

# Healthy choices policy directive

## Overview for food service staff

In April 2021, the Victorian Government announced the Healthy choices: Policy directive for Victorian public health services. The Policy directive aims to reinforce health services as places that support the health and wellbeing of their staff and visitors. Here's what is changing with the food and drinks that your health service provides.

### Where do these changes apply?

#### Public health services

The Policy directive applies to all sites / facilities across public health services:



in-house managed retail food outlets



all staff and visitor catering



all vending machines



items purchased by staff and visitors from in-patient and resident menus

Health services are strongly encouraged to implement in their privately managed retail outlets



### Where can I get help?

#### The Healthy Eating Advisory Service is here to help



So far we've helped over

180



hospitals and health services

#### Free tailored advice



+



We offer advice to your specific food service needs



For more information, visit [heas.health.vic.gov.au](https://heas.health.vic.gov.au)

### What is changing and by when?

#### Drinks

##### In-house retail, vending and catering



50% GREEN

At least 50% **GREEN** drinks positioned at eye level at the top of the machine



30% AMBER

No more than 20% **AMBER** drinks containing artificial sweetener placed at the bottom of the machine



20% artificially sweetened AMBER



0% RED

No high sugar or **RED** drinks sold, promoted, or advertised

#### Food

##### In-house retail and vending



at least

50%

GREEN foods

no more than

20%

RED foods

##### Catering



at least

50%

GREEN foods

+

No RED foods provided

#### Promotion



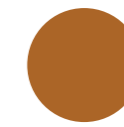
No RED foods promoted or advertised

### How are foods and drinks classified?

#### Traffic Light System



**GREEN** - best choice  
Healthiest foods and drinks



**AMBER** - choose carefully  
Consume in moderation



**RED** - limit  
Not essential to a healthy diet

#### Timeline

30 SEPT 2022

Meet the drinks targets (above)

30 SEPT 2023

Meet both drinks and food targets (above right)



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The Healthy Eating Advisory Service is delivered by Nutrition Australia Vic Division, with support from the Victorian Government.

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We offer free tailored advice to your specific food service needs via phone, email or video call



We support you in making simple and realistic changes to your menu to meet the needs of staff and visitors



Use our free FoodChecker tool, factsheets and resources on our website

[heas.health.vic.gov.au](http://heas.health.vic.gov.au)

### What changes could I make to the menu?

#### Healthy cooking swaps

- Swap full fat dairy to low / reduced fat options
- Use sodium reduced stocks and sauces
- Add vegetables and fruit to your recipes



- Use cooking methods such as oven baking, grilling, steaming and using non stick cookware



#### Try a healthy meal deal



#### Know your supplier

Use your supplier and HealthShare Victoria to source healthier products and ingredients



#### Offer tap water



#### Impact of changes

Positive or minimal impact to profit and customer satisfaction



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### Where do I start?

Work with your Healthy choices team to implement the Policy directive in 4 steps:

1

#### Identify all sources of food provision

- Are meals sold to your staff & visitors from your in-patient menu?
- How is catering provided?



3

#### Enter information into FoodChecker

- Recipes
- Snacks
- Drinks



2

#### Gather information for the food and drinks you provide

- Recipes
- Suppliers & contracts
- Products



4

#### Use FoodChecker reports to make realistic changes to your menu

