

## *Media Release*

### **Outback Stores - Give sugar the boot**

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In one year alone a semi-trailer load or 11.5 -tonnes of sugar has been taken out of the diets of remote communities - that's the legacy of 10-years of Outback Stores.

July to September 2017 has seen the biggest change in the last 5 years- A 5.3% drop in the proportion of sugary drinks consumed.

The average 600ml bottle of cola contains 16 teaspoons of sugar - a risk factor for chronic health conditions like heart disease and diabetes.

Peter Lindsay, Chairperson of the Beswick Community Store said that "We have been trying hard to reduce soft drinks and sugar. There's 10 teaspoons of sugar in a can of soft drink, you wouldn't put that in your cup of tea, it's too much sugar. Your best option is water, there's no sugar in water."

Outback Stores last year sold 406-tonnes of fresh fruit and vegetables and employed close to 300 local people in the stores they manage – across 36-remote communities.

"Before Outback Stores, it was rare to find fresh, quality, well-priced fruit and vegetables – now they are within walking distance for most families. "said CEO Michael Borg

Outback Stores work closely with communities to improve health, employment and financial outcomes. More information can be found in their 10- year anniversary annual report.

<http://outbackstores.com.au/wp-content/uploads/2017/10/OS-Annual-Report-17-fa-web-single.pdf>

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