

SGF
healthy
living
programme

Healthy Living Programme

The Healthy Living Programme is here to support Scottish independent retailers offer healthy choices, increase sales and assist in the goal of achieving a healthy nation.

Across Scotland we are supporting retailers to deliver these options to the Scottish consumer. Our Healthy Living Development Managers work closely with our retailers to promote healthier options throughout your store in all categories and to support the development of more effective point of sale.

Our goal is to increase the range, availability, quality and affordability of fresh produce and healthier products from other categories in convenience stores across Scotland.

We work closely with retailers and convenience stores across Scotland to promote healthier options by targeting consumers directly in store and trying to encourage the change of shopping habits.

What would a Development Plan Involve?



Essential

Merchandising

Affordability/Availability



Core

Community Involvement

Merchandising

Affordability/Availability



Premium

Food to Go

Food Waste/Sustainability

Community Involvement

Merchandising

Affordability/Availability

Healthy Living Programme



210x210mm



80



1400mm



Wheels/castors option



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Healthy Living Programme

Our events bring retailers, schools & communities together to promote healthier lifestyles.

From loyalty schemes that reward children for choosing fruit to engaging with school pupils through our Welby Breakfasts.

The Healthy Living Programme creates opportunities for education, connection and lasting impact.

Over 44k pupils received a healthy breakfast to date.



Recognition

Each level will receive a certificate and window sticker to have on display in-store.

(This demonstrates to customers the commitment that the store has in helping in maintaining the offering of healthier options)

Premium retailers will be announced via all **HLP social media** platforms and through the website. A blog on the retailer and store will be created and uploaded.



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*Cooking
at home*

Scan for recipes

Cooking
at home



Cooking
at home

Recipes

Spaghetti Bolognese

Preparation: 10 mins
Cooking: 15 mins
Serves 4, costs under £2.00

Ingredients

500g Mince
90g Dried Spaghetti
2 Onions
1 Red Pepper
250g Mushrooms
2 Cloves Garlic
Salt & Pepper

Allergy Disclaimer
Always check the label of each ingredient
for allergy warnings.

Nutritional Information
based on a single serving of 400g

Energy	86.00 kcal 361.00 kJ	Saturates	0.01g
Fat	0.50g	Sugar	11.40g
Saturates	0.01g	Salt	0.70g



