
Title **HEALTHY CHOICES: FOOD AND DRINK**

TARGET AUDIENCE

All Alfred Health employees.

PURPOSE

The purpose of the Healthy Choices: Food and Drink Policy is to promote the health of Alfred Health consumers, visitors and employees through increased availability of healthy food and drinks and decreased availability of unhealthy food and drinks, via retail food outlets, vending, official catering and fundraising practices. This policy does not apply to food and drinks provided to inpatients of Alfred Health facilities.

POLICY STATEMENT/S

- Alfred Health shall use the Department of Health's *Healthy Choices: food and drink classification guide* to classify food and drink items based on nutritional value:
 - Green – Best choices
 - Amber – Choose carefully
 - Red – Limit
- Alfred Health will endorse signage that is clearly displayed in on-site food outlets and in menus explaining the meaning of the classifications
- Alfred Health shall actively collaborate with onsite private retail food outlets to progress towards and/or maintain 'green' food and drinks representing at least 50 percent of what is available and 'red' food and drinks accounting for no more than 20 percent
- Onsite retail outlets that are operated by Alfred Health, such as volunteer kiosks, shall achieve at least 50 percent availability of 'green' and no more than 20 percent availability of 'red' items
- Onsite food and drink vending machines shall achieve at least 50 percent availability of 'green' and no more than 20 percent availability of 'red' food items
- 'Red' drinks will not be available in vending, catering and retail outlets operated by Alfred Health. Alfred Health shall actively collaborate with private onsite retail outlets to adhere to the same
- 'Red' food and drinks shall not be promoted or advertised
- Official catering for meetings and events shall:
 - Be ordered through Alfred Health's approved panel of catering providers, submitted on Alfred Health's catering form
 - Consist of at least 50 percent availability of 'green' foods and drinks with no provision of 'red' items (including alcohol)
 - Be approved by the relevant Executive Director

Orders that do not comply with the above conditions will not be paid or reimbursed.

Note: Official catering refers to that which is funded by Alfred Health or other public sources whether through operating budgets or SPFs or sponsorship arrangements

- Fundraising through the sale of 'red' foods or drinks shall not be permitted

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- This policy relates to food and drink made available to any person including visitors, patients, residents, community members, volunteers, employees or other stakeholders
- This policy does not apply to unofficial social occasions where catering is provided by staff at no cost to the organisation (e.g. birthdays, staff farewells) although provision of healthy choices is encouraged

Exceptions:

Any exceptions to this policy require approval from the relevant Executive Director and may occur on the basis of:

- Organisationally supported donor/supporter, volunteer or staff recognition event (e.g. end of year celebration)
- Organisationally supported cultural acknowledgement event

EVALUATION

- Auditing and reporting according to the Population Health Strategy
- All employees are accountable for compliance with this policy; non compliance may be considered disciplinary
- All catering providers (with an existing service agreement) are accountable for compliance with this policy provided this can be achieved within the terms of the existing service agreement

KEY RELATED DOCUMENTS

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

REFERENCES

Department of Health (August 2021). *Healthy choices: food and drink classification guide*. Accessible via <https://www2.health.vic.gov.au/about/publications/policiesandguidelines/Healthy-choices-food-and-drink-classification-guide>

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.

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Endorsed by: Jenny Walsh	Title: Executive Director, Strategy and Planning	Date: 14 September 2021
Approved by: Alfred Health Executive Committee		Date: 22 September 2021
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