

Healthy Eating Policy

Strategic Reference	Objective 1 - A caring, healthy and resilient community. Strategy 1.2 - Enhance the quality of life of our communities by advocating, supporting and/or undertaking health, recreation development, ageing in place, library services, community development, safety and transport initiatives. Strategy 1.6 - Promote active and healthy lifestyles for our communities.
File reference	AR16/6225
Responsibility	Community & Corporate Department
Revision Number	Three
Effective date	20 March 2012
Last revised date	May 2016
Minutes reference	095/16, 071/14, 097/12
Next review date	Every two years, May 2018
Applicable Legislation	Public Health Act 2011
Related Policies	Healthy Murraylands Policy
Related Documents	<i>Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities</i> <i>The Heart Foundation's Guide to Healthier Catering – A Healthier Serve</i> <i>Regional Public Health Plan 2014 - 2016</i>

1. Purpose and scope

The purpose of this policy is to ensure that members of Coorong District Council community, staff, volunteers and visitors have the opportunity to access healthy food and drink choices when attending facilities and workplaces operated by Council and at Council sponsored events.

The aim is to increase the availability of healthy food and drink choices and to encourage and support the community to make food and drink choices that will impact positively on health.

This policy directive does not apply to food and drinks that staff, visitors or volunteers bring from home for their personal use or to share for personal celebrations such as birthdays or farewells.

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2. Background

Health behaviours, such as giving up smoking, increasing physical activity and consuming healthy food and drinks have been shown to reduce the chance of getting diseases later in life.

Council is well placed to positively influence the health behaviours of staff, volunteers and visitors, and to role model good health behaviours to the wider community by ensuring that all members of the community are able to access healthy food and drink choices when attending Council operated facilities, workplaces and council sponsored events.

3. Policy Statement

Council acknowledges its place as a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community.

The objectives of this policy are to provide and role model healthy food and drink choices to Coorong District Council community, staff, volunteers and visitors and support community initiatives that have the potential to impact positively on the health and wellbeing of the community by:

- ensuring healthy food and drink choices are always available
- increasing the availability of healthy food and drink choices over time
- promoting healthy food and drink choices in a positive way
- presenting healthy food and drink choices as appealing and attractive alternatives to unhealthy foods and drinks
- where feasible, providing food in an environmentally sustainable way
- supporting and encouraging breastfeeding

3.1 Principles

When applying this policy, Council staff should be guided by the following principles:

- food and drink choice is important for all members of the community
- all members of the community have the right to access healthy food and drink
- food and drink has social and cultural meaning and eating is enjoyable
- it is important to create an environment which makes healthy food and drink choices the easier choice for staff, volunteers, the community and visitors
- healthy food and drink choices should to be promoted using consistent, positive messages
- the provision of food must be safe and food handling and food hygiene practices are followed
- where feasible, the provision of food and drink should be provided in an environmentally sustainable way (eg developing a plan to minimise the amount of waste produced, how it is disposed of, taking advantage of recycling options and using environmentally friendly containers)

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- that food and drink provided will reflect the *Dietary Guidelines for Australians, The Australian Guide to Healthy Eating* and other government recommendations for people living in Australia to achieve and maintain good health

4. Progressive improvement

This policy applies to all food and drink provided at Council operated facilities and workplaces and Council sponsored events. A phased approach was used to implement this policy.

Phase 1 – Internal catering and food provision implemented since 2014

- Provision of healthy food and drink choice to Council staff, visitors and volunteers including:
 - work related meetings for staff and visitors
 - workshops and training events
 - conferences and visiting speaker events
 - Council meetings for Elected Members and staff.

Phase 2 – External catering and healthy food provision partially implemented since 2014

- Provision of healthy food and drinks at Council operated facilities and Council sponsored events including:
 - community programs paid for by Council and/or sponsored in partnership with other organisations
 - community events paid for Council and/or sponsored in partnership with other organisations
 - meals provided by Council to community groups
 - food and drinks used in nutrition education programs and activities
 - food and drinks provided to participants in community centre programs
 - food and drinks provided at Council operated facilities eg. libraries and recreation centre's.

Coorong District Council will attempt to source and give preference to caterers that are identified as Coorong Healthy Highways accredited establishments.

Phase 3 – Breastfeeding friendly and supportive environments commenced 2015

- Creating environments supportive of breastfeeding such as:
 - displaying Breastfeeding Welcome Here stickers
 - provision of breastfeeding facilities
 - registration with the [Australian Breastfeeding Association](#) as a breastfeeding friendly venue

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5. **Outside of policy scope:** This policy directive does not apply to food and drinks which staff bring from home for their personal use or to share for personal celebrations such as birthdays or farewells.

6. Further Information

This policy will be available for inspection at the Council offices listed below during ordinary business hours and available to be downloaded, free of charge, from Council's internet site: www.coorong.sa.gov.au

Coorong Civic Centre

95 - 101 Railway Terrace
Taillem Bend
Phone: 1300 785 277
Fax: 8572 3822

Meningie Information Hub

49 Princes Highway
Meningie
Phone: 1300 785 277

Tintinara Customer Service Centre

37 Becker Terrace
Tintinara
Phone: 1300 785 277

Copies will be provided to interested parties upon request. Email council@coorong.sa.gov.au

Any grievances in relation to this policy or its application should be forwarded in writing addressed to the Chief Executive Officer of Council.