

Heart Foundation Tick Shopping List



Bread and cereal products

Bread

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| A1 Bakery | White Pita Bread; Wholemeal Pita Bread |
| Aladdin | Hi-Fibre Pita Bread; White Pita Bread; Wholemeal Pita Bread |
| Burgen | Wholegrain & Oats Bread |
| Cedar | White Pita Bread; Wholemeal Pita Bread |
| Country Life Bakery | Heartwise Mixed Grain with Oat; Heartwise Soft White with Oat |
| Kadamani | Hi-Fibre Flat Bread; White Flat Bread; Wholemeal Flat Bread |
| MEB | White Pita for Kebabs |
| Old El Paso Healthy Fiesta | Tortilla |
| Old Time Bakery | Organic Corn Bread; Organic Gluten Free Wraps; Organic Rye & Spelt Bread; Organic Spelt Yeast Free Bread; Organic Wholemeal Yeast Free; Organic Wholemeal High in Fibre |
| 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 Pide; Turkish Bread Rolls 4 pack; Turkish Subs 4 pack |
| Vitastic | Sorj Corn; Sorj Rye; Sorj White; Sorj Wholemeal; Turkish Bread Rolls 3 pack; Turkish Pide; White Family Pita; Wholemeal Family Pita; White Khobz Lite Lebanese Bread; Wholemeal Khobz Lite Lebanese Bread; White Pocket Pita; Wholemeal Pocket Pita; Hi-Fibre Khobz Lebanese Bread; Hi-Fibre Pocket Pita |

Savoury biscuits

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| Kavli | Crispy Thin Crispbread; Golden Rye Crispbread; Hearty Thick Crispbread |
| Sunrice | Thick Sliced Original Rice Cakes; Thin Original Rice Cakes; Thin Rice & Corn Rice Cakes |

Sweet biscuits

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| Cookie Tree | Go Cookie |
| Paradise | Highland Oatmeal; Malt; Rich Tea |
| Snack Right | Fruit Pillow: Apple & Blackberry, Apple & Sultana, Wild Berry; Fruit Slice: Apricot, Sultana |

Breakfast cereals

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| Kellogg's | All-Bran: 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: Apple & Cranberry, Apricot, Mango and Passionfruit, Triple Berry |
| Uncle Tobys | Bran Plus; Cheerios; Healthwise For Heart; Oat Brits; Oats: Quick, Traditional; Plus: Antioxidant, Antioxidant Lift, Fibre Lift, Muesli Flakes, Sports Lift; Vita Brits: Original, Organic; Vita Weeties |
| Vogels | Ultra Bran |

Cereal based bars

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| Be Natural | Trail Bars: Berry, Honey Nut, Nut & Fruit |
| Fontelle | Fibre fix: Fruits of the World, Superberry |
| Kellogg's | K-time Twists: Apple & Cinnamon, Raspberry & Apple, Strawberry & Blueberry, Strawberry & Yoghurt |
| Leda Nutrition | Nature: Apple & Pomegranate, Blueberry & Goji |
| Tasti | Fruitsies: Berry Chocolate, Apply Vanilla, Strawberry Vanilla; Milkies: Choc Banana Choc Strawberry, Choc Vanilla |
| 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

Pasta and noodles - plain

Changs Egg Noodles

Pasta and noodles - processed

Asiana Selection Prawn Har Gow & Spinach Dumpling; Prawn Shamoï & Mushroom Dumpling

Continental Macaroni Cheese: Cheese & Bacon, Nacho Cheese, Super Saucy

Continental 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; Macaroni & Cheese; Mexicana; Mushroom & Wine; Mushroom Garlic & Cracked Pepper; Savoury Tomato & Onion; Sour Cream & Chives; Sour Cream & Mushrooms; Verdi Twists; Wholegrain Cheesy; Wholegrain Creamy Carbonara; Wholegrain Creamy Sundried Tomato; Wholegrain Parmesan & Cracked Pepper

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

Fruit and vegetable products**Fresh fruit and vegetables**

All fresh fruit and vegetables qualify for the Tick

Fruit - dried

Meriram Apricots; Dried Bananas; Sultanas

Robern Frubears: Apple, Apricot; Fruit Medley; Fruit Salad

Sunsol Apricots; Dried Bananas; Sultanas

Nu-Vit Apricots; Dried Bananas; Sultanas

Fruit bars

Fruit Fix Blackcurrant, Mango, Strawberry

Go Natural 100% Fruit Bars: Apricot, Peach & Apple

Fruit - shelf stable

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

Non-alcoholic beverages

Grove Orange, Mandarin & Mango, Mandarin

Juicies Apple, Orange, Pineapple, Tropical, Wildberry

Legumes canned

Edgell Butter Beans; Chick Peas; Four Bean Mix; Four Bean Mix No Added Salt; 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 Almonds: Meal, Blanched, Flaked, Slivered; Brazil Nuts; Cashews; Hazelnuts; Linseed; Linseed Meal; LSA Mix; Macadamia; Peanut Kernels; Pecan Nuts; Pepitas; Phyto Soy LSA Mix; Pinenuts; Pistachio; Poppy Seeds; Raw Mixed Nuts; Sunflower Kernels; Walnuts

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

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

Nut and seed bars

Go Natural Fruit & Nut Delight Bar

Potato products frozen

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

Birds Eye Light & Tasty Steakhouse Chips; Straight Cut Chips

McCain Healthy Choice Chunky Cut Chips; Country Style Wedges; Straight Cut Fries

McCain Purely Potato Potato Cubes; Potato Slices; Potato Chunks; Sweet Potato Cubes

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

Vegetables - frozen

Birds Eye Baby Beans; Baby Peas; Broccoli; Broccoli Florets; Brussels Sprouts; Carrot Rings; Cauliflower; Chopped Onions; Chopped Spinach; 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 Steam Fresh Broccoli, Corn, Peas & Green Beans Mix; Broccoli, Cauliflower & Carrot Mix; Broccoli, Cauliflower & Yellow Bean Mix; Cauliflower, Green Beans & Julienne Carrot Mix; Carrot, Broccoli & Corn Mix; Carrot, Peas & Green Beans Mix; Broccoli, Cauliflower & Carrot; Broccoli, Corn and Carrot; Cauliflower, Broccoli, Green Beans, Carrot and Peas; Carrot, Green Beans & Broccoli

Birds Eye Stir Fry Cantonese; Chow Mein; Malaysian; Shanghai; Thai

McCain 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; Peas & Corn; Peas & Sweet Corn; Peas, Corn & Carrots; Sliced Beans; Stirfry Supreme Veg; Super Juicy Corn Cob; Super Juicy Corn Kernels; Whole Beans; Winter Vegetables

McCain Steam Fresh Super Juicy Corn Kernels; Baby Beans; Baby Peas & Super Juicy Corn Kernels; Baby Peas; Baby Peas, Carrots & Super Juicy Corn Kernels

Vegetables - processed

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

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

Milk and dairy products

Cheese - hard yellow

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

Cheese - soft

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| 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

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| Dairy Farmers | Pouring Custard: Lite, Regular |
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Ice-cream and frozen yoghurt

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| Billabong | Chocolate; Strawberry; Caramel; Vanilla Choc; Triple Swirl |
| 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, Passionfruit, Raspberry); Strawberry; Wild Berry; Variety 10's (Strawberry, Mango, Wild Berry); Vanilla |
| Moosies | Banana; Blue Moon; 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 |

Milk

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

Cream alternatives

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| Carnation | Light & Creamy; Light & Creamy Coconut |
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Yoghurt

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| Bulla Lite N Healthy | Apricot; Fruit Salad; Passionfruit; Plain; Strawberry; Vanilla; Wildberry |
| Dairy Farmers | Traditional Lite Yoghurt |

Drinking yoghurt

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| Bulla Fruit N Yoghurt | Apricot, Fruit Salad, Raspberry, Strawberry, Vanilla |
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Meat products

Meat - plain

Plain lean meat is eligible for the Tick. This includes lean beef, lean lamb, lean mutton, lean veal and lean pork

Macro Meats Kangaroo Meat: Diced, Fillet, Mince, Steak

Smallgoods

Don Shaved Lite Leg Ham

Meat - processed

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

Poultry - plain

Plain lean, skinless poultry is eligible for the Tick. This includes chicken and turkey.

Inghams Turkey Breast Steaks

Poultry - processed

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

Seafood products

Seafood - canned

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

Seafood - plain

Plain seafood qualifies for the Tick. This includes fish, shellfish and crustaceans.

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

Seafood - processed

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| Birds Eye | Fish Fingers; Lightly Seasoned: Garlic & Parsley, Lemon & Cracked Pepper, Sea Salt; Omega-3 Fish Fingers; Original Crumbed Hoki Fish Fillets; Oven Bake: Crunchy Potato Fish Fillets, Herb & Garlic Crumbed Fish Fillets, Lemon Crumbed Fish Fillets, Lemon Pepper Crumbed Fish Fillets, Lightly Battered Fish Fillets, Original Crumbed Fish Fillets; Original Crumbed Barramundi Fillets; Southern Blue Whiting Original Crumb Fillets |
| Birds Eye Steam Fish Fillets | Lemon & Parsley; Roast Garlic & Spring Onion; Thai Coconut Curry |
| Captain's Choice | Fish Fingers |
| I&J | Captain's Catch Lightly Seasoned Lemon Pepper Fish Fillets; Captain's Catch Lightly Seasoned Sea Salt Fish Fillets |
| Sealord | Fish Flips; Fish Fingers; Lemon Pepper Hoki; Tasty Breadcrumb Hoki; Simply Natural Calamari & Sauce |

