

Food Environment Audit Tool

Health Facility:		Location:	
Date audit completed	Time:		Initials of auditor:
Type of outlet /name			
Point of Sale (describe what is available)	1) Checkout Areas	2) Countertops	
Marketing	Number of promotional posters at outlet (describe what is displayed)	Meal deals (list any discounted meals that include occasional foods)	

Category	List of Foods and Drinks	# types	Comments
Everyday Snacks	Canned tuna/chicken (plain, spring water, including packaged with plain crackers/ salads/beans/pasta. Does not include processed chicken roll/loaf)		
	Cheese		
	Custard (no added confectionary)		
	Dips (hommus, tzatziki, veg-based) NOT cream-cheese or sour-cream-based dips)		
	Dried fruit (non-coated) (<50g)		
	Fruit (if canned, in juice,not in syrup)		
	Unsalted nuts, seeds, popcorn, legume snacks (including mixed with plain dried fruit)		
	Lightly salted nuts and seeds (<50g) (no sweet coratings)		
	Lightly salted and flavoured popcorn (<50g) (including lightly salted microwave varieties), not coated with caramel, toffee, carob, chocolate)		
	Lightly salted legume snacks (<50g) (wasabi peas, roasted and salted chickpeas)		
	Muesli and Snack bars (<50g) (e.g. cereal-based bars, fresh or dried fruit-based bars, nut bars, protein bars and breakfast bars No added yoghurt or confectionery e.g. chocolate, chocolate chips, marshmallow, sprinkles)		
	Savory biscuits/crackers/crispbread (preferably whole grain)		
	Scones, pikelets, pancakes (no added confectionary)		

	Vegetables & Legumes (lentils/beans)		
	Yoghurt (greek, natural, plain, flavoured, soy, excludes coconut-milk based) No Added confectionary.		
Occasional Snacks	Cakes & sweet pastries (muffins, banana bread, brownie, carrot cake, choc cake, fruit cake, cupcake, croissants) (<80g)		
	Confectionery (choc, choc spreads, boiled sweets, fruit jellies, icing, yoghurt type confectionary or yoghurt coating) (<50g)		
	Desserts (mousse, cheesecake, puddings, rice pudding, custard, jelly) (<100g)		
	Ice cream, frozen yoghurt, ice blocks (<85ml)		
	Salty snacks (e.g. chips and crisps (potato, corn, grain and wholegrain-style, vegetable), flavoured baked savoury biscuits, extruded snacks (cheese, bacon, BBQ flavoured puffed snacks, extruded vegetable snacks), coated nuts, soy crisps, flavoured rice snacks, noodle snacks and pretzels) (<50g)		
	Sweet biscuits (<50g)		
Everyday Cold Meals	Frittata (no pastry) (everyday fillings)		
	Salads (garden, pasta, bean, couscous, quinoa, egg, potato-based, coleslaw, tabouleh)		
	Sandwiches/wraps/rolls (everyday fillings, any type bread)		*lean ham is Everyday ingredient
	Sushi/rice paper rolls - everyday fillings (tuna, avocado, salmon, veg, tofu, chicken, uncoated lean meats) (NO deep fried/tempura)		

Occasional Cold Meals	Sandwiches/wraps/rolls/salads/sushi/frittata (occasional fillings eg bacon, ham, salami, chorizo, prosciutto, coated/crumbed meat eg chicken schnitzels, coated/crumbled falafel, vegetable tempura, food with pastry) (<60g processed meats/<140g crumbed coated meats)		
Everyday Hot Meals	Dim sum, wontons, steamed buns (not fried)		
	Pasta (lasagne, spaghetti bolognese, ravioli, macaroni and cheese, pasta bakes, canned spaghetti)		
	Pizza (Everyday toppings e.g. roast chicken, veg, pineapples, cheese, preferably thin crust,muffin/pita base, and wholemeal)		
	Risotto and rice dishes (chicken risotto, mushroom risotto, vegetable risotto, nasi goreng, mexican rice, paella)		
	Indian		
	Asian – with rice		
	Asian – with noodles		
	Mexican (soft tortillas only)		
	Soup		
	Jacket (baked) Potatoes - everyday toppings (salad, tuna, baked beans, sweetcorn, savoury lean meat)		
	Burger patties/rissoles/meatballs/falafel/veggie (uncoated)		
	Toasties and open melts (everyday fillings)		
	Everyday Hot Breakfast (everyday fillings) *lean ham is Everyday, no deep fried food		

