

POLICY



CORP013 Healthy Food Choices Policy

1 Purpose

Hindmarsh Shire Council is committed to enabling a healthy municipality where people thrive and have the best opportunity to make healthy food and beverage choices. The Healthy Food Choices Policy introduces a Council-wide healthy choices food and beverage standard to increase supply of healthier food and beverage options at all Council settings, services and programs for Council personnel and the community to access.

2 Scope

This policy will apply to all contexts where Council has an influence on the food and beverages provided, and where Council funds are used to provide, or influence the provision of, food and beverages supplied. This includes but is not limited to;

- Catered meetings and functions where food and beverages are being procured using Council funds;
- Council run events; and
- Externally contracted commercial services engaged by Council to deliver a food service on behalf of Council.

2.1 Exclusions

This policy does not apply to food and drinks bought from home by employees (i.e. birthday cakes, morning teas or personal fundraising), food provided by external groups or individuals who are using Council buildings or facilities and social club events. However, employees are encouraged to provide healthy eating options at all times.

3 Definitions

Council means Hindmarsh Shire Council

4 Policy

Councils are well placed to model healthy eating behaviours and promote positive health and nutrition messages within the workplace and to the wider community.

4.1 Catering

Catering will be purchased from businesses that have a current registration under the *Food Act 1984*, with preference given to businesses that offer healthy options.

When ordering food or beverages, staff will consider the Australian Dietary Guidelines, endeavouring for at least 80% of catering is made up of food items contained within the five food groups (Grain foods; Vegetables and Legumes / beans; Fruit; Milk, Yoghurt, Cheese; and Lean Meats, poultry, eggs, tofu, nuts and seeds).

4.1.1 Beverages

Drinking water, Tea and Coffee will be provided at Council meetings, trainings, functions and events. Sugar-sweetened beverages such as soft drinks, sports drinks and cordial will not be supplied.

Wherever possible, food and beverages should not be in plastic packaging, and the use of single-use plastic items, in line with State Government regulations, is prohibited.

4.2 Promoting Healthy Choices

Council will provide healthy eating messaging both within its offices, depots and libraries as well as utilising its publications and platforms to share and promote food literacy.

Council will promote healthy food choices when working with community groups in the delivery of its services, including:

- through the Youth Council program; and
- through the Supported Playgroup program.

Council will work to support access to a healthy food supply, including supporting initiatives such as community gardens, community kitchens, cooking classes and by sharing existing knowledge and resources with community organisations and groups.

4.3 External Organisations and Community Groups

Council will play an advocacy role in encouraging community groups, sport and recreation clubs and food and hospitality businesses to maximise healthy food options available to the public.

4.4 Respecting Consumer Choice

Council commits to:

- increasing the availability of healthy food and beverage options, while retaining a suitable supply of current food and beverage options to accommodate cultural and individual tastes, preferences, and dietary requirements; and
- not regulating foods selected and consumed by individuals.

5 References

Related documents	Legislation
Hindmarsh Shire Council Health and Wellbeing Plan Australian Dietary Guidelines	<i>Environment Protection Amendment (Banning Single-Use Plastic Items) Regulations 2022</i>

6 Document Control

CORP013 Healthy Food Choices Policy		Policy Category	OPERATIONAL
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