

Heart Foundation Tick Shopping List



Bread and cereal products

Bread

A1 Bakery	White Pita Bread; Wholemeal Pita Bread
Aladdin	Hi-Fibre Pita Bread; White Pita Bread; Wholemeal Pita Bread; Hi-Fibre Pocket Pita Bread
Burgen	Oatbran & Honey Bread
Cedar	White Pita Bread; Wholemeal Pita Bread
Country Life Bakery	LowChol Mixed Grain & Oat Bread; LowChol Soft White Oat Bread
Kadamani	Hi-Fibre Flat Bread; White Flat Bread; Wholemeal Flat Bread
MEB	White Pita for Kebabs
Old Time Bakery	Corn Bread; Rye Tannour Bread; Spelt Tannour Wraps Yeast Free Bread; Wholemeal Spelt Tannour; Wholemeal Tannour Low Sugar Low Salt High Fibre; Wholemeal Tannour Yeast Free
Original	Sorj Bread; Turkish Pide; Turkish Rolls; White Pita Bread; White Pocket Bread; Wholemeal Pita Bread; Wholemeal Pocket Bread
Telstar Bakery	Pita-Lite Hi-Fibre Pocket Bread; Pita-Lite White Pocket Bread; Pita-Lite Wholemeal Pocket Bread
Turkish Bakeries	Baby Turkish Bread 4 pack; Round Turkish Bread; Turkish Bread Pide; Turkish Bread Rolls 4 pack; Turkish Subs 4 pack
Vitastic	Hi-Fibre Khobz Lebanese Bread; Hi-Fibre Pocket Pita; Organic Khobz White Lebanese Bread; Sorj Corn; Sorj Rye; Sorj White/Wholemeal; Sorj White Organic; Turkish Bread Rolls 3 pack; Turkish Pide; White/Wholemeal Family Pita; White/Wholemeal Khobz Lite Lebanese Bread; White/Wholemeal Pocket Pita;

Savoury Biscuits

Kavli	Crispy Thin Crispbread; Golden Rye Crispbread; Hearty Thick Crispbread
Sunrice	5 Grains Thin Rice Cakes; Thick Corn & Sesame Rice Cakes; Thick Sliced Original Rice Cakes; Thin Original Rice Cakes; Thin Mixed Grain Rice Cakes; Thin Rice & Corn Rice Cakes

Sweet biscuits

Paradise	Highland Oatmeal; Malt; Rich Tea
Snack Right	Fruit Pillow: Apple & Blackberry, Apple & Sultana, Wild Berry
Snack Right	Fruit Slice: Apricot, Sultana
Vive Wellbeing	Choc Caramel Cookies; Muesli Cookies

Breakfast Cereals

Kellogg's	All-Bran: Original, Dual, Tropical, Wheat Flakes, Wheat Flakes Honey Almond; Guardian; Just Right: Original, Tropical; Mini-Wheats: 5 Grains, Blackcurrant; Sultana Bran: Original, Crunch
Sanitarium	Light 'n' Tasty: Apricot, Mango & Passionfruit, Triple Berry
Uncle Tobys	Bran Plus; Healthwise: For Heart, For Bowel and Digestive Health; Oat Brits; Oats: Quick, Traditional; Plus: Antioxidant Lift, Fibre Lift, Muesli Flakes, Sports Lift; Vita Brits: Original, Organic; Vita Weeties

Cereal based bars

Fontelle	Fibre Fix: Fruits of the World, Superberry
Be Natural	Trail Bars: Cranberry, Honey Nut, Nut & Fruit
Kellogg's	K-time Twists: Apple & Cinnamon Flavour, Raspberry & Apple, Strawberry & Blueberry, Strawberry & Yoghurt
Leda Nutrition	Nature: Apple & Pomegranate Bar, Blueberry & Goji Bar
Tasti Milkies	Choc Vanilla, Choc Banana, Choc Strawberry
Uncle Tobys	Bodywise Bars: Apple Cinnamon, Berry Fusion, Honey Almond Bliss; Fruit Breaks: Apple & Blackcurrant Twists, Strawberry & Blueberry, Strawberry Smoothie

Grains plain

Sunrice Doongara Clever Rice

Grains processed

Continental Couscous: Mediterranean Vegetables & Herbs, Moroccan Spices, Tomato & Basil; Rices of the World: Indian Mild Curry, Spanish Roasted Vegetables, Thai Coconut & Lime, Italian Sundried Tomato & Basil; Risotto: Cheese & Bacon, Mushroom & Garlic

Continental Asian Rices Chinese; Oriental Fried Rice; Thai Coconut Coriander & Lime; Thai Lemongrass Lime & Mild Chilli

Continental Rices Beef & Mushroom; Cheesy; Chicken & Sweetcorn; Chicken & Vegetable; Chicken; Satay

Rice a Riso Chicken

Muffins

Sara Lee Apple & Blueberry Muffin

Pasta and Noodles - Plain

Changs Egg Noodles

Pasta and Noodles - Processed

Asiana Selection Prawn Har Gow & Spinach Dumpling; Prawn Shamoi & Mushroom Dumpling; Seafood Dumpling & Vegetable Bun

Continental Macaroni Cheese: Cheese & Bacon, Nacho Cheese, Super Saucy; Pasta & Sauce: Alfredo, Cheese & Black Pepper, Chicken & Mushroom, Chicken Curry, Creamy Bacon Carbonara, Creamy Mushroom & Bacon, Four Cheeses, Lite Alfredo, Lite Chicken Curry, Lite Creamy Bacon Carbonara, Lite Creamy Pumpkin & Chives, Macaroni & Cheese, Mexicana, Mushroom & Wine, Mushroom Garlic & Black Pepper, Savoury Tomato & Onion, Sour Cream & Chives, Sour Cream & Mushrooms, Verdi Twists, Wholegrain Cheesy, Wholegrain Creamy Carbonara, Wholegrain Creamy Sundried Tomato, Wholegrain Parmesan and Cracked Pepper

Leggo's Kids: Saucy Bolognese with Pasta Swirls, Too Good Tomato with Short Spaghetti; Light and Tasty Pasta: Chicken Sundried Tomato with Casarecce Pasta, Napoletana Shiraz with Orrechiette Pasta, Tuna Tomato & Herb with Orrechiette Pasta

Pacific West (Oriental Selections) Prawn Har Gow & Spinach Dumpling; Prawn Shamoi & Mushroom Dumpling; Seafood Dumpling & Vegetable Bun

Fruit and Vegetable Products

Fresh fruit and veg All fresh fruit and vegetables qualify for the Tick

Fruit - dried

Meriram/Sunsol/Nu-Vit Dried Apricots; Dried Bananas; Sultanas
 Robern Frubears: Apple, Apricot; Fruit Medley; Fruit Salad

Fruit Bars

Go Natural 100% Fruit Bars: Apricot, Peach and Apple
 Uncle Tobys Fruit Fix: Blackcurrant, Mango, Strawberry

Fruit - Shelf Stable

Goulburn Valley Apricot Halves in Natural Juice; Fruit Salad in Natural Juice; Peach & Pine in Tropical Juice; Peach Halves in Natural Juice; Peach Slices in Mango; Peach Slices in Natural Juice; Pear in Cranberry; Pear Slices in Natural Juice; Tropical Fruit Salad; Two Fruit in Natural Juice; Whole Plums in Natural Juice

Legumes canned

Edgell Borlotti Beans; Butter Beans; Chick Peas; Chick Peas No Added Salt; Four Bean Mix; Four Bean Mix No Added Salt; Large Red Kidney Beans; Red Kidney Beans; Red Kidney Beans No Added Salt

SPC Baked Beans Salt Reduced; Spaghetti Salt Reduced

Legumes dried

McKenzie's

Black Eye Beans; Borlottii Beans; Cannellini Beans; Chick Peas; Dried Peas; Green Split Peas; Italian Soup Mix; Lima Beans; Pearl Barley; Red Kidney Beans; Red Lentils; Soup Mix; Whole Green Lentils; Yellow Split Peas

