

# Corner shops to offer the healthy alternative

✘ More than 250 corner stores are to offer deals on healthy foods to make it easier for Scots to make new year healthy choices.

Organised as part of the Healthyliving Programme, the co-ordinated promotion will be carried out across different convenience businesses throughout Scotland for the same time. Shoppers will be able to buy healthier options such as fruit, vegetables, porridge and fish.

A marketing campaign launching tomorrow will encourage Scots to think about how much alcohol they drink and consider cutting down. This will join public health campaigns on stopping smoking, physical activity and the importance of breastfeeding to provide Scots with top hints and tips on having a healthy new year.

Public Health Minister Shona Robison said:

“Small changes to our lifestyles can make a big difference to our health and the new year is a great place to start taking steps to be more healthy.

“This programme will make a huge difference to the availability of affordable, healthy food in our local shops. We want to make it easier for people to make healthy choices. This is an opportunity for customers to get more choice from their local stores and for retailers to become an integral part of their communities by helping to improve Scotland’s diet.

“Tomorrow will see the launch of our campaign to encourage individuals to recognise the effects of drinking too much. Alcohol causes both long and short-term harm but often people

do not realise how much they are drinking or how every drink can add up.”

Scottish Grocers’ Federation Chief Executive John Drummond said:

“Convenience stores understand they have an important part to play in encouraging people to eat a healthier diet.

“This unique event will bring local shops together from across Scotland to offer their customers a range of healthy eating promotions throughout January, a time when many of us are reflecting on changes we need or want to make in our lifestyles and resolving to follow through on those changes.”