Become a member and SAVE!

You can choose to become a member of Healthy Food Co for just $10 and receive reward points every time you shop.

The $10 membership fee can be paid up-front or Pay with your points as you earn them (an initial card fee $2 applies).

Members receive a 5c reward point for each $1 spent in store to use for future store purchases.*

*Points cannot be paid out in cash
*Points expire at the end of each year on our last trading day in December.

Visit us at Healthy Food Co

Smithfield Plains
The Precinct
112 Coventry Road,
Smithfield Plains SA 5114
Monday - Friday
9.30 a.m. - 4.30 p.m.
Phone 8254 3641

Elizabeth Downs
Elizabeth Downs Shopping Centre
Shop 5, 26 Hamblynn Road,
Elizabeth Downs SA 5113
Monday - Friday
9.30 a.m. - 3.30 p.m.
Phone 8287 4299

playford.sa.gov.au/healthyfoodco

A great place to shop with a wide range of grocery items, shopping and meal ideas to suit all budgets.
What is Healthy Food Co?

At the Healthy Food Co. our aim is to provide nutritional food products and grocery items at affordable prices.

We want to make the healthy choice the easy choice and we are open to everyone.

By sourcing local, seasonal produce and buying in bulk, we provide cost effective, nutritious food and meal choices, general groceries and meal preparation and shopping advice. Our pre-packaged food and goods come in quantities to suit one person or a whole family.

Healthy Food Co has just made cooking dinner easy!

Starting from just $4.50, the Easy Meals serve 4 people. The pre-packaged meal kit includes a recipe card and all of the ingredients including meat and vegetables.

Our friendly staff and volunteers are on hand to assist you with information and purchases.

We have energy and snack packs too.

Starting from $1.60 snack packs are a quick, healthy option for school, home or work.