



HEALTHY FOOD AND DRINK CHOICES POLICY

1. Policy Statement

The purpose of this policy is to ensure that City of Playford staff, elected members, community, volunteers, and visitors have the opportunity to access healthy food and drink choices when attending council operated facilities, workplaces, functions, meetings and at council funded events. The Healthy Food and Drink Choices Policy specifically aims to ensure that at least 50% of food and drinks provided, are healthy choices.

2. Scope

The policy directive applies to all situations where the City of Playford is paying for and/or supplying food and drinks to staff, elected members, community, volunteers and visitors, including catering provided at:

- Functions and meetings
- Community events and/or forums
- Workshops and training events
- Community programs and activities
- Council operated facilities such as Libraries, Recreation centres, Community Centres etc.
- Through advertising, promotion and sponsorship

Outside of policy scope:

- The policy directive does not apply to food and drinks that staff, elected members, visitors, or volunteers bring from home for their personal use or for personal celebrations. It only applies to food and drinks funded by the City of Playford.

3. Definitions

Healthy Food and Drink Choices: Refers to food and drink that are in line with the national *Australian Dietary Guidelines* and *The Australian Guide to Healthy Eating*. Supporting resources are available that explain these choices in greater detail, including

- [Heart Foundation Guide to Healthier Catering](#)
- [Cancer Council's Healthier Choices](#)
- [A guide to ordering Healthy Food](#)

4. Legislation and References

	Version No: 2
ECM Document Set No 1707785	Initial Date of Adoption: 28/06/11
Authorised by Executive	Current Version: 8/8/13
Document Maintained by: Manager Community Wellbeing	Next Review Date: 8/8/15

Electronic version current uncontrolled copy valid only at time of printing.

- The *Healthy Food and Drink Choices Policy* is consistent with other state endorsed food policies such as *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*¹ and nationally recognised guidelines such as *The Heart Foundation's Guide to Healthier Catering – A Healthier Serve*².
- The Local Government Association of South Australia State Executive Committee endorsed the LGA's internal healthy catering policy in October 2011, and has since promoted a broad template to be taken on by local councils
- In 2011 the *South Australian Public Health Act*³ was passed into legislation which supports the intention of this policy.
 - o SA Public Health Act 2011
 - o Public Health Planning (Sections 50-52)
- State Public Health Plan "*South Australia a Better Place to Live*",
 - o Priority Area #2: *Increasing Opportunities for Healthy Living, Healthy Eating and Being Active* stipulates that councils are encouraged to include considerations for boosting opportunities for access to healthy food.

5. Policy

The aim of this policy is to increase the availability of healthy food and drink choices to at least 50% of all foods and drinks offered, and to encourage and support the community to make food and drink choices that will impact positively on health.

When applying this policy, City of Playford staff should be guided by the following principles:

- Food **choice** is important for all members of the community
- All members of the community have the right to access healthy food and drink
- City of Playford to be a leader and role model for the community, and supports initiatives that have the potential to impact positively on the health and wellbeing of the community
- 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 advocated for and promoted by using consistent, positive messages
- 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 (e.g. 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)
- Food and drink provided will reflect the *Australian Dietary Guidelines*⁴ and other government recommendations for people living in Australia to achieve and maintain good health.

6. Responsibilities

¹ SA Dept of Health, 2006, *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*, <<http://www.sahealth.sa.gov.au>>

² Heart Foundation of Australia, 2011, *Workplace Wellness Programs*, <<http://www.heartfoundation.org.au>>

³ SA Health, 2011, *South Australian Public Health Act, 2011*, <www.sahealth.sa.gov.au/publichealthact>

⁴ NHMRC, 2013, *Australian Dietary Guidelines*, Commonwealth of Australia, <<http://www.nhmrc.gov.au>>

The Community Wellbeing Team will be responsible to implement the policy. However it is applicable and will be utilised across all business units in the City of Playford, and is the responsibility of all staff who order and provide catering for council funded and supported functions, events, meetings and activities.

7. Relevance to Council Plan

- The Playford Community Vision 2043 articulates the communities' collective values explaining where we are going and why. Aspirations include Prosperity, Liveability, and Happiness, the latter of which incorporates healthy living / accessible healthy lifestyle as a key value.
- Community Wellbeing is one of 4 priority areas in the City of Playford Council Plan (2010/11-2013/14).
 - o Vision: A vibrant, prosperous, and just community that is diverse, active, creative, strong, safe and healthy.
 - o Goal: To improve and support the wellbeing, health and safety of the Playford community.
 - o Objective 1.3: A healthy, active, and connected community.

8. Supporting Documentation

- [Australian Dietary Guidelines](#) (summary booklet)
- [Heart Foundation Guide to Healthier Catering](#)
- [Cancer Council's Healthier Choices](#)
- [A guide to ordering Healthy Food](#)
- [Frequently Asked Questions Factsheet](#)

9. Approval and Change History

Policy ID	Version	Approval Date	Approval by	Change
TBA	1	28/6/11	Executive	
TBA	2	8/8/13	Executive	