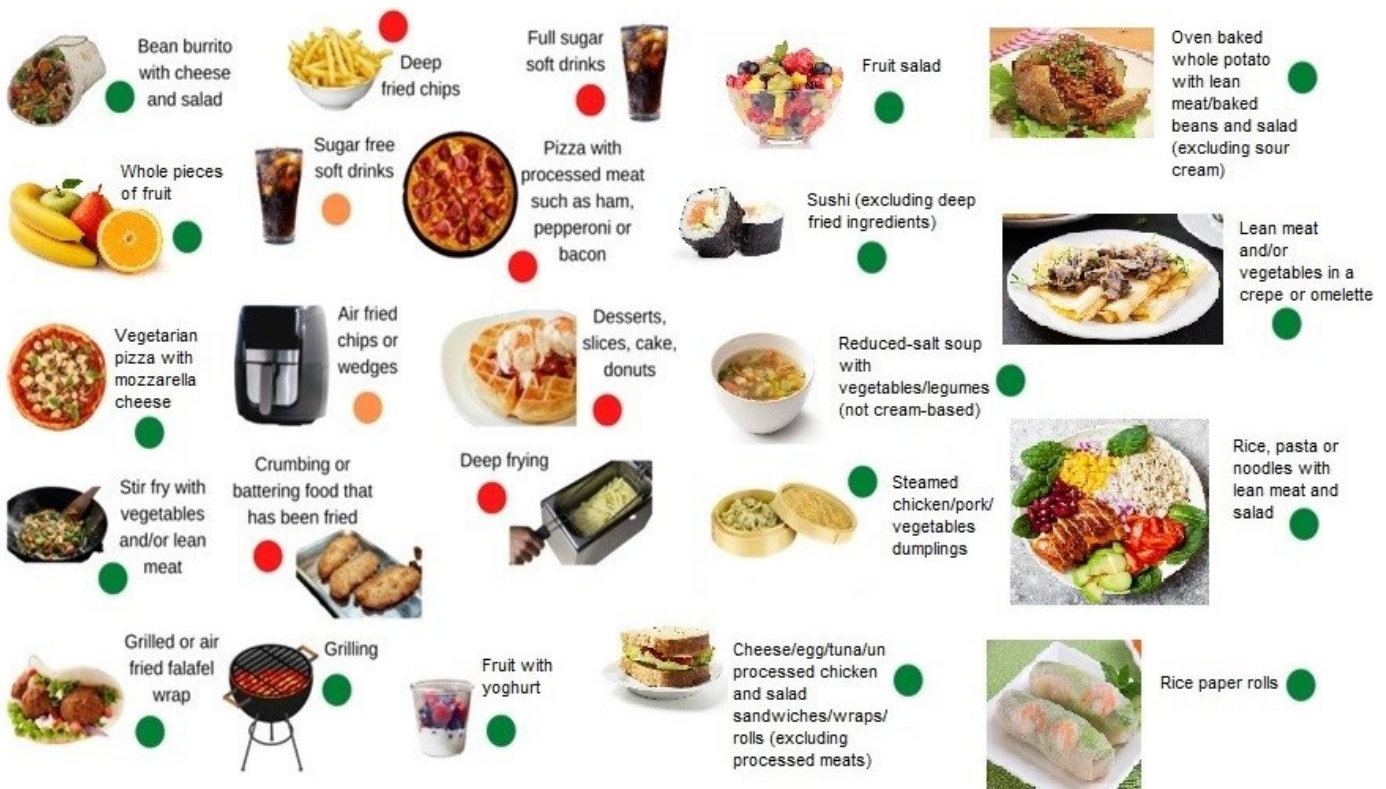
A simple way to identify healthier food and drink options is to use the traffic light system to categorise food and drinks based on their nutritional value.

In this assessment you will be asked whether you have a green option on your menu. A menu item is considered green if it contains only green ingredients and is prepared using a Green cooking method.

If you are unsure whether an item on your menu is healthy (green) or unhealthy (red), please contact City of Kwinana for clarification.

Type of food or drink		
Green Fill the menu	Amber Select carefully	Red Limit or remove
<p>These are the healthiest and most nutritious options as they are based on the five food groups. Encourage choosing these foods every day as they are generally low in saturated fat and/or sugar and/or sodium (salt) and high in nutrients.</p> <p>e.g. cheese and salad sandwich, vegetarian pizza with mozzarella cheese (or low salt cheese), lean chicken burger with salad, water, small vegetable juice, small and regular coffee.</p>	<p>These options may contain a combination of useful nutrients but may also contain moderate amounts of saturated fat and/or sugar and/or sodium (salt). Only consume occasionally and in moderation.</p> <p>e.g. small 96-100% fruit juices, sugar free sports drinks, sugar free soft drinks.</p>	<p>These options are either low in nutrients, and/or contain a large amount of saturated fat, added sugar, added sodium (salt) and/or alcohol. They can also be energy dense, so should only be eaten sometimes and in small amounts.</p> <p>Any meals made with processed meats such as bacon or ham are considered Red.</p> <p>e.g. Hawaiian pizza, deep fried gyozas, deep fried falafels, full sugar soft drinks, energy drinks and sports drinks.</p>
Cooking method		
Green	Red	
<ul style="list-style-type: none"> » Grilling » Barbequing » Baking » Steaming (steamed buns, dumplings) » Poaching » Stir frying 	<ul style="list-style-type: none"> » Deep frying (fries, donuts, spring rolls) » Shallow frying (croquettes, katsu chicken) » Crumbing or battering foods that have been fried » Cooking with butter or cream 	

Suggested Food and Drinks Options



Suggested Drinks-Only Options



Healthier Food Vendor Self-Assessment Checklist

– Food and Drinks Vendor

If you are a part of Fuel to Go & Play[®]'s current Healthy Vendor Guide (HVG), please fill Section 1 and skip to Section 6 (Declaration).