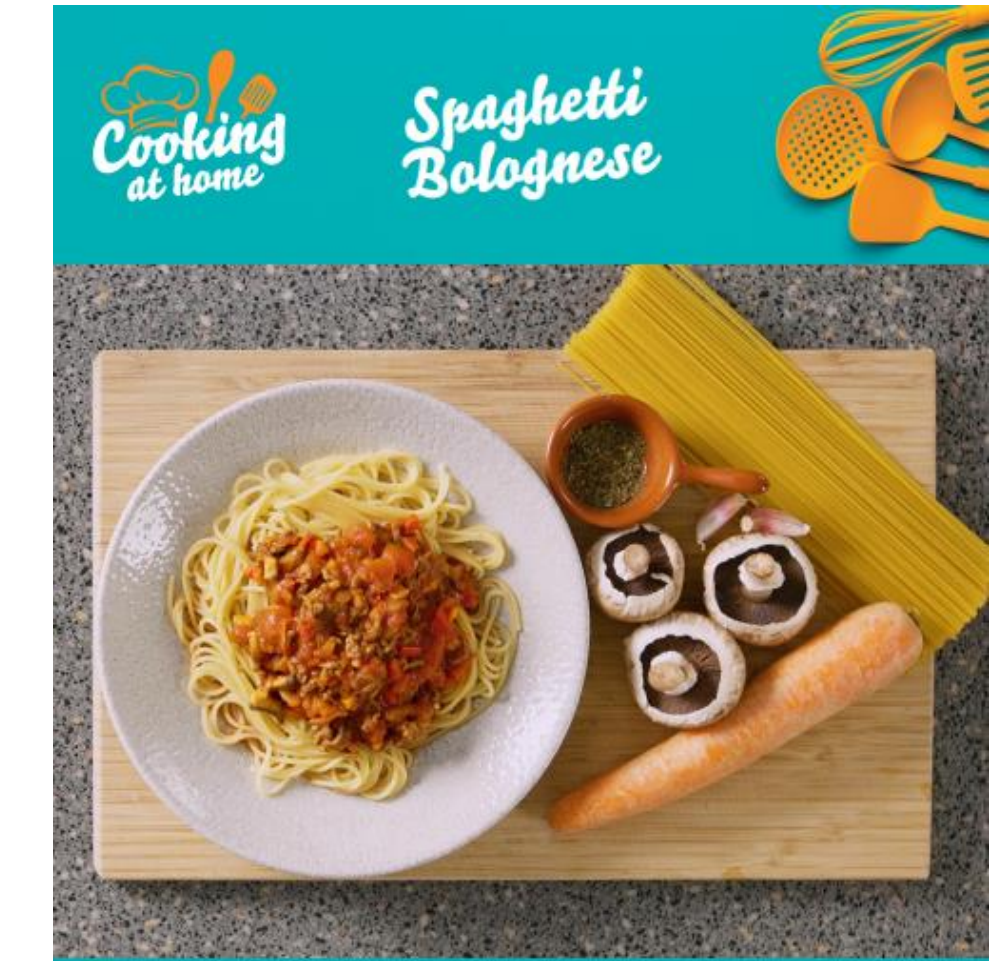
Method

1. Peel and chop the onions.
2. Chop the mushrooms and pepper
3. Finely chop or crush the garlic
4. Heat oil in a large pan then slowly brown the onions over a gentle heat
5. Add the mince, stir to stop sticking
6. Add the remaining ingredients, apart from the spaghetti
7. Bring the sauce to the boil, cover and then lower the heat and simmer gently for 15-20 minutes
8. Bring a large pan of water to boil, add the spaghetti and follow the instructions on the packet for cooking.
9. Add the black pepper to the sauce
10. Drain the spaghetti

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your shopping



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more and apply

HLP x KeyStore

To celebrate our 150th anniversary, we have committed to providing 150 KeyStore FOC stock to create an HLP approved meal.

Each store will receive:

- Case of pasta (6 bags)
- Case of chopped tomatoes (12 cans)
- Case of ambient grated cheese (12s)
- KeyStore branded recipe cards

Store needs to provide their own onion and bag



Ingredients

- 2 Tins (800g) Chopped or Plum Tomatoes
- 1 Medium Sized (150g) Onion
- 1 (3g) Garlic Clove or 1 Teaspoon Garlic Puree
- 1 Teaspoon (1g) Mixed Herbs
- 2 Cups (300g) Dried Pasta
- 4 Heaped tablespoons (80g) Reduced Fat Cheese (grated)
- 1 Tablespoon (10g) Vegetable Oil

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Cost Saver Tips

Add spare veggies if you have in the fridge.

Tips for Kids

To up their fibre intake, try using wholemeal pasta.

Nutritional Information

Based on a single serving of 382g	Energy 362 kcal (18 %) 1,373 kJ (18 %)	Fat 3.1 g (16 %)
Saturates 61.1 g (%)	Sugar 11.3 g (13 %)	Salt 0.4 g (7 %)

Method

1. In a large saucepan cook the pasta according to instructions on the packet.
2. Peel and chop the onions and finely chop or crush peeled garlic.
3. Heat the oil in a medium saucepan and add onion and garlic.
4. Gently fry over medium heat until soft.
5. Add the tinned tomatoes and herbs and simmer gently for 6-8 minutes. If using plum tomatoes, chop them up using a spoon when in the pan.
6. Drain the pasta, add to the sauce and sprinkle the grated cheese on top.

Parent Club

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Healthier
Scotland
Scottish
Government

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