

MICRO-LEVEL DATA COLLECTION WORK-SHEET (CONVENTIONAL FOOD STORE MAJOR)

Shop ID _____

Location of shop: _____

Date / /

CD # _____

Category of shop: _____

Observer _____

Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
1. High Fibre Bread			Regular sliced wholemeal bread Packaged loaves	650g to 680g							
2. White Bread			Regular sliced white bread Packaged loaves	650g to 680g							
3. Wholegrain Breakfast Cereal (high in fibre, low in sugar)			Sanitarium WeetBix Regular	375g							
4. 100% Oat breakfast cereal (high in fibre, low in sugar)			Cooking 100% Oats Uncle Tobys' Traditional or Quick	500g							
5. Regular Breakfast Cereal (low in fibre, low in sugar)			Kellogg's Corn Flakes Regular	275g							
6. Regular breakfast cereal (low in fibre, high in sugar)			Kellogg's Coco Pops	425g							
7. Regular breakfast cereal (low in fibre, high in sugar)			Kellogg's Fruit Loops	300g							
8. Wholemeal Rice			Long grain Regular cooking time	1kg							
9. White Rice			Long grain Regular cooking time	1kg							
10. High fiber Pasta			Spaghetti, spaghettini, linguini, fettucini. Regular cooking time	500g							

Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
11. White Pasta			Spaghetti, spaghetti, linguini, fettucini. Regular cooking time	500g							
12. Fresh Broccoli			Common	/kg							
13. Fresh Capsicum			Green	/kg							
14. Fresh Cabbages			Common cabbages Regular size	¼ or /kg							
15. Fresh Pumpkin			Kent (or Jap Cut or common) Pumpkin	/kg							
16. Fresh Carrots			Common carrots Regular size	/kg or small bag							
17. Fresh Cauliflowers			Common cauliflower Regular size	Each or /kg							
18. Fresh Green Beans			Common	/kg							
19. Fresh Tomatoes			Common tomatoes Regular size	/kg or small bag							
20. Fresh Potatoes			Sebago (Brushed) Regular size	/kg or small bag							
21. Fresh Onions			Brown onions	/kg of small bag							
22. Unsalted Canned legumes			Unsalted (no added salt) Baked Beans in tomato sauce	420 to 425g							
23. Salt-reduced Canned Legumes			Salt-reduced Baked Beans in tomato sauce	420 to 425g							

Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
24. Regular Canned Legumes			Regular Baked Beans in tomato sauce	420 to 425g							
25. Fresh Kiwi Fruit			Common Regular size	Each or /kg							
26. Fresh Oranges			Navel Medium size	/kg or small bag							
27. Fresh Nectarines			Cheapest	/kg or small bag							
28. Fresh Rockmelon			Common Regular size	Each							
29. Fresh Bananas			Common bananas (Cavendish) Medium size	/kg							
30. Fresh Pineapples			Common pineapples Medium size Smooth Leaf	Each or /kg							
31. Fresh Honey Dew melon			Common	Each							
32. Fresh Pears			Williams or Packam (green) Medium size	/kg							
33. Fresh Watermelon			Common (seeded) Regular size	/kg							
34. Fresh Apples			Granny Smith Medium size	/kg or small bag							
35. Unsweetened Fruit Juice			Reconstituted Orange Juice No-added sugar Tetra Pack	6 pack (6 x 250 mL)							
36. Fruit Drink			Orange fruit drink Tetra Pack	6 pack (6 x 250 mL)							

Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
37. Tinned fruit no added sugar			Peaches (sliced or halved) In natural juice	400g to 450g							
38. Tinned fruit added sugar			Peaches (sliced or halved) In light syrup or syrup	400g to 450g							
39. Skim milk			Regular, cow	2L 1L 600 ml							
40. Trim milk			Regular, cow	2L 1L 600 ml							
41. Full cream milk			Regular, cow	2L 1L 600 ml							
42. Low fat cheese			Low-fat (<10g fat/100g) Cheddar	250g							
43. Reduced fat cheese			Reduced-fat (25% less fat) Tasty Cheddar	250g							
44. Regular cheese			Tasty Cheddar	250g							
45. Low-fat yogurt			Fruit yogurt < 2g fat / 100g Exclude «Diet »	2 X 200g							
46. Regular yogurt			Fruit yogurt ≥ 2g fat / 100g	2 X 200g							
47. Lean mince meat			Beef Premium grade (or lean) Exclude Bulk Buy	/kg							
48. Regular mince meat			Beef Fine grade (or regular) Exclude Bulk Buy	/kg							
49. Lean cut of meat (beef)			Beef Topside steak Exclude Bulk Buy	/kg							

Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
50. Regular cut of meat (beef)			Beef Sirloin steak, boneless Exclude Bulk Buy	/kg							
51. Lean poultry (chicken)			Chicken Breast fillet, skin off Include Deli section Exclude Bulk Buy	/kg							
52. Regular poultry (chicken)			Chicken Thigh fillet, skin off Include Deli section Exclude Bulk Buy	/kg							
53. Regular poultry			Chicken Breast, skin on Exclude Bulk Buy	/kg							
54. Fresh Fish			Nile Perch fillet Fresh	/kg							
55. Canned fish in water			Tuna in water No added oil Regular (not seasoned)	95 to 100g							
56. Canned fish in brine			Tuna in brine No added oil Regular (not seasoned)	95 to 100g							
57. Canned fish in oil			Tuna in vegetable oil (not seasoned)	95 to 100g							
58. Poly/ Mono-unsaturated vegetable oils (Canola, Safflower, olive, Sunflower, sesame, corn, soy, grapeseed)			Canola	750mL							
59. Regular Oils (non specified, other oils)			Blended edible Vegetable oil (non specified)	750mL							
60. Fat-reduced Poly/Monounsaturated margarine			Polyunsaturated or Monounsaturated Fat reduced	500g							
61. Salt-reduced Poly/Monounsaturated			Polyunsaturated or Monounsaturated	500g							

margarines			Salt-reduced							
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Category	Availability	Variety	Item description	Size suggested	Quality	Economic brand	Size	Economic price	Regular brand	Size	Regular price
62. Poly/Mono-unsaturated margarines			Polyunsaturated or Monounsaturated	500g							
63. Unsalted butter			Regular Unsalted	500g 375g 250g							
64. Salt-reduced Butter			Regular Salt-reduced	500g 375g 250gm							
65. Butter			Regular	500g 375g 250g							
66. Solidified oil			Solidified oil from blended edible vegetable oil and/or animal fat	500g							

WORKSHEET NO 2

WHOLEMEAL BREAD			WHITE BREAD		
Name	Size	Price	Name	Size	Price
COUNTRY BAKE- Toast Wholemeal	680g		BUTTERCUP- Supersandwich	650g	
COUNTRY BAKE- Wholemeal	680g		COUNTRY BAKE- White sliced bread	680g	
FARMLAND- Wholemeal	680g		GOLD COAST BREAD- White sliced bread	680g	
GOLD COAST BREAD- Wholemeal	680g		HOME BRAND- White sliced loaf	680g	
HOME BRAND- Wholemeal	680g		TIP TOP- Sunblest sandwich regular size	650g	
SAVINGS- Wholemeal sliced bread	680g		COUNTRY BAKE- White toast, thick slice	680g	
TIP TOP- Sandwich Wholemeal	650g		GOLD COAST BREAD- white toast, thick sliced	680g	
UNCLE TOBYS- Vita Gold	680g		FARMLAND- Sungloden sliced white	680g	
			FARMLAND- Sungolden, toast sliced bread	680g	
			SAVINGS- Sliced white bread	680g	
			TIP TOP- Sunblest thick, regular size	650g	
			7-ELEVEN- White sandwich Bread	680g	
				680g	

WORKSHEET NO 3

TINNED PEACHES IN NATURAL JUICE			TINNED PEACHES IN LIGHT SYRUP OR SYRUP		
Name	Size	Price	Name	Size	Price
ARDMONA- Peach halves in natural juice			ARDMONA- Peach slices in light syrup		
ARDMONA- Peach slices in natural juice			HOME BRAND- Peach halves in light syrup		
FARMLAND- Peach slices in natural juice			HOME BRAND- Peaches slices in light syrup		
GOULBURN VALLEY- Gold peach slices in natural juice			SAVINGS- Peach slices in syrup		
GOULBURN VALLEY- Peach halves in natural juice			SPC- Peach halves in light syrup		
GOULBURN VALLEY- Peach slices in natural juice			SPC- Peach slices in light syrup		
SOUTHERN CROSS- Peach slices in natural juice					
SPC- Peach halves in natural juice					
SPC- Peach slices in natural juice					

