

Healthy Food and Drink Policy



Legislation / local law requirements	<i>Public Health Act 2016</i>
Relevant delegations	Not applicable
Related policies, procedures and supporting documentation	City of Vincent Public Health Plan Australian Dietary Guidelines Council of Australian Governments Health Council Promoting and supporting healthy food and drink choices Fuel to Go & Play

PART 1 – PRELIMINARY

INTRODUCTION

The City of Vincent (City) [Strategic Community Plan 2022 – 2032](#) (SCP) sets the community vision, priorities and aspirations for the City and includes the Connected and Healthy Community priority with an outcome of ‘*We protect, improve and promote public health and wellbeing within Vincent*’.

The City recognises and values the importance of healthy food and drink in promoting public health and wellbeing and has included healthy eating as a priority in the City’s [Public Health Plan 2020 – 2025](#).

The City is committed to creating and maintaining environments, which supports community members, visitors, employees and contractors to have healthy food and drink options. The City will achieve this through implementing this policy.

This policy aims to promote the recommendations of the [Australian Dietary Guidelines](#) in our community.

PURPOSE

The purpose of this policy is to enable the City of Vincent to lead by example by supporting the provision and promotion of healthy food and drink.

OBJECTIVE

The objectives of this policy are to:

1. Provide and promote healthy and supportive environments where healthy food and drink is valued and encouraged;

Healthy Food and Drink Policy

2. Create and maintain environments within the City, which support healthy food and drink by:
 - 2.1 increasing provision and promotion of healthy food and drink;
 - 2.2 reducing provision and promotion of unhealthy food and drink; and
 - 2.3 providing environments free from the marketing and promotion of unhealthy food and drink;
3. Increase community members, employees and contractors understanding of the importance of making healthy food and drink widely available;
4. Consider the cultural, religious and dietary needs of the community when providing and promoting food and drink; and
5. Consider the environmental impact of food and drink provision, minimising waste of food and packaging.

SCOPE

This Policy is aligned with the [Australian Dietary Guidelines](#) and the [Australian Guide to Healthy Eating](#) and associated resources and guides.

This policy applies to the sale or provision of food and drink to community members, employees and contractors by the City, including:

- City facilities that have onsite cafes, kiosks or vending machines;
- Catering provided for City meetings, workshops and functions; and
- Community events delivered, supported and/or promoted by the City.

This policy also applies to:

- Promotion of food and drinks at City facilities and events;
- Tenders, contracts and leases that include the supply of foods and drinks at City facilities; and
- Food waste and sustainability.

Supporting guidelines will be provided by the City to assist with Policy implementation and will be consistent with the [Australian Dietary Guidelines](#).

POLICY PROVISIONS

DEFINITIONS

Healthy food and drink is described in the [Australian Guide to Healthy Eating](#) as:

Drinking plenty of water and eating a wide variety of:

- grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties;
- vegetables and legumes/beans;
- fruit;
- milk, yoghurt, cheese and/or alternatives, mostly reduced fat; and
- lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.

Unhealthy food and drink means high in saturated fat and/or added sugars or salt. This includes sugar sweetened drinks (any drink with sugars that are added during processing). Examples are included in the [National interim guide to reduce children's exposure to unhealthy food and drink promotion \(published by the Council of Australian Governments \(COAG\) Health Council\)](#).

City facilities means any building or structure owned or under the care, control or management of the City that have onsite cafes, kiosks or vending machines. This does not apply to sporting clubs or community groups that are tenants of City facilities, or hirers of City facilities.

Catering means food and drink catering that is purchased using City of Vincent funds.

Promotion means price promotions, advertising, sponsorship, and any other marketing techniques used to encourage consumers to purchase or eat specific foods, drinks, or meals.

Provision means the availability and accessibility of food within the community and specific settings.

Onsite cafes and kiosks means any Council owned or managed venue that sells food or drink including but not limited to Beatty Park Leisure Centre and Loftus Centre.

Brand means a name, term, design, symbol or any other feature that distinguishes one seller's good or service from those of other sellers.

POLICY

1. The City will ensure that healthy food and drink:
 - a) is available where food is sold to community members at City facilities, including in cafes, kiosks and vending machines;
 - b) is predominantly offered and encouraged, and unhealthy food and drink is limited and discouraged when catering is provided at City meetings, workshops, functions and events at City facilities;
 - c) is available at City functions and events delivered by the City; and
 - d) is encouraged at community events supported by the City.

Healthy Food and Drink Policy



2. Where feasible and not in contravention of other City Policies, food and drink is provided in an environmentally sustainable way, meaning that:
 - a) preference will be given to local catering suppliers;
 - b) preference will be given to catering provided in reusable/less packaged/recyclable packaging; and
 - c) consideration will be given to the portion size and amount of food provided.
3. Compliance with this Policy to be incorporated by relevant clauses in tender documentation, contractual or tenancy arrangements (where relevant) for the supply of food and drinks at City facilities.
4. Promotion of unhealthy foods and drinks and associated brands at City facilities will be discouraged.
5. Content that promotes unhealthy food and drink options will be limited on our Website/Social Media Channels/Marketing and Promotional Material.
6. The City will not benefit from sponsorship of brands and businesses directly associated with unhealthy food and drink options.
7. Information and educational opportunities are offered to community members, employees and contractors to increase the understanding and importance of the [Australian Dietary Guidelines](#) and selecting healthier food and drink options.
8. Provision of food and drink is considerate of the cultural, religious and dietary needs of the community.
9. In line with the City's Reconciliation Action Plan, where practical, purchase from an Aboriginal or Torres Strait Islander supplier ensuring that healthy food and drink is on offer.

OFFICE USE ONLY	
Responsible Officer	Please use title only
Initial Council Adoption	DD/MM/YYYY
Previous Title	Applicable if the policy has been renamed
Reviewed / Amended	DD/MM/YYYY
Next Review Date	MM/YYYY