Nuts and seeds

Foodimex

Almonds: Blanched, Flaked, Raw, Slivered; Aussie Mixed Nuts; Cashews Dry Roasted; Macadamias Raw; Mixed Nuts Raw; Peanuts: Blanched, Dry Roasted Crushed; Pecans Raw; Pepitas; Sunflower Kernels; Walnuts

Meriram/Sunsol/Nu-Vit

Almond: Meal, Blanched, Flaked, Raw, Slivered; Brazil Nuts; Cashews; Hazelnuts; Linseed; Linseed Meal; LSA Mix; Macadamia; Peanut Kernels; Pecan Nuts; Pepitas; Phyto Soy LSA Mix; Pinenuts; Pistachio Kernels; Poppy Seeds; Raw Mixed Nuts; Sunflower Kernels; Walnuts

Potato products frozen

Birds Eye

Oven Bake Chips: Chunky Cut, Chunky Steakhouse, Crinkle Cut, French Fries, Homestyle

Birds Eye Light & Tasty

Steakhouse, Straight Cut

McCain Healthy Choice

Chunky Cut Chips; Country Style Wedges; Straight Cut Fries

McCain Superfries

Mum's Cut; Straight Cut; Rustic Fries; Crinkle Cut

Vegetables - Frozen

Birds Eye

Frozen vegetables: Baby Beans, Baby Peas, Broccoli Florets, Broccoli, Brussel Sprouts, Carrot Rings, Cauliflower, Chopped Onions, Corn Cobs, Corn Kernels, Garden Peas, Julienne Carrots, Minted Peas, Mixed Vegetables, Sliced Green Beans, Sliced Onions, Cut Pumpkin, Cut Sweet Potato

Birds Eye Country Harvest

Broccoli & Cauliflower; Carrot, Cauliflower, Broccoli & Sugar Snap Peas; Carrot, Cauliflower & Broccoli; Carrot, Peas & Corn; Chunky Mix; Corn, Peas, Carrot & Broccoli; Garden Mix; Mixed Vegetables; Peas & Supersweet Corn; Peas, Carrot & Cauliflower; Peas, Corn & Capsicum; Spring Greens Mix

Birds Eye Farmers Market

Broccoli & Cauliflower; Mini Corn Cobbs, Broccoli and Cauliflower; Mini Corn Cobbs and Whole Baby Beans; Whole Baby Beans and Whole Baby Carrots; Broccoli, Mini Corn and Whole Baby Carrots; Broccoli, Corn, Peas & Green Beans Mix; Broccoli, Cauliflower & Carrot Mix; Broccoli, Cauliflower & Yellow Bean Mix

Birds Eye Steam Fresh

Carrot, Broccoli & Corn; Carrots, Peas & Green Beans; Cauliflower, Green Beans & Julienne Carrot

Birds Eye Stir Fry

Cantonese; Chow Mein; Malaysian; Shanghai; Thai

McCain

Frozen vegetables: Baby Peas, Baby Beans & Carrots, Broccoli, Brussel Sprouts, Carrot Cauliflower Broccoli & Beans, Carrot Cauliflower Broccoli & Sugar Snap Peas, Corn Cobettes, Corn Kernels, Cut Green Beans, Garden Greens, Golden Beans, Mint Peas, Mixed Vegetables, Peas & Corn, Peas, Peas & Sweet Corn, Peas Corn & Carrots, Sliced Beans, Stirfry Supreme Veg, Super Juicy Corn Cob, Whole Beans, Winter Vegetables

McCain Purely Potato

Potato: Cubes, Slices, Chunks; Sweet Potato: Cubes

McCain Steam Fresh

Super Juicy Corn Kernels; Baby Beans; Baby Peas & Super Juicy Corn Kernels; Baby Peas; Baby Peas, Carrots & Super Juicy Corn Kernels; Broccoli, Carrot, Corn Kernels with Country Herb Dressing; Green Beans, Carrot, Broccoli & Cauliflower in a Honey Mustard Dressing

Vegetables processed

Continental

Potato Mash: Cheese, Homestyle, Smooth & Creamy, Sour Cream & Herb, with Pumpkin

Edgell

Veggie Mixes: Corn & Chickpeas; Corn & Four Bean; Butter Beans, Peas & Corn

Milk and Dairy Products

Cheese - Hard yellow

Bega So Light	25% Reduced Fat Cheese Block, Slices, Shredded
Bega So Light Extra	50% Reduced Fat Cheese Block, Slices, Grated, Shredded
Bega So Light Vintage	25% Reduced Fat Vintage Cheese Block, Slices
Mainland	Light Cheddar Cheese Block, Slices, Grated
Perfect Italiano	Grated Light Mozzarella; Light Pizza Plus Shredded Cheese

Cheese - Soft

Bulla	Cottage Cheese Low Fat: Gherkin, Onion & Chives, Original, Sweet Chilli, Sundried Tomato & Basil
Dairy Farmers	Low Fat Cottage Cheese (plain)
Kraft	Philadelphia Extra Light Spreadable Tub, Mini Tubs
Mamma Lucia Cheese	Reduced Fat Smooth Ricotta
Pantalica	Light Ricotta Cheese
Perfect Italiano	Extra Light Ricotta; Light Ricotta

Custard

Dairy Farmers	Pouring Custard: Lite, Regular
---------------	--------------------------------

Ice-cream and Frozen yoghurt

Billabong	Chocolate; Vanilla Choc; Strawberry; Caramel
Bulla	Light Selections Pack (Strawberry, Blueberry, Raspberry); Light Variety Pack (English Toffee, Mango, Chocolate); Milky Pops 10 pack (Strawberry, Chocolate & Banana)
Bulla Frozen Fruit N Yoghurt	Apricot; Fruit Salad; Mango; Passionfruit; Raspberry; Selections 10's; Strawberry; Wild Berry; Variety 10's
Moosies	Banana; Blue Moon; Caramel; Chocolate; Lime; Strawberry
Peters	No Sugar Added Vanilla
Skinny Cow	Sundae Cups: Choc Berry, English Toffee, Vanilla Choc; Sticks: English Toffee, Choc Chip, Vanilla Choc, Choc Chip

Milk & Milk Alternatives

Anchor	Lite UHT Milk; Skim UHT Milk
Brownes	Heart Plus Low Fat Milk; Hi-Lo Milk; Skim Milk
Dairy Farmers	Buttermilk; Take Care Low Fat Fresh Milk
Devondale	Point One UHT; Reduce (High Calcium Low Fat) UHT; Skim Powder; Smart Milk Daily Pasteurised; Smart Milk Plus UHT; Smart UHT; Smart with Omega-3 UHT
Diploma	Skim Milk Powder; Skim UHT Milk Jiggers
Farmers Best	Reduced Fat Milk Fresh
Farmers Union	Light Iced Coffee Milk
Feel Good	Chocolate Milk; Coffee Milk
Kiewa	Lite Fresh Milk; Slim Plus Milk
Norco	Calcium Start Milk; Hi-Lo Milk; Lite Milk; Super Skim Milk
REV	Health Plus+ Fibre
Nestlé	Milo B-Smart; Nesquik Plus Chocolate

Cream alternatives

Carnation	Light and Creamy; Light and Creamy Coconut
-----------	--

Yoghurt

Bulla Fruit'n Yoghurt	Drinking Yoghurt: Apricot, Fruit Salad, Raspberry, Strawberry, Vanilla
Bulla Lite N Healthy	Apricot; Fruit Salad; Passionfruit; Plain; Strawberry; Vanilla; Wildberry
Dairy Farmers	Traditional Lite Yoghurt
Nestle All Natural	Mango; Passionfruit; Strawberry
Nestle Munch Bunch	Raspberry & Vanilla; Strawberry & Vanilla; Strawberry,

Meat Products

Meat - Plain

Macro Meats Kangaroo Meat: Diced, Fillet, Mince, Steak
Meat & Livestock Australia Lean Beef; Lean Lamb; Lean Mutton; Lean Veal
Australian Pork Lean Pork

