



Healthy Food and Beverage Environments Policy

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| Responsibility: | Workplace Wellness Group |
| Authorised By: | Chief Executive |
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| Page: | 1 of 8 |

Introduction

1. The Taranaki District Health Board is committed to the strategic actions and behaviours of *We Work Together* by:
 - Treating people with trust, respect and compassion;
 - Communicating openly, honestly and acting with integrity;
 - Enabling professional and organisational standards to be met;
 - Supporting achievement and acknowledging successes and;
 - Creating healthy and safe environments;
 - Welcoming new ideas.
2. Taranaki DHB is committed to ensuring the Treaty of Waitangi is inherent in policy and practice across all service units. Development and implementation of this document has been undertaken in the spirit of partnership, participation and protection.

Background

3. Healthy Food and Beverage Environments are integral to good health. Healthy food and beverage choices support growth, strength, good education outcomes and health throughout life. Despite overall high standards of living with adequate food, good education and advanced health care, Taranaki residents have significant illness, disability and premature death linked to unhealthy food choices.

Purpose

4. The purpose of this document is to ensure that Taranaki DHB:
 - provides an environment that supports healthy food and beverage options
 - demonstrates a commitment to the health and wellbeing of staff and visitors by providing healthy eating and beverage options, which support a balanced diet in accordance with the New Zealand Food & Nutrition Guidelines
 - acts as a role model to the community by providing and promoting healthy, and safe food beverage choices within DHB settings

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- acknowledges the needs of different cultures, religious groups and those with special dietary needs, and will accommodate these on request, where possible and practicable.

Scope

5. This policy applies to:

- All food and drink provided or able to be purchased from any retailer on Taranaki DHB premises for consumption by staff and visitors.
- All food and drink able to be purchased from any vending facility (machine, box, trolley) on Taranaki DHB premises.
- Any external parties contracted to provide food or catering services at any Taranaki DHB facility or function. This includes functions, meetings, special events at any Taranaki DHB facility organised by any DHB employee, contractor, visitor or student; or any offsite function organised by any DHB employee for DHB staff and/or visitors. Any future leased space selling food or beverages on Taranaki DHB premises will need to adhere to this policy.
- Any fundraisers organised by groups associated with the DHB where food and drinks are sold or intended for consumption on DHB premises. Fundraisers associated with groups outside of the DHB which do not meet this policy should not be promoted on DHB premises or through DHB communications.
- Any gifts offered to guest speakers and/or formal visitors on behalf of Taranaki DHB if containing food and/or beverages should be in keeping with this policy.

Exclusions

6. While healthy options are always encouraged, this policy excludes:

- Inpatient meal services
- Food and beverages brought to work by staff for their own consumption
- Food and beverages provided by clients/patients for their own use
- Self-catered staff shared meals and treats for staff, e.g. birthday cakes and food brought for special occasions
- Gifts from families/whānau of patients to staff
- Alcohol – this is covered by Taranaki DHB's Host Responsibility (Functions) Policy

Definitions

Beverage means any liquid drink that does not contain alcohol.

Healthy Food and Beverage Environments means environments where all indoor and outdoor areas a person sees, enters, is near to, or uses support healthy eating and drinking as a social norm, and as the easiest choice.

Policy

Access to Healthy Choices

7. All staff, outpatients and visitors should have access to healthy food and beverage options when on Taranaki DHB sites at all times.

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8. Healthy food and beverage choices should be appropriate to a wide variety of people, with consideration given to cultural preferences and religious beliefs. Vegetarian options should be available, taking into account that not all vegetarians eat eggs and dairy products.
9. Taranaki DHB places of work must provide reasonable access to free drinking water for all staff on site. Wherever possible this means water should be available in a water cooler.

Promotion of Healthy Choices

10. Healthy food and beverage options should be displayed prominently in all environments (retail and catered) that offer food and beverages.
11. Healthy options should be promoted to encourage selection of these options, and to make it easier to select healthy options.
12. Taranaki DHB should not advertise, sell, provide or promote unhealthy food and beverage options or utilise in any manner or for any purpose the name, logos, symbols or associated materials of, or sponsorship from, a business associated with unhealthy foods or beverages.

Catering Guidelines

13. All meals, snacks and beverages must comply with the requirements as outlined in Appendix B, noting the associated timeframes for implementation.
14. Beverages and foods categorised as '**Red**' will not be sold on Taranaki DHB sites.

Requirements for Vending Machines

15. All vending machines must comply at all times with the requirements for vending machines outlined below:

| | GREEN CATEGORY | AMBER CATEGORY | RED CATEGORY |
|---|--|--|---------------------------|
| | 85% | 15% | 0% |
| Commercially prepared packaged snack foods | < 800kj per packet ≤ 1.5 grams saturated fat/100g ≤ 450mg of sodium/100g Excluding all confectionary. | <800kj per packet | >800kj per packet |
| Cold beverages | Plain water and plain milk. Beverages sweetened with non-nutritive sweeteners <355mls | No added sugar fruit juices and flavoured milk < 250mls | Sugar sweetened beverages |

Criteria for Nuts, Seeds and Ready to Eat/Heat meals are described in the Taranaki DHB requirements (Appendix B).

Compliance

16. An audit will be developed to ensure the requirements of this policy are being met; the audit will be undertaken on an annual basis.

Supporting Information

References

- Auckland DHB Healthy Food & Beverage Environments Policy

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- Auckland DHB Healthy Food & Beverage Guidelines
- Wairarapa, Hutt Valley and Capital and Coast District Health Boards (3DHBs) Healthy Food and Beverage Environments Guideline for staff and visitors

National Documents

- Ministry of Health NZ Food and Nutrition Guidelines for adults and children
- Better Vending For Health Guidelines

Taranaki DHB Related Documents

- Taranaki DHB Host Responsibility (Functions) Policy

Appendix A: Food and Beverage Categories

Foods and beverages are placed into three categories:

Green Foods

- These foods are the basis of a healthy diet and include fruits, vegetables, breads, cereals and grains, reduced fat dairy products, lean meat, fish, chicken, eggs and legumes.
- They are lower in saturated fats, and sugar and added salt.

Amber Foods

- These foods are processed foods and drinks. They have some nutritive value but can contain saturated fats, added sugar, or added salt.
- They can contribute to consuming excess energy.

Red Foods

- Red foods are highly processed foods and drinks.
- They are of poor nutritional value and high in saturated fat, added sugar, and/or added salt and energy. They can contribute to consuming excess energy.

Appendix B: Taranaki DHB Requirements (excluding vending machines)

| Food Type | GREEN CATEGORY FOODS (dominate) | AMBER CATEGORY FOODS | RED CATEGORY FOODS (not to be sold) |
|--|--|--|---|
| <p>1. No sugar sweetened beverages but with allowance for flavoured milk and fruit juice up to 250ml and drinks sweetened with non-nutritive sweeteners up to 355ml</p> <p>Implemented 30 September 2015</p> | | | |
| Cold beverages | Plain water and plain milk. Beverages sweetened with non-nutritive sweeteners <355mls | No added sugar fruit juices and flavoured milk < 250mls | Sugar sweetened beverages |
| <p>2. Packaged snack foods contain less than 800 kilojoules per packet and there are limited confectionary and fried snack foods.</p> <p>To be implemented by 31 October 2015</p> | | | |
| Commercially prepared packaged snack foods | <p>< 800kj per packet</p> <p>≤ 1.5 grams saturated fat/100g</p> <p>≤ 450mg of sodium/100g</p> <p>Excluding all confectionary.</p> | <800kj per packet | >800kj per packet |
| <p>3. Portion sizes of baked snack food (muffins, cakes, scones, biscuits, pastry based food, slices) are small</p> <p>To be implemented by 31 December 2015</p> | | | |
| <p>Bakery items</p> <p>(Scones, muffins, cakes, slices, sausage rolls, pies, quiche, biscuits, doughnuts, pastry items etc)</p> | | <p>Small size</p> <p><i>Nutrient criteria/portion sizing may be introduced at a later date</i></p> | <p>Medium to large size.</p> <p><i>Nutrient criteria/portion sizing may be introduced at a later date</i></p> |
| <p>4. The food and beverages available are:</p> <ul style="list-style-type: none"> dominated by wholegrains, vegetables and fruit, options are prepared with minimal fat, salt and sugar, and beverage choice always includes water <p>To be implemented by 30 April 2016</p> | | | |
| Fruit | All fresh, frozen, sodium reduced | Dried fruit, canned fruit in juice | Canned fruit in syrup |

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| Food Type | GREEN CATEGORY FOODS (dominate) | AMBER CATEGORY FOODS | RED CATEGORY FOODS (not to be sold) |
|--|---|--|--|
| | canned fruits, canned fruit in natural juice | | |
| Vegetables | All fresh, frozen, sodium reduced canned vegetables | | |
| Breads | All wholegrain breads with: <ul style="list-style-type: none"> • A fibre content $\geq 5\text{g}/100\text{g}$ • Sodium content $< 450\text{mg}/100\text{g}$ | All white/specialty breads with: <ul style="list-style-type: none"> • A fibre content $< 5\text{g}/100\text{g}$ | |
| Breakfast cereals | Wholegrain breakfast cereals with: <ul style="list-style-type: none"> • A fibre content $\geq 5\text{g}/100\text{g}$ • Sugar content $< 15\text{g}/100\text{g}$ | Refined and processed breakfast cereals with: <ul style="list-style-type: none"> • A fibre content $< 5\text{g}/100\text{g}$ • Sugar content $< 25\text{g}/100\text{g}$ | Refined and processed breakfast cereals with: <ul style="list-style-type: none"> • A fibre content $< 5\text{g}/100\text{g}$ • Sugar content $> 25\text{g}/100\text{g}$ |
| Cereal foods | Wholegrain and high fibre varieties Eg. Wholegrain rice and pasta. | Refined grains and white varieties Eg. Rice, plain pasta, unflavoured noodles, polenta, couscous, and buckwheat. | |
| Dairy products/Dairy alternatives | Reduced or low fat milk/soy milk, reduced/low fat, plain and flavoured yogurt with $< 10\text{g}/100\text{g}$ of added sugar, reduced or low fat cheese and custard | Full-fat milk/soy milk, plain and flavoured full-fat yoghurt, cream, full-fat cheese and full-fat custard. | |
| Fats and oils | Mono- or poly-unsaturated spreads, oil sprays and vegetable oils. Eg. Canola, olive, rice bran, sunflower, soya bean, flaxseed, peanut or sesame. Use in small amounts. | Saturated fats and oils. Eg. Butter, lard, palm oil, coconut cream. Use in small amounts. | |
| Ice-creams, milk-based iced confection, and dairy desserts | | Some uncoated milk-based ice-creams, smoothies, frozen yoghurts and mousses with: <ul style="list-style-type: none"> • Energy content: $\leq 600\text{kJ}$ per serve | Chocolate-coated and premium ice-creams. Some uncoated milk-based ice-creams, smoothies, frozen yoghurts and mousses which have: |

| Food Type | GREEN CATEGORY FOODS (dominate) | AMBER CATEGORY FOODS | RED CATEGORY FOODS (not to be sold) |
|---|---|--|---|
| | | <ul style="list-style-type: none"> Saturated fat content: ≤3g per serve | <ul style="list-style-type: none"> Energy content: >600kj per serve Saturated fat content: >3g per serve |
| Ice-blocks and fruit based ice confection | | <p>Some ice-blocks, sorbet, water- or fruit-based ice confection, smoothies and ice crushes with:</p> <ul style="list-style-type: none"> Energy content: ≤600kj per serve Saturated fat content: ≤3g per serve | <p>Some ice-blocks, sorbet, water- or fruit-based ice confection, smoothies and ice crushes with:</p> <ul style="list-style-type: none"> Energy content: >600kj per serve Saturated fat content: >3g per serve |
| Legumes | <p>All forms of dried & prepared beans and peas.</p> <p>Eg. Baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, split peas, bean curd and tofu.</p> | | |
| Meat, fish, poultry | <p>Lean meats such as chicken, turkey, beef, pork, lamb, and veal with visible fat and skin removed. All fresh and plain frozen fish. Tuna, salmon, sardines canned in spring water with no added salt. Eggs.</p> <p>No processed meats</p> | <p>Processed meats with:</p> <ul style="list-style-type: none"> Serving size ≤50g Energy content: ≤900kj/100g Saturated fat content: ≤3g/100g Sodium content: ≤700mg/100g <p>E.g. Ham, luncheon meats, saveloys, frankfurters, salami, pastrami, corned beef, bacon & processed chicken meat.</p> | <p>Processed meats with:</p> <ul style="list-style-type: none"> Serving size > 50g Energy content: >900kj/100g Saturated fat content: >3g/100g Sodium content: <700mg/100g <p>E.g. Ham, luncheon meats, saveloys, frankfurters, salami, pastrami, corned beef, bacon & processed chicken meat.</p> |
| Nuts & seeds | <p>All plain, unsalted, unroasted nuts and seeds.</p> <ul style="list-style-type: none"> Serving size ≤50g | <p>All salted/sugared/roasted nuts and seeds.</p> <ul style="list-style-type: none"> Serving size ≤50g | <p>All plain/salted/sugared/roasted nuts and seeds.</p> <ul style="list-style-type: none"> Serving size >50g |
| Mixed meals, sandwiches and Ready-to-Heat/Eat foods | <p>Meals prepared with only Green Category ingredients.</p> | <p>Meals prepared with one or more Amber Category ingredients.</p> <p>Eg. Sandwiches with full fat cheese, curries made with cream.</p> <p><i>Nutrient criteria/portion sizing may be introduced at a later date</i></p> | <p>Meals prepared with one or more Red Category ingredients.</p> <p>E.g. Pizza with “red” processed meats, sushi with deep fried fillings.</p> <p><i>Nutrient criteria/portion sizing may be introduced at a later date</i></p> |

| Food Type | GREEN CATEGORY FOODS (dominate) | AMBER CATEGORY FOODS | RED CATEGORY FOODS (not to be sold) |
|--|--|---|---|
| Spreads, sauces, condiments and dressings | <p>Reduced fat/sugar/salt varieties of table spreads/margarine/nut butters/salad dressings/mayonnaise. Vegetable based sauces and spreads, hummus, yeast and vegetable extracts, mustard.</p> <p>Use in small amounts.</p> | <p>Regular varieties of table spreads/margarine/ nut butters/salad dressings/mayonnaise, butter and cream.</p> <p>Use in small amounts.</p> | |
| <p>5. No deep fried hot foods provided To be implemented by 30 June 2016</p> | | | |
| Deep fried foods | | | <p>No deep fried foods are permitted</p> |