
Title **HEALTHY CHOICES: FOOD AND DRINK**

TARGET AUDIENCE

All Alfred Health employees.

PURPOSE

This guideline outlines the approach to implementing Healthy Choices within Alfred Health spanning retail food outlets, vending, official catering and fundraising practices. This guideline does not apply to food and drinks provided to inpatients and of Alfred Health facilities.

GUIDELINE

The primary objectives of Healthy Choices include:

- To increase the availability of healthier food and drink choices
- To decrease the availability of the unhealthy food and drink choices
- To demonstrate public leadership in the areas of population health and health promotion

1.0 NUTRITIONAL CLASSIFICATION

The classification of foods and drinks are based on the Department of Health's *Healthy choices: food and drink classification guide* as follows:

1.1 Green – Best choices

- Good sources of important nutrients
- Lower in saturated fat and/or added sugar and/or salt
- Lower in energy (kilojoules)
- Higher in fibre

1.2 Amber – Choose carefully

- Can contain moderate amount of added sugar, added salt and/or saturated fat
- Can contribute to excess energy (kilojoule) intake

1.3 Red – Limit

- High in energy (kilojoules)
- Lack important nutrients such as fibre
- High in added fats, saturated fat and/or added sugar and/or added salt

For further information regarding the 'green', 'amber' and 'red' classifications, refer to Appendix 1 Food and drink examples by nutritional classification.

2.0 PRIVATE RETAIL FOOD OUTLETS

Alfred Health shall actively collaborate with and seek cooperation from onsite retail food outlets to progress towards and/or maintain 'green' foods and drinks representing at least 50 percent of what is available and 'red' foods and drinks accounting for no more than 20 percent through:

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- 2.1 Auditing the availability of 'green', 'amber' and 'red' food and drinks in all on-site retail outlets at least annually and report to Primary Care and Population Health Advisory Committee, the Executive Committee and key stakeholders
- 2.2 Ensuring access to menu assessment and implementation support (via an Alfred Health dietitian, the Victorian Healthy Eating Advisory Service or a private Accredited Practising Dietitian)
- 2.3 Encouraging retail food outlets to label food and drinks according to 'green', 'amber' or 'red' classifications, including signage that explains the classifications
- 2.4 Supporting recipe and menu adjustments to improve nutritional values
- 2.5 Continuing regular communication between Alfred Health and retail food outlets to share knowledge and experiences
- 2.6 Scoping the opportunity to embed the Healthy Choices Guidelines within future retail contracts
- 2.7 Promoting healthy food availability improvements achieved by retail food outlets to relevant stakeholders including patients, residents, visitors and employees

3.0**3 VENDING**

Alfred Health shall ensure onsite food and drink vending achieves at least 50 percent availability of 'green' and no more than 20 percent availability of 'red' items through:

- 4.1 Ensuring appropriate contractual agreement and management with vending provider(s)
- 4.2 Encouraging vendors to label food and drinks according to 'green', 'amber' or 'red' classifications
- 4.3 Promoting the healthy food availability improvements achieved within vending to relevant stakeholders including patients, visitors and employees

5 CATERING FOR MEETINGS AND EVENTS

Alfred Health recognises its responsibility to lead by example through its catering practices and to provide food and drink that promotes the health of its workforce. Alfred Health shall ensure that catering, provided by Alfred Health, is compliant with the Department of Health's Healthy Choices Policy directive.

- 5.1 Employees should think critically to determine the need to provide catering in a meeting or event situation
- 5.2 Managers and employees who organise catering for events should ensure that official catering (where 'official' refers to that which is funded by Alfred Health or other public sources):
 - Is ordered using Alfred Health's catering forms (available on the intranet)
 - Achieves at least 50 percent availability of 'green' and no availability of 'red' items (including alcohol)
 - Is sourced from Alfred Health's approved providers only (a list of providers is available on the intranet)
 - Is approved by the relevant Executive Director

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Orders that do not comply with all of the above conditions will not be paid or reimbursed, unless an exemption is received by the relevant Executive Director (see 5.6).

