

Healthier food and drinks in our workplaces

Department of Health Policy

QH-POL-473:2023

1. Statement

The Department of Health (the Department) is committed to ensuring healthier food and drinks are readily available and actively promoted in facilities occupied by Department of Health employees.

2. Purpose

The intent of this policy is to:

- Contribute to demonstrating and delivering Queensland Health's leadership role in keeping Queenslanders healthy.
- Establish the Department as a place where staff and visitors are encouraged and enabled to make food and drink choices that promote health and wellbeing.
- Provide consistency in the sale, provision, promotion and advertising of healthier food and drinks across all Departmental facilities.

3. Scope

This policy applies to all employees, contractors and consultants within the Department of Health divisions and business units who are responsible for providing and promoting food and drinks through:

- vending machines;
- food retail outlets¹ (such as restaurants, cafes, canteens, kiosks, coffee carts, tea trolleys);
- other retail outlets¹ that sell food (such as convenience stores, newsagents, post offices, florists, pharmacies);
- catering provided by the Department of Health in all settings, and by external agencies within Department of Health facilities;
- fundraising (including staff social clubs), promotional and sponsorship activities; and
- communal staff areas and private selling within workplaces.

¹ Located within Government owned or occupied buildings with lease agreements or contracts managed by the Department of Health or Queensland Government.

This policy does not apply to food and drinks that staff and visitors bring from outside the facility for their own personal consumption.

4. Principles

- **Leadership** – the Department has a responsibility in modelling workplace environments that support healthier choices.
- **Quality** – to support the delivery of Department policies, programs and services that promote health and wellbeing.
- **Compliance** – the provision of food and drinks in Departmental facilities complies with the A Better Choice Food and Drink Supply Strategy for Queensland Healthcare Facilities².
- **Alignment** – with the Department’s commitment to ensuring and improving the health, safety and wellbeing of its workers and all Queenslanders.
- **Consistency** – with the A Better Choice Food and Drink Supply Strategy for Queensland Healthcare Facilities (A Better Choice) and Australian Dietary Guidelines³ that recommend enjoying a wide variety of nutritious foods and drinking plenty of water, while limiting intake of food and drinks containing saturated fat, added sugars, added salt and alcohol.

5. Requirements

5.1. Healthier (GREEN) food and drink options are available and promoted, consistent with the A Better Choice Strategy and the Australian Dietary Guidelines.

5.2. Limit the availability and promotion of unhealthy (RED) food.

5.3. Encourage water as the drink of choice and ensure free drinking water is readily available.

5.4. Do not sell or provide unhealthy (RED) drinks.

5.5. Provide serving sizes that are consistent with the Australian Dietary Guidelines recommendations.

5.6. Monitor compliance of these requirements at least annually, according to the Department of Health Healthier food and drinks supply Standard (QH- IMP-473-1)

² Health and Wellbeing Queensland. (2022). A Better Choice Food and Drink Supply Strategy for Queensland Healthcare Facilities.

³ National Health and Medical Research Council (2013) Australian Dietary Guidelines Summary. Canberra.

6. Supporting documents

- Department of Health Healthier food and drinks supply in our workplaces Standard (QH-IMP-473-1)
- Department of Health Events and Sponsorship Management Standard (QH-IMP-291-1)
- Health and Wellbeing Queensland (2022). A Better Choice Food and Drink Supply Strategy for Queensland Healthcare Facilities.

7. Definitions

Term	Definition
Actively promoted	Placed in prominent areas, special promotions, placed at eye level and offered as the default option in meal deals.
Catering	Any food or drinks provided at meetings, forums, events, conferences, exhibitions, symposiums, workshops/training and any other functions.
Communal staff areas	Staff dining areas, tearooms, kitchens, hallways, common rooms, meeting rooms.
Drink of choice	Water is the drink of choice and should be: <ul style="list-style-type: none">• Always available;• Placed on prominent shelves and/or at eye level; and• Prominently advertised or promoted where drinks are sold or provided.
Departmental facilities	Land on which Department of Health operates an office in which Departmental staff are located.
Fundraising, promotional and sponsorship activities	Includes staff social clubs, promotional and sponsorship activities, third party fundraisers, gifts, give-aways or prizes; raffles; static displays; fundraising BBQs, breakfasts or morning teas; bake sales; and competitions.
Readily available	Available and easy to access at all places where foods and/or drinks are provided or sold.

Version control

Version	Date	Comments
0.1	6/12/2019	New policy
0.2	17/7/2023	Amended policy – to be consistent with updated Health Service Directive Healthier Food and Drinks in Healthcare Facilities