Healthy Food and Drink Supply (A Better Choice)

1. Purpose
This guideline provides recommendations to actively promote and make available healthier foods and drinks (GREEN) and to limit the availability and promotion of less healthy options (AMBER and RED) in all facilities owned and operated by the Department of Health.

2. Scope
This Guideline provides information for all employees, contractors and consultants within the Department of Health divisions and commercialised business units who are responsible for providing food through:

- Catering at functions, meetings or special events
- Coffee shops / canteens
- Vending machines
- Fundraising events and prizes

This guideline may be used by Hospital and Health Services (HHS) by re-branding or as a base for a HHS specific policy document.

3. Related documents
Procedures, Guidelines and Protocols:


4. Recommendations
4.1 Catering at functions, meetings or special events

- A Better Choice Catering Guidelines for Meetings and Functions should apply to all instances where foods and/or drinks are provided and purchased by Department of Health, including:
  - Conferences, exhibitions or symposiums
  - Staff training courses
  - Meetings or forums
Department of Health: Healthy Food and Drink Supply (A Better Choice)

- Special events such as awards nights, official announcements, celebratory or fundraising breakfasts, lunches or dinners

  - RED foods and drinks should not be supplied at meetings or functions. A Better Choice does not apply to the foods and/or drinks that are purchased and provided by external agencies such as:
    - An external dinner or function at a private venue
    - External fundraising events or activities
    - An external conference or meeting

- Department of Health employees are encouraged to influence external agencies to provide nutritious healthier options and promote safe alcohol drinking practices where possible

4.2 Coffee Shops / Canteens

- Coffee shops and canteens should prominently promote and encourage GREEN foods and drinks at all times

- GREEN foods and drinks should be displayed in prominent areas and always available

- AMBER foods and drinks should not be promoted or advertised

- AMBER foods and drinks should not dominate the choices available

- AMBER foods and drinks should be avoided in large sizes and provided in moderate serve sizes

- RED foods and drinks should be limited to no more than 20 per cent of all options displayed including all meals, snacks and beverages

- RED foods and drinks should not be advertised or promoted

4.3 Vending machines

- Vending machines should stock and actively promote GREEN foods and drinks at all times. GREEN foods and drinks should be:
  - Always available
  - Placed on prominent shelves and/or at eye-level
  - Prominently advertised or promoted

- AMBER foods and drinks should be supplied in small quantities and not actively promoted

- Vending machines should not stock, promote or advertise foods and drinks from the RED category

4.4 Fundraising events or prizes

- Food and/or drink based fundraising drives, activities and/or products should be consistent with the values, purpose and goals of the Department of Health and the Queensland Government
Department of Health: Healthy Food and Drink Supply (A Better Choice)

- Department of Health staff should consider fundraising drives, gifts, prizes, activities and/or products that promote health and wellbeing
- Department of Health staff should not use alcohol and foods from the RED category, such as chocolates and confectionery, as gifts or fundraising prizes

5. Review

This Guideline is due for review on: 23/03/2018

Date of Last Review: 23/03/2015


6. Business Area Contact

Senior Director, Preventive Health Unit – Chief Health Officer Branch

7. Definitions of terms

<table>
<thead>
<tr>
<th>Categories of Foods and Drinks</th>
<th>Description</th>
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<tr>
<td>GREEN</td>
<td>Excellent sources of important nutrients for good health and wellbeing; higher in nutrient density; low in saturated fat and/or added sugar and/or salt; lower in energy density and help avoid an excess energy intake (kilojoules); and help ensure optimal nutrient intake</td>
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<tr>
<td>AMBER</td>
<td>Have some nutritional value; can, in large serve sizes, contribute to excess energy (kilojoules); and can have moderate amounts of saturated fat and/or added sugar and/or salt</td>
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<tr>
<td>RED</td>
<td>Nutrient-poor and lack nutritional value; energy dense and can contribute to an excess energy intake (kilojoules); and high in added fats, saturated fat, and/or sugar and/or salt</td>
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8. Approval and Implementation

Policy Custodian:
Senior Director – Preventive Health Unit, Chief Health Officer Branch

Responsible Executive Team Member:
Chief Health Officer, Health Service and Clinical Innovation Division

Approving Officer:
Deputy Director-General, Health Service and Clinical Innovation Division

Approval date: 23 March 2015
Effective from: 23 March 2015

Version Control

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<td>1.0</td>
<td>23/03/15</td>
<td>D. Gunderson</td>
<td>Policy Rationalisation Project Outcome</td>
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<td>1.1</td>
<td>17/08/16</td>
<td>D. Wooden</td>
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