5.3 For occasions of external, third party funded catering (such as from a drug company or supplier), the Alfred Health employee responsible for the event should:

- Ensure that catering options achieve at least 50 percent availability of 'green' and no availability of 'red' items

5.4 For occasions of unofficial catering (where 'unofficial' refers to that which is provided by employees at no cost to Alfred Health e.g. birthdays, farewells), managers should:

- Encourage the availability of 'green' options
- Provide support for 'going green'

5.5 Alfred Health will promote the nutritional improvements achieved within catering practices to relevant stakeholders including patients, visitors and employees

5.6 Non-compliant catering orders will be approved if signed off by the relevant Executive Director. This should be minimised to special occasions (eg staff recognition event) or events where compliance is not feasible (eg event outside of the catering panel delivery limits).

6 FUNDRAISING

Fundraising activities refers to seeking or accepting of any money, property or other benefit. This includes the selling of food and drink items through charity boxes or locally organised fundraising schemes.

6.1 The responsible officer should ensure that fundraising (for Alfred Health or external benefit) does not include the sale of 'red' food or drinks

6.2 The responsible officer should ensure that the fundraising complies with the Alfred Health Fundraising Policy and Alfred Health Cash Handling and Receipting Policy.

APPENDICES

APPENDIX 1 – Food and drink examples by nutritional classification

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KEY RELATED DOCUMENTS

- Key aligned policy
 - [Alfred Health Healthy Choices Food and Drink Policy](#)
 - Healthy Choices: policy directive for Victorian public health services
- Key legislation, acts & standards:
 - Charter of Human Rights and Responsibilities Act 2006 (Vic)¹
- Other relevant documents:
 - [Alfred Health Population and Public Health Policy](#)
 - [Alfred Health Fundraising Policy](#)
 - [Alfred Health Alcohol and Drugs in the Workplace Policy](#)
 - [Alfred Health Finance Manual \(Section 13.2 Entertainment Expenditure Guideline\)](#)
- PowerPlans/IPOCS/QRGs
 - Nil

REFERENCES

Department of Health (April 2016). *Healthy choices: food and drink classification guide*. Accessible via www.health.vic.gov.au/nutrition

AUTHOR / CONTRIBUTORS

* denotes key contact

Name	Position	Service / Program
* Kia Noble	Population Health Lead	Strategy & Planning
Gemma Smoker	Population Health Coordinator	Strategy & Planning
Carly Davis	Acting Director, Service Planning and Partnerships	Strategy & Planning
Jenny Walsh	Executive Director, Strategy & Planning	Strategy & Planning

Approved by: Jenny Walsh	Title: Executive Director, Strategy and Planning	Date: 14 September 2021
Disclaimer: This guideline has been developed within the context of Alfred Health service delivery. Alfred Health shall not be responsible for the use of any information contained in this document by another organisation outside of Alfred Health.		

¹ REMINDER: Charter of Human Rights and Responsibilities Act 2006 – All those involved in decisions based on this guideline have an obligation to ensure that all decisions and actions are compatible with relevant human rights.

APPENDIX 1 – Food and drink examples by nutritional classification

Foods and drinks in the GREEN category

Below is a summary of foods and drinks in the GREEN category. For more GREEN choices refer to the *Common foods and drinks classification guide* (Section 4).

