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Canberra Businesses Taking Guess Work Out of Healthy Eating

More than 35 businesses have already signed up to the ACT Government's Healthier Choices Canberra program, which was officially launched today, making it easier for families to make healthy food and drink purchasing decisions.

"A trial of Healthier Choices, in which five local businesses took part, found benefits for consumers, the participating businesses and our community as a whole," Canberra Business Chamber CEO, Robyn Hendry explained.

"A wider roll-out of Healthier Choices has now kicked off and been eagerly embraced by the business sector who want to contribute to a healthier Canberra."

Healthier Choices Canberra is all about making it easier for Canberrans to find tasty, fresh and healthier food and drink options when they eat out, buy their groceries, visit an entertainment venue, or when watching or playing junior sports.

Following today's launch by Minister for Health and Wellbeing, Megan Fitzharris at the Hellenic Club, Canberrans will now see Healthier Choices Canberra signs displayed around town to help them identify participating businesses.

The program increases the number of healthier options available to families and make it easier for customers to spot them. Eating a variety of healthy foods is essential for good health and helps prevent disease.

Canberra Business Chamber is partnering with the ACT Government to deliver the Healthier Choices Canberra program and help roll it out to participating businesses.

"Grocery stores around the city and family friendly venues like clubs, a movie theatre, pool, and play centre are already taking part.

"The changes made can range from highlighting healthier options, through to changing menus to include healthier, competitively priced choices for kids. The Healthier Choices symbol tells consumers which options are best for them.

"The clubs, cafes and restaurants that take part receive nutrition information and advice on adapting their menu and chosen dishes, along with promotional materials which are bright, bold and contemporary to help promote the healthier choices. At least half of the children's meals on offer must meet the Healthier Choices standards."

"Canberra Business Chamber would like to commend all the businesses who have so readily participated and encourage others to become involved. We would also urge consumers to show their support for the program by visiting these venues and making healthier choices."

A list of some of the participating businesses is attached below.

Healthier Choices Canberra – Participating Businesses

Deakin - IGA Supermarket Ngunnawal - IGA Supermarket Holt - IGA Supermarket

The Spence Grocer Melba - IGA Supermarket

Nicholls - IGA Supermarket Drakeford - IGA Supermarket Yarralumla - IGA Supermarket
Palmerston - IGA Supermarket Cook - The Friendly Grocer Hackett - IGA Supermarket Ainslie
- IGA Supermarket

The Chifley Grocer Gordon - IGA Supermarket

Chapman - IGA Supermarket

Tuggeranong - Canberra Southern Cross Club Jamison - Canberra Southern Cross Club
Woden - Canberra Southern Cross Club

The Ainslie Football Club The Ruc

Hellenic Club Woden

Vikings - Town Centre Tuggeranong Let's Play Nicholls

Mega Bites - Questacon Limelight Cinema

CITSA Fresh to Go - Reid, Fyshwick and Bruce Inflatable World - AIS Kambah

YMCA - Venue - Olympic Pool

NB: This list is not exhaustive

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