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## **1. PREAMBLE**

The Healthy Catering Policy has been created to ensure that Council’s staff, elected members, volunteers and visitors always have access to healthy catering options when attending City of Holdfast Bay meetings, workshops, events and facilities.

### **1.1 Background**

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

Healthy behaviours, such as increasing physical activity, consuming healthy food and drink and giving up smoking have shown to aid in reducing disease later in life.

This policy supports and enhances programs and services already delivered by the City of Holdfast Bay and links with the City of Holdfast Bay’s Strategic Plan and Public Health Plan 2014 - 2019. It is also consistent with State and National policy positions.

### **1.2 Purpose**

The purpose of this policy is to ensure that City of Holdfast Bay staff, community members and visitors have the opportunity to access healthy food and drink choices when attending council operated facilities, meetings and council sponsored events. Council will be a role model to the community by supporting the health and wellbeing of staff, volunteers and visitors and creating a healthy eating culture.

### **1.3 Scope**

This policy applies to all food and drink provided at the City of Holdfast Bay organised meetings, events, workshops and council sponsored events. The City of Holdfast Bay will use a phased approach to implement this policy.

This policy can be used in conjunction with the City of Holdfast Bay Healthy Catering Handbook. This handbook provides practical tips on healthy catering in the workplace and a detailed list of food businesses in the local Council area who are able to provide catering to Council staff.

## 1.4 Definitions

*Healthy Eating:* Eating a wide variety of foods from the five food groups daily. Eating in a way that is socially, culturally and developmentally appropriate and satisfying hunger, appetite and energy needs. The five food groups are:

- fruit
- vegetables and legumes/beans
- grains (cereals), mostly wholegrain
- milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- lean meats, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

For further information, refer to the Australian Guide to Healthy Eating [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

*Unhealthy Eating:* Consumption of foods and drinks containing saturated fat, added salt, added sugars and alcohol. For further information, refer to the Australian Guide to Healthy Eating [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## 1.5 Strategic Reference

Community: Building a healthy, active and resilient community

## 2. PRINCIPLES

2.1 The City of Holdfast Bay will ensure that:

- a. Healthy food and drink choices are always available at functions where food is provided for employees and visitors with Council funds.
- b. Healthy catering options are encouraged at community events supported and/or promoted by the City of Holdfast Bay.
- c. Where feasible, food is provided in an environmentally sustainable way. Meaning that:
  - Preference will be given to local catering suppliers
  - Preference will be given to catering provided in recyclable packaging

2.2 There is increased awareness and knowledge of Dietary Guidelines for Australians and the Australian Guide to Healthy Eating amongst council staff, elected members, volunteers and visitors through programs and activities provided by the Council..

2.3 There is a link between cultural relationships and food, and this is encouraged by providing a wide variety of foods from different cultural backgrounds at council meetings and events.

2.4 An environment is created that makes healthy food and drink choices an easy and accessible choice by giving healthy options priority positioning at meetings, in vending machines and at events.

## HEALTHY CATERING POLICY

- 2.5 Safe food handling and hygiene practices are adhered to and promoted throughout the community.
- 2.6 This policy does not apply to food and drinks that staff, elected members, visitors or volunteers bring from home for their personal use or to share for personal celebrations such as birthdays or farewells. This policy applies to food and drinks funded by the City of Holdfast Bay.

### 3. REFERENCES

#### 3.1 Legislation

- *Local Government Act 1999*
- *South Australian Public Health Act 2011*

#### 3.2 Other References

- Children's Health Development Foundation and Deakin University, 1998, *The Australian Guide to Healthy Eating*. Commonwealth of Australia, <<http://www.health.gov.au/>>
- Heart Foundation of Australia, 2016, *Workplace Wellness Programs*, <<http://www.heartfoundation.org.au/for-professionals/physical-activity/workplace-wellness>>
- NHMRC, 2013, *Australian Dietary Guidelines*, Commonwealth of Australia, <<http://www.nhmrc.gov.au>>
- SA Department of Health, 2011, *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*, <<http://www.sahealth.sa.gov.au>>
- SA Health, 2011, *South Australian Public Health Act, 2011*, <[www.sahealth.sa.gov.au/publichealthact](http://www.sahealth.sa.gov.au/publichealthact)>