Grain (cereal) foods

- Breads, rolls, bagels, English muffins
- Some plain corn/rice cakes and crispbreads
- Plain grains including rice, pasta, noodles, barley, buckwheat, semolina, polenta, burghul, cracked wheat, couscous, quinoa
- Breakfast cereals that meet the GREEN criteria in Table 1 (page 18)
- Filo pastry

Fruit

- Fresh and frozen fruit, including avocado
- Fruit purée or canned fruit in natural juice or water with no added sugar
- Stewed fruit with no added sugar

Vegetables

- Fresh and frozen vegetables
- Canned vegetables

Legumes/beans

- Beans (such as kidney, soy, mung), lentils, chickpeas, split peas, baked beans

Milk, yoghurt, cheese and alternatives

- Reduced-fat plain milk
- Cheese that is naturally lower in fat (including cottage and ricotta) and reduced-fat forms of other cheeses (such as reduced-fat cheddar)
- Reduced-fat plain or flavoured yoghurt and custard
- Calcium-fortified dairy alternatives (including soy/rice/almond drink, soy yoghurt)
- Reduced-fat flavoured milk and calcium-fortified alternatives that are equal to or less than 900 kJ per serve as sold

Lean meat/poultry, fish, eggs and alternatives

- Lean meat (such as beef, pork, lamb, veal, chicken, turkey) with visible fat and skin removed
- Fresh and frozen fish
- Canned fish in spring water
- Eggs
- Tofu and bean curd

Nuts and seeds

- Plain, unsalted, unroasted/dry roasted nuts and seeds in serve sizes up to 30 g
- 100 per cent nut/seed paste with no added sugar, salt or fat

Mixed meals

- Some commercial or freshly prepared ready to eat meals, mixed hot-food dishes or plated dinners that are lower in fat, salt and added sugar and use vegetables, legumes and beans, lean meats, wholegrains and reduced-fat cheeses

Sauces, soups, dips and dressings

- Pasta and simmer sauces, soups, dips, mayonnaise and salad dressings that meet the GREEN criteria in Table 1 (page 18)

Drinks

- Plain, unflavoured water (tap, spring, mineral, soda, sparkling)
- Reduced-fat plain milk
- Calcium-fortified milk alternatives (including soy/rice/almond drink)
- Reduced-fat flavoured milk and calcium-fortified flavoured milk alternatives that are equal to or less than 900 kJ per serve as sold
- Tea and coffee without added sugar



Foods and drinks in the AMBER category

Below is a summary of foods and drinks in the AMBER category. For more AMBER choices refer to the *Common foods and drinks classification guide* (Section 4).

Grain (cereal) foods

- Some savoury breads, scrolls, foccacias and twists
- Some breakfast cereals which do not meet the criteria in Table 1 (page 18)

Fruit and vegetables

- Canned fruit or stewed fruit with added sugar (for example in syrup or jelly)
- Dried fruit in serve sizes up to 30 g
- Some fruit leathers, straps and dried fruit bars that are 100 per cent dried fruit with no added sugar
- At least 99 per cent fruit juice with no added sugar in serve sizes up to 250 ml
- Ice blocks, ice crushes, gelato and sorbet based on pure fruit juice with no added sugar in serve sizes up to 250 ml
- Vegetables roasted in oil, marinated and pickled vegetables, olives

A serve of fruit juice in the *Australian dietary guidelines* is 125 ml. For practicality, the maximum serve size for AMBER fruit juices is 250 ml.

Milk, yoghurt, cheese and alternatives

- Regular-fat plain milk
- Regular-fat forms of cheese
- Regular-fat plain or flavoured yoghurt and custard
- Reduced-fat flavoured milk and flavoured milk alternatives that are between 900–1,600 kJ per serve as sold
- Regular-fat flavoured milk and flavoured milk alternatives that are equal to or less than 1,600 kJ per serve as sold

Meat and alternatives

- Meat or poultry with visible skin or fat
- Fish canned in brine, oil or flavoured sauce

- Some meat products and lean, processed meats that meet the AMBER nutrient criteria (page 19). for example some uncrumbed/crumbed burgers patties, balls or strips and some lean, reduced sodium deli meats (roast beef/turkey breast slices, pastrami, chicken breast pieces)

Nuts and seeds

- Salted nuts and seeds
- Nut and seed pastes with added sugar, salt or oil

Unsaturated fats and oils

- Mono- or poly-unsaturated margarines and oils such as canola, olive, peanut, sesame, sunflower, safflower, soybean, flaxseed