Vegetarian and tofu**Plant based meat alternatives**

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| Soy King | Fresh Tofu; Hard Tofu; Silken Tofu |
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Oils, spreads and dressings**Margarines and spreads**

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| AVO | Avocado Spread |
| Bertolli | Extra Virgin Olive Oil Spread; Light Olive Oil Spread; Olive Oil 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 w) Vitamins; Canola; Extra Light; Free; Salt Reduced |
| Olive Grove | Classic Spread; Extra Virgin; Lite |
| Seachange | Omega Spread |
| Tablelands | Cholesterol Reducing Spread; Olive Spread |
| Vitalite | Canola Spread |

Salad dressings and mayonnaise

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

Vegetable oils

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| Chefol | Peanut Oil |
| Crisco | Canola Oil; Canola Oil Spray; Peanut Oil; Sunflower Oil; Vegetable Oil |
| Formula 40 | High Oleic Sunflower Oil |
| ETA | Canola Oil; Vegetable Oil |
| 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 |
| Nuseed | Monola Hi Oleic Canola Oil |
| Pro-Chef | Olive Oil Spray: Classic, Extra Light, Extra Virgin, Garlic Infused; Non-stick Canola Spray |
| Pura | Canola Oil; Hi-Oleic Sunflower Oil; Tuscan Blend Oil; |
| Real East | Release Agent & Cooking Spray |
| The Grove | Avocado Oil: Extra Virgin; Lime Infused |
| Viva | Early Harvest Extra Virgin Olive Oil; Late Harvest Extra Virgin Olive Oil; Premium Cold Processed Extra Virgin Olive Oil |

Convenience products

Ready meals

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| Chopstix | Premium Bacon Fried Rice; Premium Vegetable Fried Rice |
| Darshan | Premium Fried Rice with Bacon & Egg; Premium Fried Rice Vegetarian |
| Healthy Choice | Apricot Chicken; Beef & Bacon Pasta Bake; Beef Goulash; Beef Florentine; Beef in Seeded Light Mustard; Beef Lasagne; Beef Medallions; Beef Stirfry with Hokkien Noodles; Bowl Creamy Chicken Carbonara; Char Grilled Chicken Mango; Chicken Bolognese; Chicken & Vegetable Lasagne; Chicken Bolognese; Chicken Meatballs with Rigatoni Pasta; Chinese BBQ Chicken; Chinese Chicken & Cashews; Cottage Pie; 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; Beef Teriyaki; Cheese Cannelloni; 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 and 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 with Mint Jelly; Salmon Fish Cakes; Sheperds Pie; Spaghetti Beef and Tomato; Traditional Meatloaf |

Savoury pies, pasties and pizzas

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| Balfours | Better Bite Meat Pie |
| Darshan | Assorted Mini Rolls; 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 |
| Hot Bites | Mince Murphies |
| McCain Pizza Singles | Cheese & Bacon; Ham & Pineapple; Meatlovers; Supreme |
| Papa Giuseppe's Tasty Balance | BBQ Meat Feast; Hawaiian Pizza Slice; Tropical Supremo Pizza Slice; Tropical Supremo |
| Four 'N Twenty | Aussie Meat Pie; Lite Meat Pie; Traveller Beef Pie; Traveller Chicken & Vegetable Pie; Aussie Sausage Roll |
| The Good Eating | Beef Pie; Cruizer Lite Beef Pie; Cruizer Beef & Cheese Pie; Potato Top Beef Pie; Sausage Roll; Snack Pie; Taco Roll |

Soups

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| Country Ladle | Beef & Vegetable; Butternut Pumpkin; Chicken & Pasta; 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; 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; Microwave Chicken & Pasta; Microwave Homestyle Vegetable & Barley; Microwave Minestrone; Microwave Chicken & Vegetable with Wholegrain Pasta; Microwave Beef and Tomato with Cracked Pepper |
| Continental Cup-a-Soup Garden Harvest | Chicken & Vegetables; Creamy Mushroom; Golden Pumpkin; Potato & Leek; Tomato & Herb |
| Continental Cup-a-Soup Vegiful | Homestyle Pumpkin; Mediterranean Tomato; Potato & Leek; Winter Vegetable |

Sauces and dips

Cooking sauces

Leggo's

Sugo Di Pomodoro: Classic Tomato; Italian Herbs with Basil

Tomato sauce

Fountain

Squeeze Tomato Sauce No Added Salt; 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