Meat pre-sliced luncheon

Hans 97% Fat Free Champagne Leg Ham; 97% Fat Free Fine Sliced Roast Chicken
Don Shaved Lite Leg Ham

Meat processed

Angel Bay Gourmet Lite Burger Pattie
Macro Meats Kanga Banga
Peppercorn Food Company Extra Lean Beef Burger; Extra Lean Beef Burger with Fresh Asian Herbs & Spices;
Extra Lean Beef Chipolata; Extra Lean Beef Chipolata with Fresh Asian Herbs &
Spices; Extra Lean Beef Sausage; Extra Lean Beef Sausage with Fresh Asian
Herbs & Spices; Extra Lean Sausage Italian Style; Extra Lean Pork Sausage with
Fresh Ginger & Shallots

Poultry Plain

Steggles Original Chicken Breast Steaks; Premium Chicken Breast Sliced

Poultry Processed

Birds Eye Simply Kids Chicken Fingers with Vegetables
Captain Birds Eye Chicken & Vegetable Patties; Chicken, Cheese & Broccoli Patties
Inghams Turkey Mince; Herb & Garlic Turkey Breast Schnitzel; Italian Turkey Thigh
Schnitzel; Turkey Breast Steaks; Turkey Tenderloins
Peppercorn Food Company Extra Lean Chicken Sausage with Fresh Lime & Spices
Steggles Turkey Breast Steaks

Non Alcoholic Beverages

Fruit Juice

Grove Juice of Orange; Mandarin & Mango; Mandarin
Juicies Apple; Orange; Pineapple; Tropical; Wildberry

Seafood Products

Seafood Canned

John West Light Tuna: in Brine, in Springwater, in Springwater Sandwich Style; Medium Red
Salmon; Pink Salmon; Pink Salmon No Added Salt; Red Salmon; Red Salmon No
Added Salt; Tuna: Olive Oil Blend, Springwater, Slices in Springwater, Slices in
Olive Oil Blend; Scottish Sardines in Springwater
John West Salmon Tempters Chili; Mayonnaise; Olive Oil Blend; Onion & Tomato; Oven Dried Tomato & Basil
John West Tuna Tempters Chili; Lemon & Cracked Pepper; Mild Indian Curry; Olive Oil Blend; Onion &
Tomato in Savoury Sauce; Oven Dried Capsicum & Chili; Oven Dried Tomatoes &
Basil; Smoked Flavour; Spicy Tomato; Sweetcorn & Mayonnaise; Tomato Salsa;
Zesty Vinaigrette
Mariners Choice Tuna in Springwater
Seakist Tuna: in Brine, in Springwater

Seafood Plain

Birds Eye Atlantic Salmon French Cut; Cape Hake Steaks
John West Atlantic Salmon: Portions, Skin On; Blue Grenadier; Flathead; Ocean Trout
Portions; Ocean Trout Skin On; Yellowtail Kingfish Portions
Sealord Simply Natural Dory
South Australian Seafoods Boston Bay Mussels

Seafood Processed

Birds Eye	Fish Fingers; Original Crumbed Hoki Fish Fillets; Oven Bake Fish Fillets: Crunchy Potato Crumbed, Herb & Garlic Crumbed, Lemon Crumbed, Lemon Pepper Crumbed, Lightly Battered, Original Crumbed, Sweet Corn; Lightly Seasoned: Garlic & Parsley, Lemon & Cracked Pepper, Sea Salt
Birds Eye Steam Fish Fillets	Lemon & Mild Chilli; Lemon & Parsley; Roast Garlic & Spring Onion; Thai Coconut Curry
Captain Birds Eye I&J	Fish Fingers Captain's Catch Lightly Seasoned Sea Salt Fish Fillets; Captain's Catch Lightly Seasoned Lemon Pepper Fish Fillets
Sealord	Fish Flips; Fish Fingers; Tasty Breadcrumbs Hoki; Simply Natural Calamari & Sauce; Lemon Pepper Hoki