Single hot-food items, ready to eat meals and snack foods

Items that meet the AMBER nutrient criteria (pages 19–20). This includes some:

- savoury-topped breads and pizzas with wholemeal flour and reduced-fat cheese
- steamed dim sims and spring rolls
- oven-baked potato products
- ready to eat meals, mixed hot-food dishes and plated dinners
- savoury snack foods, biscuits and crispbreads
- wholemeal muffins or scones with added fruit and vegetables
- uncoated, un-iced sweet biscuits
- ice-creams, milk or soy-based ice confections and dairy desserts made with reduced-fat milk.

Drinks

- Regular-fat plain milk
- Reduced-fat flavoured milk and flavoured milk alternatives that are between 900–1,600 kJ per serve as sold
- Regular-fat flavoured milk and flavoured milk alternatives that are equal to or less than 1,600 kJ per serve as sold
- Fruit and vegetable juices with no added sugar in serve sizes up to 250 ml
- Ice crushes (for example Slurpees™ and slushies) based on at least 99 per cent fruit juice with no added sugar in serve sizes of up to 250 ml
- Artificially sweetened drinks with no added sugar. It is recommended to provide these drinks in the smallest serve size available (for example, less than 375 ml cans)
- Artificially sweetened energy drinks with no added sugar in serve sizes up to 250 ml

Foods and drinks in the RED category

Below is a summary of foods and drinks in the RED category. For more RED choices refer to the *Common foods and drinks classification guide* (Section 4).

Confectionery

All types including lollies (boiled, soft), jelly, juice jellies, jelly beans, licorice, marshmallow, regular mints, bubble gum, carob, chocolate, chocolate spreads (such as chocolate and hazelnut spread), hundreds and thousands, sprinkles, syrups, chocolate coating, carob coating, yoghurt-flavoured coating

Saturated and trans fats and oils

- Butter, dairy-blend spreads
- Lard, tallow, cophera, ghee, cooking margarine
- Cream
- Palm oil, cottonseed oil
- Coconut oil, coconut cream, regular coconut milk

Fried foods

- Foods fried in large amounts of oil (such as schnitzel)
- Deep-fried foods

Frozen ice confection

- Sugar-sweetened ice blocks, ice crushes (slushies, Slurpees™), fruit or water-based gelato and sorbet

Drinks

- Sugar-sweetened drinks such as soft drinks, flavoured waters, flavoured mineral waters, flavoured teas, fruit drinks (less than 99 per cent fruit juice), cordials, sports waters, sports drinks, energy drinks⁶, ice crushes (Slurpees™, slushies). Sugar-sweetened drinks should be provided in the smallest serve size available (e.g. 200-375 ml cans)
- Artificially sweetened energy drinks in serve sizes over 250 ml
- Flavoured milk and flavoured milk alternatives that are more than 1,600 kJ per serve as sold
- Alcoholic drinks (for example, beer, liqueurs, port, sherry, spirits, wines, mixed alcoholic drinks)

Single hot-food items, ready to eat meals and snack foods

Items that do not meet the AMBER nutrient criteria (pages 19–20). This includes many:

- savoury pastries such as pies, sausage rolls and pasties
- crumbed and coated meat products such as schnitzels
- sausages, frankfurts, saveloys and chorizo
- processed meats such as Devon, Strasburg, salami, kabana and bacon
- savoury snack foods, biscuits and crisps
- cakes, slices and sweet pastries
- sweet snack foods, bars and biscuits
- ice-creams, milk or soy-based ice confections and dairy desserts.

Sweet spreads and toppings

- Jam
- Chocolate spreads
- Syrups
- Condensed milk
- Honey
- Sugar
- Sprinkles



⁶ All products containing caffeine (for example, energy drinks) must comply with FSANZ Food Standards Code 2.6.4.