Occasional Hot Meals	Hot meals with OCCASIONAL food/fillings (<450g) (pizza/pasta/risotto with processed meats such as bacon/prosciutto; meals with crumbed/ coated meat, such as schnitzel meals or crumbed burgers; meals with hot chips/wedges; sausage sizzle or meals with sausages; breakfast or other meals with bacon/sausages/hash browns; nachos or tacos with corn chips or hard taco shells/bowls; jacket potato or burgers with processed meats such as bacon; meals including garlic bread or pastry) *lean ham is Everyday ingredient		
	Crumbed and coated foods (hot or cold) (<140g)		
	Garlic bread & cheese/bacon rolls/pull-apart breads (<90g)		
	Hot potato products (chips, hashbrowns, wedges, gems, scallops, potato bakes) (<100g)		
	Instant flavoured noodles/ hot noodle cups (<75g dry pack weight)		
	Corn chips, hard taco shells/bowls-tacos/nachos/bowls (<50g)		
	Pies (<180g, <250g for potato top)		
	Processed meat (bacon, chicken roll, pastrami, salami, pepperoni, chorizo, pancetta, prosciutto, mortadella, frankfurts, sausages and hot dogs. Does not include compressed whole muscle-meat products, such as formed chicken-breast, free-flow chicken, formed fish-fillet (<60g)		
	Sausage rolls, savoury pastries (sausage rolls, spring rolls, samosas, quiche, filled pastries, cheese&spinach triangles) (<120g)		

Everyday drinks (not in fridges)	Water (tap, spring, mineral, sparkling) (includes infused with flavouring, fruit/herb essence or fruit juice flavouring up to 4%)		
	Plain milk, milk alternatives		
	Tea (leaf/herbal) No added sugars or intense sweeteners		
	Fruit/vegetable juice (including coconut water) (99% fruit or veg) (no added sugar or intense sweeteners) (<400ml)		
	Coffee (freshly made) (All espresso, instant, filtered, percolated coffees e.g. coffee made with water and/or milk, latte, cappuccino, mocha, and iced-coffee. May be blended with ice (frappe) or frozen. Preferably reduced fat. (<500ml)		
	Liquid breakfast drinks/protein drinks (<500ml)		
	Flavoured milk/alternatives (e.g. chocolate flavoured milk, iced-coffee flavoured milk, hot chocolate, iced chocolate, drinking yoghurt. Flavoured milk and milk alternatives served frozen or blended with ice (e.g. frappes) are Everyday drinks. (<500ml)		
	Milkshakes/smoothies (fruit based, or milk/milk/alternative-based, no ice-cream/gelato) (<500ml))		
Occasional drinks (not in fridges)	Diet and sugar-free drinks (e.g. diet soft drinks, diet iced teas, diet flavoured mineral waters, diet energy drinks, diet sports waters and sports drinks, diet cordials and no-sugar slushies) (<500ml)		
	Thick shakes/smoothies (w/ ice cream/gelato/sorbet) (<500ml)		

Drinks

A	Water (still, mineral, lightly flavoured, sparkling plain, no sugar added)	Please list any additional items in the vending machine, and which items were over the appropriate portion size:
B	Water (fortified) (eg, Vitamin or Smart Water)	
C	Lightly sparkling water (flavoured)	
D	Coconut water	
E	Milk, plain (or milk alternative)	
F	Milk, flavoured (<500ml)	
G	Fruit/Vegetable Juice (99%) (<400ml)	
H	Fruit drink	
I	Iced Tea	
J	Soft Drinks (non-diet e.g. Cola/Sprite/Lift/Fanta/Deep Spring) (<500ml)	
K	Diet soft drinks (e.g. Coca Cola Zero, Coke Life, Sprite Zero) (<500ml)	
L	Sports drinks (normal e.g. Powerade Ion)	
M	Sports drinks (sugar-free)	
N	Energy Drinks (normal)	
O	Energy Drinks (sugar-free)	
P	Protein drinks	
Q	Liquid breakfast drinks (<450g)	
R	Coffee flavoured drink	

Fridge One:

Commercial fridge? Yes/No

Shelf	Start from Left to Right; Item x Quantity in rows
1 (Top)	
2	
3	
4	
5	
6	

Fridge Two:

Commercial fridge? Yes/No

Shelf	Start from Left to Right ; Item x Quantity in rows
1 (Top)	
2	
3	
4	
5	
6	