

Creating a policy, procedure or guideline for your health service

Healthy choices: policy directive for Victorian public health services

Developing or updating a healthy eating policy, is an important step in ensuring long-term and sustainable commitment to the Policy directive in your health service.



Health services are required to report if they have a healthy eating policy or procedure as part of Policy directive reporting requirements. This can also include a catering policy, guide or supplement.

Healthy eating policies should refer to providing catering in line with Policy directive requirements at least 50% GREEN and no RED options available via catering).

This policy, procedure or guideline should:

- Outline the relevant Policy directive requirements – [click here](#) to access
- Identify the instances where the Policy directive applies (retail, vending and catering)
- Include what is out of scope of the Policy directive (food brought in from home and patient and residential menus)
- Include dates for review and list the person responsible for maintaining and implementing the policy.



By having a healthy eating policy, procedure or guideline your health service:

- Meets a reporting requirement of the Policy directive
- Demonstrates an ongoing commitment to staff wellbeing by providing healthier food and drink options
- Embeds a healthy eating culture.
- Ensures healthy eating is promoted across the whole health service (for example, hospitals, community health, residential aged care and mental health).

These examples can be used to assist your health service to create or update Policy directive healthy eating policies



- [Hesse Rural Health Service](#)
- [Mildura Base Public Hospital](#)
- [Rural Northwest Health Service](#)
- [Swan Hill District Health](#)
- [Tallangatta Health Service](#)

[Click here](#) to access our Policy template resource.

To receive this document in an accessible format phone 1300 22 52 88 or email [**heas@nutritionaustralia.org**](mailto:heas@nutritionaustralia.org)

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