



### Implementing A Better Choice

#### STEP 1. Getting started

For many food outlets in Queensland Health facilities, moving to *A Better Choice* will involve a number of changes to the way these outlets operate and the foods and drinks that are supplied. To help with this process, facilities may wish to consider forming a committee that can contribute advice and assist with implementing these changes.

Such a committee may involve representatives including:

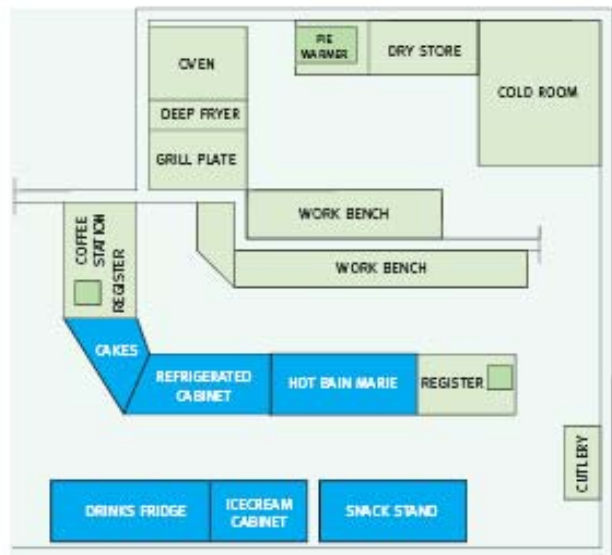
- Food outlet convenor or Manager
- Chef or key food preparation personnel
- Supervisor or Shift co-ordinator
- Dietitian or Nutritionist
- other Queensland Health staff representatives ie. Nurses, Medical officers etc.
- Public affairs officer (if available)

Before taking action it is important to know what *A Better Choice* is about and to communicate this to other staff and visitors. Once you are familiar with the strategy look for opportunities to inform the broader community and gain feedback along the way. Visit [http://www.health.qld.gov.au/health\\_professionals/default.asp](http://www.health.qld.gov.au/health_professionals/default.asp) for promotional tools including a communication plan, presentation for key groups, templates for flyers and communiqués.

#### STEP 2. Assess the current situation

The next step to consider is assessing how menu items are displayed. Start by drafting a basic floor plan to identify which menu items are displayed together ie. hot bain marie, drinks fridge, snack stand etc.

This example shows there are six sections that will need to be assessed (highlighted in blue).



Snack stand
Potato crisps
Chocolate bars
Lollies
Cereal bars
Block chocolate

The next step is to look at each section separately. Draw a basic diagram which captures the range of products and how they are arranged. The diagram to the left illustrates the types, volume and placement of snacks available. The diagram also identifies there are a total of five shelves which will help determine the proportion of choices displayed.

### STEP 3. Classify menu items

Using the food and drink guide along with the nutrient criteria determine whether products fall into the **GREEN**, **AMBER** or **RED** categories.

This may involve gathering information on ingredients and cooking methods, approaching suppliers for nutrition information on pre-portion packaged items, and assessing how menu items are displayed.

Consider colour coding products to illustrate the findings; refer to the example on the left.

Snack stand	
Potato crisps	
Chocolate bars	
Lollies	
Cereal bars	
Block chocolate	

### STEP 4. Determining proportion displayed

To assess the overall proportion of products from each category, determine the amount of display space that contains **GREEN**, **AMBER** or **RED** options. For example, in the snack stand above count the number of shelves – in this case zero shelves **GREEN**, one shelf **AMBER** and four shelves **RED**.

Then determine the proportion of snacks from each category that make up the five shelves. With one shelf contains snacks from the **AMBER** category, of the five shelves this represents 20 per cent of the snacks displayed ie.  $1/5 \times 100\% = 20\%$ . The remaining shelves contain items from the **RED** category this represents 80 per cent of snacks displayed ie.  $4/5 \times 100\% = 80\%$ .

### STEP 5. Develop alternatives

Under *A Better Choice* **RED** options are limited to 20 per cent of snacks displayed – in this example a maximum of one full shelf. **RED** options should also be placed on lower shelves to allow the promotion of better choices.

Increase **GREEN** and **AMBER** choices to represent 80 per cent of snacks displayed that is a total of four shelves. It is recommended that **GREEN** items are placed at a prominent level i.e. eye-level shelves where possible. Refer to the diagram for details regarding suggested changes.

Snack stand	
Air popped popcorn	PC tuna and crackers
Plain pikelets	PC diced fruit cups
PC rice crackers	Salted roasted nuts
Cereal bars	
Potato crisps	Chocolate bars

Consider a few alternatives and trial these with customers to gain input on which options are preferred ie. offer taste tests.

### STEP 6. Discuss the findings

It is up to the committee to discuss the results, prioritise sections that require changes, consider potential resourcing requirements ie. new equipment and identify the best way to introduce and promote these changes. Such a plan may be useful to help determine timeframes as well as monitor progress.

The *A Better Choice Tool Kit* provides a range of ideas to assist with managing this process. Print or download a copy on-line at [http://www.health.qld.gov.au/health\\_professionals/food/default.asp](http://www.health.qld.gov.au/health_professionals/food/default.asp).