



GREATER SHEPPARTON CITY COUNCIL

HEALTHY FOOD AND DRINKS POLICY

Adopted: 17 December 2019

Next Review: June 2020

PURPOSE

Greater Shepparton City Council recognises and values the importance of healthy eating in promoting people's health and wellbeing. The Greater Shepparton City Council is committed to creating a health promoting environment which supports employees and visitors to make healthy food and drink choices.

A healthy eating and drinking pattern is integral to the maintenance of good health, longevity and sustaining a sense of wellbeing. Healthy eating benefits almost every aspect of our health throughout our entire lifetime. Health problems which are linked to unhealthy eating patterns such as heart disease, type 2 diabetes and some cancers place an enormous burden on individuals, families and the community as a whole. Workplaces are ideal settings for encouraging healthy eating and drinking as many workers consume at least half their daily meals and snacks during work hours.

The Healthy Food and Drinks Policy will provide an overarching framework to identify, prioritise, drive and monitor initiatives within the context of the Council's preventative health agenda.

OBJECTIVE

The objectives of this policy are to support:

- Employees and visitors in making healthy food and drink choices by:
 - creating a healthy eating culture and 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; and
 - increasing employee knowledge and skills regarding healthy eating and drinking patterns.
- Greater Shepparton City Council in meeting the healthy eating benchmarks of the Achievement Program (applicable to organisations participating in the Achievement Program).

SCOPE

This policy is in line with the Healthy Choices Guidelines which stipulate that wherever food and drink is offered, ≥50% of choices must be from the GREEN category; ≥30% from the AMBER category and ≤20% from the RED category.

This policy applies in the areas where foods and drinks are sold or provided to employees and visitors and includes all council-run recreation centres and facilities.

This includes:

- Verve Café – Aquamoves Lakeside Shepparton
- Shepparton Sports Stadium Kiosk
- Dig In Café – KidsTown
- Kiosks located at Council's Rural Outdoor Pools in Merrigum, Mooroopna and Tatura
- All catering within council offices (Welsford St and Doyles Road Complex)
- All vending machines (drinks and foods) in the aforementioned locations
- Fundraising activities
- Rewards, incentives, gifts, prizes and giveaways and
- Advertising, promotion and sponsorship

Note: The Sales Yard Café, Eastbank Cafe and Greater Shepparton City Council run-events will be excluded. Healthy options and education will still be provided and promoted.

The policy does not apply to food and drinks brought from home by employees (for example, birthdays, morning teas or personal fundraising). However, employees are encouraged to consider providing healthy options at all times and to avoid promoting unhealthy fundraising activities (such as chocolate or confectionery drives) in public places, such as kitchens.

RELATED POLICIES AND DIRECTIVES

This policy has been developed in line with the following government guidelines:

- *The 10-Year Public Health Strategic Plan 2018-28;*
- *Greater Shepparton Public Health Implementation Plan 2017-21;*
- *Australian dietary guidelines and Australian guide to healthy eating;*
- *Healthy choices: food and drink classification guide;*
- *Healthy choices: policy guidelines for hospitals and health services; and*
- *Healthy food charter.*

REVIEW

The Active Living Team will be responsible for reviewing this policy. The policy will be reviewed 6 months from implementation and every 12 months thereafter.

The process for reviewing the policy includes:

- Assess implementation to date and determine if all objectives have been met;
- Provide employees with the opportunity to give feedback, which will be considered by the individual reviewing the policy; and
- Seek management endorsement of the updated policy and make copies available to employees.



17/02/2020

Peter Harriott
Chief Executive Officer

Date