



Neighborhood Food Watch

Shopping List & Store Quality Checklist



Community Health Councils

3731 Stocker St., Ste. 201, Los Angeles, CA 90008
P: 323.295.9372 • F: 323.295.9467 • www.chc-inc.org

Standards of Quality

The Neighborhood Food Watch (NFW) is committed to ensuring that the stores in our community meet the following Standards of Quality:

1. Providing top-quality fruit and vegetable selections (equal to or better than the highest grade designation issued by the USDA)
2. Selling quality meat selections including fresh, lean meats containing less than 3 grams of fat per ounce; top grades of poultry and beef; and “organic,” “hormone-free,” “free-range,” and “wild” meats
3. Offering fresh non-fat and low-fat dairy products
4. Providing whole grain breads, cereals, and pasta products.
5. Limiting the number of products they sell that contain saturated and trans fats
6. Not selling any perishable food with expired “use by” or “sell by” dates
7. Supporting healthy eating by offering samples of fresh food and demonstrations on how to use them in nutritious recipes.
8. Putting low-fat, low-sodium, low-sugar, diabetic, and organic food products in high-visibility locations throughout the store (with easy-to-read signage and eye-level aisle/shelf placement)
9. Demonstrating respect for customers like me by keeping both the inside and outside of the store clean
10. Ensure competitive, yet affordable pricing that is standardized within all local stores in the chain
11. Making sure customers here have the same safe shopping experience available in surrounding communities.



WHAT IT IS:

Neighborhood Food Watch (NFW) holds local food retailers accountable to Standards of Quality established by our community. We monitor the sale and promotion of food products to make sure that we have nutritious food options in South Los Angeles.

By joining the NFW you, as a resident, are empowered to demand the best quality from grocers in your neighborhood. This campaign is a collaborative effort working with consumers and store owners to improve the health of our community. The NFW wants you to help improve not only our community stores but your health as well. Join the Neighborhood Food Watch and make a difference TODAY!

As a member of the NFW, you are asked to:

- Conduct a periodic brief survey using the store checklist and provide feedback to CHC on your shopping experience using the Standards of Quality
- Talk to your local store manager & share the results of your findings
- Organize a meeting in your area to get more neighbors involved

Lastly,

- Contact CHC about changes made to your store through the NFW network.

WHY IT'S IMPORTANT:

Having access to nutritious foods in our neighborhoods helps people make the choices that lead to living long, healthy lives.

HOW YOU CAN GET INVOLVED:

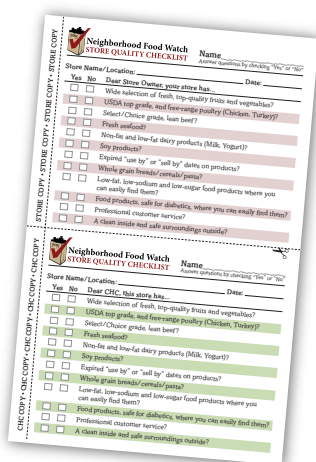
Local stores that have the CHC decal in the window have signed our Standards of Quality Pledge. Please patronize these stores that have agreed to sell more healthy foods. Get a complete list of stores online at www.chc-inc.org or call 323.295.9372 to find the nearest store to you.

How to Use This Shopping List & Store Quality Checklist



Make your shopping list

When you get to the store, go to the Store Quality Checklist Pages



As you shop, keep an eye out for things on the checklist; fill out the Store and CHC copies

Store Copy



CHC Copy

When you finish your shopping & complete your checklist, give the top checklist to the store and mail or fax (323.295.9467) the bottom checklist to CHC.

How can we have fresher foods and cleaner stores in our neighborhood, too?



Join the Neighborhood Food Watch!

Fill out the information below and mail
or fax (323.295.9467) to CHC.

check all that apply

- Yes, I want to join Neighborhood Food Watch.*
- Add me to your mailing list for updates on what more can be done to improve the quality of food stores in my neighborhood.

Name: _____

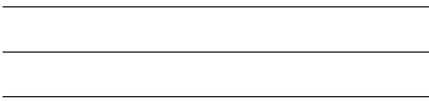
Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

- I will ask my family and friends to join Neighborhood Food Watch.





POSTAGE
REQUIRED

Neighborhood Food Watch
c/o Community Health Councils
3731 Stocker Street
Suite 201
Los Angeles, CA 90008



Neighborhood Food Watch STORE QUALITY CHECKLIST

Name _____

Answer questions by checking "Yes" or "No"

Store Name/Location: _____ Date: _____

Yes No Dear Store Owner, your store has...

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Wide selection of fresh, top-quality fruits and vegetables? |
| <input type="checkbox"/> | <input type="checkbox"/> | USDA top grade and free-range poultry (Chicken, Turkey)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Select/Choice grade lean beef? |
| <input type="checkbox"/> | <input type="checkbox"/> | Fresh seafood? |
| <input type="checkbox"/> | <input type="checkbox"/> | Non-fat and low-fat dairy products (Milk, Yogurt)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Soy products? |
| <input type="checkbox"/> | <input type="checkbox"/> | Expired "use by" or "sell by" dates on products? |
| <input type="checkbox"/> | <input type="checkbox"/> | Whole grain breads, cereals and pasta? |
| <input type="checkbox"/> | <input type="checkbox"/> | Low-fat, low-sodium and low-sugar food products where you can easily find them? |
| <input type="checkbox"/> | <input type="checkbox"/> | Food products, safe for diabetics, where you can easily find them? |
| <input type="checkbox"/> | <input type="checkbox"/> | Professional customer service? |
| <input type="checkbox"/> | <input type="checkbox"/> | A clean inside and safe surroundings outside? |



Neighborhood Food Watch STORE QUALITY CHECKLIST

Name _____

Answer questions by checking "Yes" or "No"

Store Name/Location: _____ Date: _____

Yes No Dear CHC, this store has...

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Wide selection of fresh, top-quality fruits and vegetables? |
| <input type="checkbox"/> | <input type="checkbox"/> | USDA top grade and free-range poultry (Chicken, Turkey)? |
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STORE COPY

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