

Workplace Healthy Catering Policy

1. Purpose

The City of Albany recognises and values the importance of healthy eating in promoting people's health and wellbeing, and we encourage and support our staff and visitors to make healthy eating choices.

Through this policy, The City of Albany is committed to promoting the ready availability of healthy food and beverage options to create a healthy workplace environment.

This policy will provide a framework to guide the provision of food and drinks offered at meetings, events and functions. It will ensure that a variety of healthy foods and drinks are available to promote healthy eating choices as everyday choices.

2. Scope

This policy applies to all food and drinks served or available at the City of Albany internal and external meetings, functions, events (including workshops and training) where catering is provided for staff and visitors. This policy also extends to food and drinks provided by the organisation for fundraising and incentive or reward purposes where possible.

This policy does not apply to food and drinks brought from home by staff for their personal use, or to share for personal celebrations such as birthdays or farewells. However, the City of Albany encourages healthy eating options on these occasions.

This policy should be read and implemented in conjunction with the City of Albany Healthy Eating and Catering Handbook.

3. Objective

When food and beverages are served and made available, healthy options will be provided that:

- Increase the availability of wholegrains and fresh fruits and vegetables; and
- Limit the availability of high fat, high sugar, high salt and nutrient-poor foods and beverages (such as highly processed, deep-fried foods, sugary beverages and alcohol).

Where possible, preference will be given to menus that offer healthier options. Healthier food and drink options will be guided by the City of Albany Healthy Eating Handbook.

4. Rationale

A healthy diet can improve overall health and wellbeing and play a role in protecting against some lifestyle-related chronic diseases. People who eat well have better energy and concentration and are more likely to be healthier, happier and productive.

The City of Albany is well placed to promote a healthy lifestyle and enable healthy choices for staff, visitors and the broader community. Via the Healthy Workplace Catering policy, The City of Albany can take specific action by promoting healthier foods and drinks at all meetings and events where catering is provided. Such policy also positions the City of Albany as a role model in providing a healthy workplace environment and promoting good health and wellbeing for staff.

5. Guidelines and Standards

All catering provided at the City of Albany will reflect the Dietary Guidelines for Australians recommendations and The Australian Guide to Healthy Eating.

In line with the Healthier Workplaces WA initiative and Healthy Choices Healthy Futures criteria and resources, healthier food and beverage options can be categorised using a 'traffic light' system of 'green', 'amber' and 'red' groups.

The application of these criteria and resources is endorsed as per the scope of this policy, whereby healthier 'green' options are encouraged while the least healthy 'red' items are discouraged.

Specifically, this policy promotes that catering provided should overall, contain no more than 20% of items from the 'red' category.

The Healthy Eating and Catering Handbook is a practical guide to support implementation of these guidelines and standards. The handbook contains further detail on the traffic light system and examples of food and beverages options.

6. Communication

The Executive Management Team and Human Resources will be responsible for actively promoting this policy and promoting healthier catering choices and healthy eating practices within the City of Albany.

All staff members and volunteers will be made aware of the workplace healthy catering policy. This policy will be included at the Corporate Induction and can also be accessed from the intranet.

This policy will also be communicated using other strategies including newsletters, via the intranet, at relevant staff meetings and on bulletin boards.

7. Review Position and Date

The City of Albany will implement and maintain this plan and seek further suggestions for its improvement and ongoing implementation. The workplace

healthy catering policy will be reviewed annually with regular updates provided to staff via their line management.

Chief Executive Officer to review on or before 1st July 2018.



- Chief Executive Officer

8. Useful resources and references

Guidelines and standards

Australian Dietary Guidelines:

<https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

Australian Guide to Healthy Eating:

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Healthier Workplaces WA: Resources <http://healthierworkplacewa.com.au/take-action/tools-and-resources/resources/do/>

Healthy Choices Healthy Futures: Healthier catering: A guide to assist workplaces
http://hchf.com.au/system/resources/resource_assets/000/000/007/original/0398_HCHF_Healthier_Catering.pdf?1396837711

Healthy catering resources and examples

A healthier serve, the Heart Foundation's guide to healthier catering

<http://www.heartfoundation.org.au/SiteCollectionDocuments/Healthier-Serve.pdf>

The right ingredient, the Heart Foundation's guidelines for healthier recipes

<http://www.heartfoundation.org.au/sitecollectiondocuments/recipe-guidelines.pdf>

Heart Foundation

<http://www.heartfoundation.org.au/sites/HealthyEating/healthiercatering/>

The Cancer Council

http://www.cancercouncil.com.au/html/howyoucanhelp/workingwithcancer/downloads/workingwithcancer_catering_policy.pdf

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