Healthy Eating Policy for Local Governments in South Australia

<table>
<thead>
<tr>
<th>DATE POLICY ADOPTED:</th>
<th>&lt;insert date&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAST REVIEW DATE:</td>
<td>New policy</td>
</tr>
<tr>
<td>NEXT REVIEW DATE:</td>
<td>&lt;insert date&gt;</td>
</tr>
<tr>
<td>RESPONSIBLE OFFICER:</td>
<td></td>
</tr>
</tbody>
</table>

1. POLICY STATEMENT

Purpose

The purpose of this policy is to ensure that members of the <insert name of council> community, staff, volunteers and visitors have the opportunity to access healthy food and drink choices when attending council operated facilities and workplaces and at council sponsored events.

Aim

The aim of this policy is to increase the availability of healthy food and drink choices and to encourage and support the community to make food and drink choices that will impact positively on health.

Principles

When applying this policy, <insert name of council> staff should be guided by the following principles:

- that food choice is important for all members of the community
- that all members of the community have the right to access healthy food and drink
- that food and drink has social and cultural meaning and that eating is enjoyable
- <insert name of council> is a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community
- that it is important to create an environment which makes healthy food and drink choices the easier choice for staff, volunteers, the community and visitors
- healthy food and drink choices should be promoted using consistent, positive messages
- that the provision of food is safe and food handling and food hygiene practices are followed
- where feasible, the provision of food and drink should be provided in an environmentally sustainable way (eg developing a plan to minimise the amount of waste produced, how it is disposed of, taking advantage of recycling options and using environmentally friendly containers)
- that food and drink provided will reflect the Dietary Guidelines for Australians¹, The Australian Guide to Healthy Eating² and other government recommendations for people living in Australia to achieve and maintain good health

.........................................................................................................................................................................................

<Signature and title of person representing Council>  Date

2. BACKGROUND

Health behaviours, such as giving up smoking, increasing physical activity and consuming healthy food and drinks have been shown to reduce the chance of getting diseases later in life.

Local councils are well placed to positively influence the health behaviours of staff, volunteers and visitors, and to role model good health behaviours to the wider community by ensuring that all members of the community are able to access healthy food and drink choices when attending council operated facilities, workplaces and council sponsored events.

This policy supports and enhances programs and services already delivered by <insert name of council> and links with <insert name of relevant Council policies/strategies/documents>.

It is also consistent with other state endorsed food policies such as Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities3 and nationally recognised guidelines such as The Heart Foundation’s Guide to Healthier Catering – A Healthier Serve4. In 2011 The Public Health Act5 was passed into legislation and this policy also supports the intention of this policy.

3. POLICY OBJECTIVES

The objectives of this policy are to provide and role model healthy food and drink choices to the <insert name of council> community, staff, volunteers and visitors and support community initiatives that have the potential to impact positively on the health and wellbeing of the community by:

- ensuring healthy food and drink choices are always available
- increasing the availability of healthy food and drink choices over time
- promoting healthy food and drink choices in a positive way
- presenting healthy food and drink choices as appealing and attractive alternatives to unhealthy foods and drinks
- where feasible, providing food in an environmentally sustainable way
- supporting and encouraging breastfeeding

4 Heart Foundation of Australia, 2011, Workplace Wellness Programs; <http://www.heartfoundation.org.au>
The next section of the policy will be shaped by individual councils as to how they will proceed with and implement the policy. Each council will include detail in this section as to which food provision settings will be addressed. This approach recognises that some councils are already active in this area. The following shows the policy implemented in stages. Reference to an implementation plan, timeframes and a date for policy review should also be included.

4. PROCEDURES

This policy applies to all food and drink provided at <insert name of council> operated facilities and workplaces and council sponsored events. <Insert name of council> will use a phased approach to implement this policy. This policy applies to <phase/s #>. Phase <phase/s #> will be progressively implemented over the next <enter time frame>.

Within policy scope:

Phase 1 – Internal catering and food provision
- Provision of food and drinks to <insert name of council> staff, visitors and volunteers including:
  - work related meetings for staff and visitors
  - workshops and training events
  - conferences and visiting speaker events
  - council meetings for elected members and staff

Phase 2 – External catering and food provision
- Provision of food and drinks at <insert name of council> operated facilities and council sponsored events including:
  - community programs paid for by <insert name of council> and/or sponsored in partnership with other organisations
  - community events paid for by <insert name of council> and/or sponsored in partnership with other organisations
  - meals provided by <insert name of council> to community groups
  - food and drinks used in nutrition education programs and activities
  - food and drinks provided to participants in community centre programs
  - food and drinks provided at <insert name of council> operated facilities eg. libraries and recreation centres

Phase 3 – Other food provision and supportive environments
- vending machines
- fund raising
- prizes and vouchers
- creating environments supportive of breastfeeding such as:
  - displaying Breastfeeding Welcome Here stickers
  - provision of breastfeeding facilities
  - registration with the Australian Breastfeeding Association as a breastfeeding friendly venue

Outside of policy scope:

This policy directive does not apply to food and drinks that staff, visitors or volunteers bring from home for their personal use or to share for personal celebrations such as birthdays or farewells. It applies to food and drinks funded by <insert name of council>.

Developed by HELPP, Funded by SA Health, and managed by Nutrition & Dietetics, Flinders University
Contact: Food Safety and Nutrition Branch, SA Health Tel: 8226 7100
or Nutrition & Dietetics, Flinders University Tel 8204 4715