



Healthy Food and Drink Policy

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Responsible officer	Manager Community Planning
Policy owner	Coordinator Social Planning and Wellbeing

1. Purpose

The *Healthy Food and Drink Policy* (the Policy) outlines Melton City Council’s (Council’s) guidelines to the provision of healthy food and drink at Council worksites, facilities, programs, and events, with the aim of enhancing the health and wellbeing of employees, volunteers, contractors, residents, and visitors.

The Policy is consistent with Council’s “high-level commitment to promoting, improving and protecting public health and wellbeing in everything we do” (*Melton City Council and Wellbeing Plan 2021-2025, p.6*). It is consistent with Council’s:

- *Workplace Health and Wellbeing Policy* (2017) which describes Council’s commitment to employees’ healthy lifestyle choices.

Through the implementation of the Policy, Council aims to create a culture and environment that supports healthy eating and overall health and wellbeing.

The information provided in this Policy is consistent with the Victorian Healthy Choices: Food and Drink Classification Guide, and the Healthy Choices: Healthy Eating Policy and Catering Guidelines for Workplaces.

2. Definitions

Word/Term	Definition
Catered functions and meetings	Any function or meeting (online or in person) where food or drink is provided or paid for by Council for employees, volunteers, contractors, residents, and visitors.
Council facility	Any building provided by Council for the purpose of community activities or programs including aquatic centres, community centres, neighbourhood houses, libraries, and leisure centres.
Council-managed event	Any community event directly managed by Council.

Word/Term	Definition
Council-managed community program	Any program directly managed by Council for the community and/or employees, contractors, and volunteers.
Healthy food and drink	Food and drink items that meet the Australian Dietary Guidelines and the <i>Australian guide to healthy eating</i> by being nutrient dense and incorporating a variety of choices from each of the five food groups.
Onsite cafes and kiosks	Any Council-owned or managed venue that sells food or drink.
Department of Health: Healthy Choices	
Traffic light system	
GREEN category Best choices	These GREEN foods and drinks are the healthiest choices and should always be available. (Healthy Choices: Food and Drink Classification Guide).
AMBER category Choose carefully	These foods and drinks should be selected mindfully and consumed in moderation. Avoid large serving sizes. (Healthy Choices: Food and Drink Classification Guide).
RED category Limit	<p>Catering Council workplace functions:</p> <p>In alignment with Victorian Government requirements for workplaces, RED category items are not to be supplied through catering (Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces, 2016).</p> <p>In a Council-owned or managed venue that sells food or drink:</p> <p>These food and drinks should be consumed rarely and in small amounts. Availability of RED options should be in moderation and in smaller portions (Healthy Choices: Food and Drink Classification Guide, 2020).</p>

3. Scope

The Policy provides guidelines to all food and drink provided at Council including:

- catered functions and meetings
- managed community programs
- managed community and partnership events
- facilities that have or could have onsite cafes and kiosks
 - including those covered by tenders for third party providers
- facilities that have or could have vending machines.

For events and activities that involve the service or supply of alcohol, also refer to the *Council and Community Alcohol (liquor) Policy and Framework (2017)*.

4. Policy principles

As a community leader, Council will model healthy eating behaviours, in alignment with Victorian State Government, as outlined in the Healthy Choices Guidelines (*Healthy Choices: Food and Drink Classification Guide, 2020*). Council is committed to maintaining and improving the health

and wellbeing within the municipality by providing and promoting healthy foods and drinks at all Council worksites, facilities, programs, and events.

This is achieved through the following guiding principles:

- Healthy and safe environments can be promoted to employees, volunteers, contractors, residents, and visitors by providing opportunities to increase healthy food and drink consumption.
- Healthy eating behaviours in the community can be enhanced through consistent, evidence-based health promotion messages.
- Healthy food and drink options should meet and include the needs of those with specific dietary and/or cultural requirements.
- Employees should be provided with the knowledge and environment necessary to make healthier food and drink choices.
- **GREEN** category items are promoted as the food and drink of choice to employees, volunteers, contractors, residents, and visitors.
- **RED** category food and drink should be limited at all Council venues and facilities, in alignment with Victorian Government recommendations (*Healthy Choices: Food and Drink Classification Guide, 2020*).

5. Responsibility/accountability

6.1	<p>Managers, Coordinators, Team Leaders and Supervisors:</p> <ul style="list-style-type: none"> • ensure that all employees are made aware of, and adhere to the Policy • maintain a workplace culture that improves and promotes the consumption of healthy food and drink.
6.2	<p>Employees:</p> <ul style="list-style-type: none"> • read and understand the Policy • maintain a workplace culture that protects, improves, and promotes healthy eating • observe the Policy while on work-related duties • ensure that contractors, caterers, and suppliers are provided with a copy of the Policy.
6.3	<p>Contractors, caterers, and suppliers involved in food provision:</p> <ul style="list-style-type: none"> • read and understand the Policy • ensure food and drink provision and promotion complies with the Policy.

7. References and links to legislation and other documents

Name	Location
Australian Dietary Guidelines and the Australian Guide to Healthy Eating	www.eatforhealth.gov.au
<ul style="list-style-type: none"> • <i>Healthy Choices: Food and Drink Classification Guide</i> (The <i>traffic light</i> system is based on principles from the Victorian Government's <i>Healthy choices: food and drink classification guide</i> 2020. These guidelines classify food and drink into three categories according to their nutritional value: GREEN, AMBER and RED) • <i>Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces</i> • <i>Healthy Choices: Policy Guidelines for Sport and Recreation Centres</i> • <i>Healthy Choices: Policy Guidelines for Parks</i> 	https://www.health.vic.gov.au/preventive-health/healthy-choices
<i>Melton City Council and Wellbeing Plan 2021-2025</i>	www.melton.vic.gov.au
Melton City Council: <i>Strategic Workplace Plan 2021-2025</i>	www.melton.vic.gov.au
Melton City Council: <i>Hospitality and Entertainment Policy</i> (2021)	www.melton.vic.gov.au
Victorian Government Achievement Program	www.achievementprogram.health.vic.gov.au
Healthy Eating Advisory Service	www.heas.health.vic.gov.au