1. Fuel to Go & Play[®] Healthy Vendor Guide

Q1 Are you a part of Fuel to Go & Play [®] 's current HVG?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<i>If yes, please attach copy of certificate to this document and skip to Section 6 (Declaration).</i>		

2. Product assessment

	Yes	No	Score
Q2 Is bottled water included in your menu?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q3 Do you offer sugar free drink options (e.g. Coke No Sugar, Pepsi Max etc.)?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q4 Do you have at least <u>one</u> healthy (green) food option on your menu? * If yes, please specify food product including brand (if applicable): _____	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q5 Do you have menu items offered with chips as a side?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Q5.1 If you answered Yes to question 5, are you willing and able to replace them with healthier sides instead (e.g. salad, vegetables, fruit or no sides offered)?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q6 Do you sell main meals that are deep fried?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Q6.1 If you answered Yes to question 6, are you willing and able to use alternative methods of cooking e.g. air frying, grilling, barbequing, baking or steaming?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Total			

3. Placement assessment

	Yes	No	Score
Q.7 Do you keep unhealthy (red) food items off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q.7.1 If you answered No to question 7, are you willing and able to remove unhealthy (red) food items off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q8 Are drinks with added sugar off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q8.1 If you answered No to question 8, are you willing and able to remove drinks with added sugar from display?*	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Total			

*essential criteria where a 'Yes' answer is required.

4. Price assessment

	Yes	No	Score
Q9 Is water your cheapest drink?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q9.1 If you answered No to question 9, are you willing and able to make water your lowest priced drink?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q10 Do menu items cooked by healthier methods cost more than standard menu items? (e.g. extra \$1 for grilled fish instead of battered) Note: does not apply to alternative milks e.g. coffee/tea	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Total			

5. Promotion assessment

	Yes	No	Score
Q12 Do you have advertising material or signage promoting unhealthy (red) options?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Q13 Do you have advertising material or signage promoting healthy (green) options?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q13.1 If you answered Yes to question 13, would you be willing and able to make these materials your only advertising or promotional signage?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q14 Do you promote any combo/meal deals including unhealthy (red) food or drinks?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Q14.1 If you answered Yes to question 14, are you willing and able to promote any combo/ meal deals including healthier (green or amber) food or drinks instead (e.g. grilled chicken burger with water, or sugar-free soft drink, tofu and vegetable sushi with 99% fruit juice).	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Total			
Final score			

6. Declaration

I/we have read, understood and agree to abide by the requirements, terms and conditions as detailed in the Mobile Food Vendor Trading Policy and Guidelines.

Name:	
Date:	
Signature:	

This Self-Assessment Checklist has been adapted from the South Metropolitan Health Service, Health Promotion 'Healthy Food Vendors Guide'.

Healthier Food Vendor Self-Assessment Checklist for Drinks Only Vendor

If you are a part of Fuel to Go & Play®'s current Healthier Vendor Guide (HVG), please fill Section 1 and skip to Section 5 (Declaration).

1. Fuel to Go & Play® Healthy Vendor Guide

Q1 Are you a part of Fuel to Go & Play®'s current HVG?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<i>If yes, please attach copy of certificate to this document and skip to Section 6 (Declaration).</i>		

2. Product assessment

	Yes	No	Score
Q2 Is bottled water included in your menu?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q3 Do you offer sugar free drinks (e.g. Coke No Sugar, Pepsi Max etc, 96-100% fruit/vegetable juice with no added sugar in a serve size of 300mL or less)?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q4 Do you have at least <u>one</u> healthy (green) drink option on your menu? * <i>All vendors must offer a at least one green drink option (e.g., plain water, coffee in a serve size of 400mL or less, flavoured milk in a maximum serve size of 300mL).</i> If yes, please specify drink option, brand (if any) AND size: _____	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q5 Are the alternative milks on offer (e.g., oat/soy/rice/almond milks) fortified with calcium?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
		Total	

3. Placement assessment

	Yes	No	Score
Q6 Do you keep unhealthy (red) drink items off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q6.1 If you answered No to question 6, are you willing and able to remove unhealthy (red) drink items off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q7 Are drinks with added sugar off display?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q7.1 If you answered No to question 7, are you willing and able to remove drinks with added sugar from display? *	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
		Total	

**essential criteria where a 'Yes' answer is required.*

3. Price assessment

	Yes	No	Score
Q8 Is water your cheapest drink?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q8.1 If you answered No to question 8, are you willing and able to make water your cheapest drink?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q9 Do healthy (green) drinks cost more than unhealthy (red) drinks?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Total			

4. Promotion assessment

	Yes	No	Score
Q10 Do you have advertising material or signage promoting unhealthy (red) drinks?	<input type="checkbox"/> 0 pt	<input type="checkbox"/> 1 pt	
Q11 Do you have advertising material or signage promoting healthy (green) drinks?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Q11.1 If you answered Yes to question 11, would you be willing and able to make these materials your only advertising or promotional signage?	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 0 pt	
Total			

Final score	
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5. Declaration

I/we have read, understood and agree to abide by the requirements, terms and conditions as detailed in the Mobile Food Vendor Trading Policy and Guidelines.

Name:	
Date:	
Signature:	

This Self-Assessment Checklist has been adapted from the South Metropolitan Health Service, Health Promotion 'Healthy Food Vendors Guide'.