WORKSHEET NO 4

REDUCED FAT TASTY CHEDDAR CHEESE			REGULAR TASTY CHEDDAR CHEESE		
Brand	Size	Price	Brand	Size	Price
BEGA- tasty Cheddar So light			BEGA- tasty Cheddar		
BODALLA- tasty Cheddar Light			BODALLA- tasty Cheddar		
DAIRY VALE- light and tasty Cheddar			DAIRY FARMERS COON- tasty Cheddar		
DARY FARMERS COON- tasty Cheddar light			DAIRY VALE- tasty Cheddar		
DEVONDALE- trim and tasty Cheddar			DEVONDALE- tasty Cheddar		
FARMLAND- tasty cheddar reduced fat			HOME BRAND- tasty cheese		
HOME BRAND- tasty Cheddar light			MAINLAND- tasty Cheddar		
MAINLAND- tasty Cheddar light			MALANDA- tasty Cheddar		
MALANDA- lite and tasty			SAVINGS- tasty cheese		
WEIGHT-WATCHERS- tasty Cheddar					

WORKSHEET NO 5

CANNED FISH IN WATER			CANNED FISH IN OIL		
Brand	Size	Price	Brand	Size	Price
FARMLAND- Chunk tuna in brine			FARMLAND- Chunk tuna in oil		
FARMLAND- Sandwich tuna in brine			FARMLAND- Sandwich tuna in oil		
GREENSEAS- Chunk tuna in brine			GREENSEAS- Chunk tuna in olive oil		
GREENSEAS- Chunk tuna in springwater			GREENSEAS- Shredded sandwich tuna in oil		
HOME BRAND- Tuna in brine			HOME BRAND- Tuna in oil		
JOHN WEST- Sandwich tuna in springwater			JOHN WEST- Sandwich tuna in canola oil		
JOHN WEST- Tuna in brine			JOHN WEST- Tuna in canola oil		
PARAMOUNT- Yellowfin tuna in springwater			PARAMOUNT- Yellowfin tuna in brine with oil		
SEAKIST- Salad style tuna in brine			SAVINGS- Chunk tuna in vegetable oil		
SEAKIST- Sandwich type tuna in brine			SAVINGS- Sandwich tuna un vegetable oil		
SIRENA- yellowfin tuna in springwater			SEAKIST- Salad style tuna in oil		
TRIDENT- Tuna premium chunk in springwater			SEAKIST- Sandwich type tuna in oil		
			SIRENNA- Classico tuna in oil		

WORKSHEET NO 6

POLYUNSATURATED/MONOUNSATURATED MARGARINES <i>SALT-ADDED</i>			POLYUNSATURATED/MONOUNSATURATED MARGARINES <i>SALT-REDUCED</i>		
Brand	Size	Price	Brand	Size	Price
CAN'T BELIEVE IT IS NOT BUTTER			BECEL- Salt reduced		
FLORA-Country Style			FARMLAND- Salt free		
MEADOW LEA- Cholesterol free			FLORA- Canola salt reduced		
MRS MC GREGOR- Regular			FLORA- Mono Sun salt reduced		
TABLE LANDS- Regular			FLORA- Salt-reduced		
			GOLDN'CANOLA-Salt reduced		
			HOME BRAND- Polyunsaturated table spread salt reduced		
			MEADOW LEA- Canola salt reduced		
			MEADOW LEA- Salt reduced		
FARMLAND- Canola			MEADOW LEA- Sundew		
FARMLAND- Regular			MIRACLE- Salt-reduced		
HOME BRAND- Canola spread			MIRACLE-Canola salt reduced		
HOME BRAND- Polyunsaturated table spread			MRS MC GREGOR- Canola salt reduced		
			NAYTURA- Soya salt reduced		
			NUTELEX- Salt reduced		
			OLIVE GROOVE- Classic salt reduced		
			OLIVE GROOVE- Extra-virgin salt reduced		
			OLIVIO- Salt-reduced		

