

Title	Catering & Healthy Food Policy			
Department	Aged Care	Section	Organisational	
Approved by	Executive	Executive Responsible	Executive Manager Business & Strategic Projects	

Purpose

Rural Northwest Health recognises the importance of healthy eating in promoting health and wellbeing and is committed to supporting team members, contractors, volunteers and visitors to make healthy food and drink choices.

Aim

Rural Northwest Health aims to support and encourage healthy eating by supporting implementation of the Victorian Government's *Healthy choices: policy guidelines for hospitals and health services* across the organisation. These guidelines classify foods and drinks as **GREEN (best choices)**, **AMBER (choose carefully)** or **RED (limit)** according to their nutritional value.

Objectives

The objectives of this policy are to support:

- Staff, volunteers and visitors to make healthy food and drink choices by:
 - creating an environment which supports healthy food and drink choices
 - increasing availability and promotion of healthier foods and drinks
 - decreasing availability and promotion of unhealthy foods and drinks
 - increasing knowledge and skills of team members and consumers regarding healthy eating.
- Rural Northwest Health to meet the Healthy Choices food and drink standards.
- Rural Northwest Health to meet the healthy eating benchmarks of the Achievement Program

Rural Northwest Health policy requirements:

Food and drinks available to staff for purchase (from retail outlets and vending machines) are required to meet the *Healthy choices: policy directive for Victorian public health services*.

All food and drinks at events and catered to staff are required to meet the *Healthy Choices: workplace healthy eating policy and catering guidelines*:

Catering

- Only GREEN (best choices) and AMBER (choose carefully) choices must be provided for workplace catering, at least 50 per cent should be GREEN category food and drinks. No food or drinks classified RED can be provided.
- Free drinking water (for example, water fountains, jugs of tap water) should be readily available and promoted.
- All caterers must agree to follow the above guidelines (including food and drink tenders, contractors, suppliers and external user groups).

Vending machines

- Food – At least 50 per cent of the food available or displayed must be classified as GREEN. There is no sale or advertisement of RED category food.
- Drinks - There is no sale or advertisement of sugary (or RED category) drinks. At least 50 per cent of the total proportion of drinks displayed must be GREEN, and no more than 20 per cent

of the total proportion of drinks displayed to contain artificial or intense sweeteners (classified AMBER).

'In-house' retail food outlets,

(Includes items purchased by staff and visitors from hospital cafes and patient/resident menus)

- Food - At least 50 per cent of the food available or displayed must be classified as GREEN. No more than 20 per cent of the food available or displayed can be classified as RED.
- Drinks - There is no sale or advertisement of sugary (or RED category) drinks. At least 50 per cent of the total proportion of drinks displayed must be GREEN, and no more than 20 per cent of the total proportion of drinks displayed to contain artificial or intense sweeteners (classified AMBER).

Rural Northwest Health is also committed to:

- Make sure staff rooms and staff kitchens have facilities to prepare healthy meals and snacks brought from home.
- Support and encourage breastfeeding.
- Discourage the use of RED category food and drinks for fundraising activities, rewards, incentives, gifts, prizes and giveaways, advertising, promotion and sponsorship.

This policy does not apply to:

- Inpatient food services (not available to staff and visitors), including aged care patients and meals on wheels.
- Foods and drinks brought from home by staff (e.g. for birthdays, morning teas or personal fundraising). However, staff are encouraged to consider providing healthy options at all times and to avoid promoting unhealthy fundraising activities (e.g. chocolate or confectionery drive) in public places, such as kitchens.

Reference:

Healthy Choices: Policy Directive for Victorian Public Health Services

<https://www.health.vic.gov.au/preventive-health/healthy-choices>

Targets and timelines:

Required date	Target
30 Sept 2022	Drinks: <ul style="list-style-type: none">• Vending and in-house retail food outlets: No RED drinks to be available or promoted/advertised. At least 50% GREEN drinks, and no more than 20% drinks containing artificial or intense sweeteners (classified AMBER) are available.• Catering: No RED drinks are provided (with majority of options to be GREEN).
30 Sept 2023	Food: <ul style="list-style-type: none">• Vending and in-house food retail food outlets: At least 50% GREEN foods and no more than 20% RED foods are available. No RED foods to be promoted/advertised.• Catering: No RED foods are provided (with majority of options to be GREEN).

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