Vegetarian and Tofu

Plant based meat alternatives

I&J	Veggie Burgers
Sanitarium	Veggie Delights Mince
Soy King	Nigari Tofu
Tixana	Tofu: Fresh, Hard, Silken, Super Soy

Oils, spreads and dressings

Margarines and spreads

Devondale	Reduce Dairy Spread
Flora	Buttery; Canola; Light Polyunsaturated Reduced Fat; Pro-activ: Light, Original, Ultra Light, with Olive Oil; Salt Reduced; Ultra Light
Gold'n Canola	Spread; Lite Spread
Harvest Award	Canola Lite
Logicol	Extra Light; Original; Plus Vitamins
Meadow Lea	Extra Light with Vitamins; Canola; Extra Light; Free; Salt Reduced
Olive Grove	Classic Spread; Extra Virgin; Lite Spread
Seachange	Omega Spread
Bertolli	Olive Oil Spread: Extra Virgin; Light Olive Oil; Olive Oil
Vitalite	Canola Spread

Salad dressings and Mayonnaise

Kraft	Classic Mayonnaise
Kraft Free	Mayonnaise
Praise	97% Fat Free Mayonnaise
Praise	Extra Virgin Olive Oil: Balsamic, Lemon & Herb, French Mustard & Herbs, French Vinaigrette
Red Kellys	Dressing: Aussi BBQ, Basil & Garlic, Caesar, Lemon Myrtle, Pepperberry, Sweet Chilli, Traditional

Vegetable oils

Chefol	Peanut Oil
Crisco	Canola Oil; Canola oil Spray; Extra Light Olive Oil; Extra Virgin Olive Oil; Peanut Oil; Pure Olive Oil; Sunflower Oil; Sunola Oil; Vegetable Oil
ETA	Canola Oil; Vegetable Oil
Filippo Berio	Olive Oil: Extra Virgin, Mild & Light, Pure
Gold'n Canola	Canola Oil; Canola Spray
Good Health	Flax Omega Oil
Kyneton	Family Selection Extra Virgin Olive Oil; Gourmet Blend Olive Oil; Organic Extra Virgin Olive Oil
Paese Mio	Extra Virgin Olive Oil; Organic Extra Virgin Olive Oil
Pro-Chef	Olive Oil Spray: Classic, Extra Light, Extra Virgin, Garlic Infused, Non-stick Canola
Real Ease	Release Agent & Cooking Spray
The Grove	Extra Virgin Avocado Oil; Lime Infused Avocado Oil
Viva	Early Harvest Extra Virgin Olive Oil; Late Harvest Extra Virgin Olive Oil; Premium Cold Pressed Extra Virgin Olive Oil

Convenience Products

Ready Meals

ChopStix	Premium Bacon Fried Rice; Premium Vegetable Fried Rice
Darshan	Premium Fried Rice with Bacon & Egg; Premium Fried Rice Vegetarian
Harvest	Hearty Irish Stew; Vegetables & Sausages
Healthy Choice	Apricot Chicken; Beef & Bacon Pasta Bake; Beef Florentine; Beef in Seeded Light Mustard; Beef Lasagne; Beef Medallions; Bowl Creamy Chicken Carbonara; Char Grilled Chicken Mango; Chicken & Vegetable Lasagne; Chicken Bolognese; Chinese BBQ Chicken; Chinese Chicken & Cashews; Creamy Carbonara; Fillet of Lamb; Honey Mustard Chicken; Lemon Chicken; Meatballs & Pasta; Oyster Beef; Pumpkin Ravioli; Sesame Chicken; Spaghetti Bolognese; Spinach & Ricotta Ravioli
Healthy Choice Plus	Honey Stirfry Chicken; Beef Hot Pot; Creamy Chicken Pasta; Prawn Fettuccine; Semi-dried Tomato & Spinach Pasta
Michelina's	Beef Ravioli; Cheese Stuffed Rigatoni; Fettuccine Pesto; Lasagne; Prawn & Vegetable Alfredo; Spaghetti Bolognese
Tender Loving Cuisine	Beef Goulash; Chicken Casserole; Chicken Curry Mild; Chicken Parmigiana; Chicken Schnitzel; Fishermans Pie; Grilled Steak with Mushroom Sauce; Homestyle Rissoles & Onion Gravy; Indian Style Lamb Curry; Lamb Casserole; Lamb Steak with Rosemary; Lemon Fish; Pepper Steak; Pineapple Chicken; Roast Beef with Rich Brown Gravy; Roast Chicken; Roast Lamb & Mint Jelly; Salmon Fish Cakes; Shepherds Pie; Spaghetti Beef & Tomato; Traditional Meatloaf

Savoury pies, pasties and pizzas

Balfours	Better Bite Meat Pie
Darshan	Assorted Mini Rolls (Beef, Chicken Vegetable); Beef Croquettes; Entertainment Pack; Premium Beef Samosas; Premium Tandoori Chicken Curry Puffs; Savoury Beef Rolls; Savoury Chicken Rolls; Savoury Vegetable Rolls; Vegetable Croquettes; Vegetable Curry Puffs; Vegetable Samosas
Four 'N Twenty	Aussie Meat Pie; Lite Meat Pie; Traveller Beef Pie; Traveller Chicken & Vegetable Pie;
Ho Mai Healthy Selections	Beef Mini Dim Sim; Chicken & Corn Mini Dim Sim; Chicken & Corn Wrap; Thai Chicken Wrap
Hot Bites	Mince Murphies
McCain Pizza Singles	Cheese & Bacon; Ham & Pineapple; Meatlovers; Supreme
Papa Giuseppe's Tasty Balance	BBQ Meat Feast; Hawaiian; Hawaiian Pizza Slice; Tropical Supremo Pizza Slice; Tropical Supremo
Patties	Aussie Sausage Roll
Stones	Snack Size: Chicken & Corn Pastizzi, Fetta Pastizzi, Ricotta Pastizzi, Spinach & Ricotta Pastizzi
Rapperz	Hawaiian Calzone; Vegetable Calzone
The Good Eating	Beef Pie; Potato Top Beef Pie; Snack Pie; Cruiser Lite Beef Pie; Cruiser Beef & Cheese Pie

Soups

Campbells Country Ladle	Beef & Vegetable; Butternut Pumpkin; Chicken & Pasta; Chicken & Sweet Corn; Chicken & Vegetable with Wholegrain Pasta; Creamy Chicken; Creamy Tomato with Cheese Ravioli; Curried Vegetable & Lentil; Farmhouse Vegetable; Golden Pumpkin & Tortellini; Hearty Vegetable with Wholegrain Pasta; Minestrone with Wholegrain Pasta; Minestrone; Pea & Ham; Potato & Leek; Salt Reduced Minestrone; Slow Cooked Beef & Tomato with Cracked Pepper; Tomato & Vegetable Pasta; Spring Lamb & Vegetable; Garden Vegetable & Wholegrain Barley; Creamy Chicken & Mushroom with Wholegrain Brown Rice; Microwave: Butternut Pumpkin, Chicken & Pasta, Homestyle Vegetable & Barley, Minestrone, Chicken & Vegetable with Wholegrain Pasta, Beef & Tomato with Cracked Pepper
Continental Cup-a-Soup Garden	Chicken & Vegetables; Creamy Mushroom; Golden Pumpkin; Potato & Leek;
Harvest	Tomato & Herb
Continental Cup-a-Soup Vegiful	Eight Vegetable; Rich Tomato; Potato & Leek; Winter Vegetable

Sauces and Dips

Cooking Sauces

Leggo's

Sugo Di Pomodoro: Classic Tomato; Italian Herbs with Basil

Tomato Sauce

Fountain

Tomato Sauce No Added Salt

White Crow

Tomato Sauce No Added Salt

Other

Eggs

All fresh hens eggs qualify for the Tick

Spreads - peanut butter and other

Mayvers Health Time

Tahini: Organic Hulled, Organic Unhulled, Honey, Hulled, Unhulled

Sanitarium

Peanut Butter No Added Salt/Sugar: Crunchy, Smooth

Stocks

Continental Simply Stock

Salt Reduced: Chicken, Vegetable