

Use the Healthy Choices guidelines to offer healthy foods and drinks in your retail outlets, vending machines and workplace catering.



The Victorian Government has developed the Healthy Choices framework to help make sure that healthy foods and drinks are offered and promoted in places like hospitals, health services, sport and recreation centres, parks and workplaces. The framework includes:

A classification guide

The *Healthy choices: food and drink classification guide*¹ uses a traffic light system to classify foods and drinks as **GREEN (best choices)**, **AMBER (choose carefully)** or **RED (limit)**. The guide describes foods and drinks in each category and explains how to decide which category a food or drink fits into.

Policy guidelines

There are different policy documents to help you apply the Healthy Choices guidelines in hospitals and health services, workplaces and sport and recreation centres.

The policy documents discuss important issues such as:

- providing healthy foods and drinks in retail outlets, vending machines and catering
- the importance of organisational policy and contracts about healthy foods and drinks
- food and drink advertising, promotion and display
- using foods and drinks for fundraising, prizes and give-aways
- sponsorship by food industry.

To access the Healthy Choices policy guidelines visit

www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering

Online resources

The Healthy Eating Advisory Service website provides information and advice about putting Healthy Choices into practice, classifying foods and drinks, planning a healthy menu and recipes and food ideas.

Visit the workplaces or hospitals and health services sections of the Healthy Eating Advisory Service website for practical advice about how to follow the Healthy Choices guidelines in your organisation. Visit

www.heas.health.vic.gov.au

¹ *Healthy choices: food and drink classification guide*, Department of Health and Human Services, 2014, www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering.