



Healthy Food and Drink Choices Policy

Reference Number:	4.34
Type:	Council
Category:	Safety and Community
Relevant Community Plan Objectives:	<ul style="list-style-type: none">• People embrace healthy living, physical activity and ageing well
Responsible Officer(s):	Manager Community Connections
First Issued/Approved:	December 2013
Minutes Reference:	CoS 5/02/2024, Item 4.06
Last Reviewed:	February 2024
Next Review Due:	February 2026
Applicable Legislation:	South Australian Public Health Act 2011
Related Policies:	Breast Feeding Policy Environmental Sustainability Policy Civic Recognition and Events Policy Procurement Policy Hospitality, Recognition, Gift and Employee Expenses Policy
Related Procedures:	Australian Dietary Guidelines 2013 Australian Guide to Healthy Eating 2012

1. Purpose

The purpose of this Policy is to ensure the City of Charles Sturt staff, Elected Members, volunteers, visitors and community members have the opportunity to access healthy food and drink choices when attending City of Charles Sturt operated facilities and events.

The Policy also supports the availability of culturally appropriate food and drink choices and special dietary requirements; promotes environmentally friendly catering practices; and supports breastfeeding friendly environments.

2. Scope

The Policy applies to all situations where the City of Charles Sturt pays for and supplies food and drinks at City of Charles Sturt operated facilities and City of Charles Sturt events. This includes, but is not limited to;

- Community programs and events
- Work and public meetings
- Workshops and training events
- Conferences and visiting speakers events
- Vending machines, fundraising and prizes
- Advertising, promotion and sponsorship (contributed and received).

The Policy will therefore have the opportunity to positively impact City of Charles Sturt staff, Elected Members, volunteers, visitors and community members.

Outside of scope:

The Policy does not apply to food supplied by individuals for personal consumption or brought to share with colleagues such as for personal celebrations (e.g. birthdays, farewells, private hire of Council facilities).

3. Policy Statement

The City of Charles Sturt recognises the role of supportive environments in influencing lifestyle choices and acknowledges that healthy behaviours, such as consuming healthy food and drinks, positively contribute toward the protection and promotion of health and well-being in the City. This policy direction enhances programs and services already delivered by Council and support the intention of the South Australian Public Health Act.

The City of Charles Sturt is well placed to positively role model healthy behaviours and to create environments in Council operated facilities and Council sponsored or affiliated events which make healthy choices the easy choice.

Healthy food and drink choices are those that align with national dietary guidance including the *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating*. Appropriate food serving sizes and quantities also need to be taken into consideration.

3.1 Policy Objectives

The objectives of this Policy are to:

- increase the availability and promotion of healthy food and drink choices, in line with national dietary guidelines and as summarised in Healthy Food and Drink Choices supporting resources.
- decrease the availability and promotion of food and drink choices outside of the five food groups, as outlined in the *Australian Guide to Healthy Eating* and summarised in Healthy Food and Drink Choices Policy supporting resources.
- provide food in an environmentally sustainable way where feasible.
- support culturally inclusive food choices and cater for specific dietary requirements where possible.
- support and encourage breastfeeding friendly environments.

3.2 Principles

The application of this Policy should be guided by the following principles:

- all Council staff, Elected Members and members of the community have the right to access healthy food and drink choices.
- food and drink has social and cultural meaning and that eating is enjoyable.
- consistent, positive and healthy messages should be promoted.
- the provision of food and drink be provided in an environmentally sustainable way where feasible.
- that the provision of food is safe and food hygiene and handling practices are followed.
- that health and wellbeing should be prioritised over profit or convenience.

- that preference be given to local catering businesses within the City of Charles Sturt where possible and where other considerations are equal.
- that the *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating* underpin and inform the Policy.
- that the City of Charles Sturt has a responsibility to role model and lead the way in creating environments that make healthy choices the easy choices.

3.3 Implementation and Supporting Resources

The Policy will be implemented in two phases to assist in the transition and build on changes already taking place. A range supporting resources will also be made available to staff and potential caterers to assist in implementing the Policy and providing healthy and environmentally sustainable choices.

Phase 1 <i>Internal and External City of Charles Sturt catering and food provision</i>	Timeframe:	Implementation complete
	Scope:	<i>Internal:</i> When food and drink is being paid and provided by the City of Charles Sturt to staff, Elected Members and volunteers e.g. meetings, workshops and conferences and events . <i>External:</i> When food and drink is being paid and provided at City of Charles Sturt operated facilities, programs and activities e.g. community centres, libraries, recreation centres and community programs.
Phase 2 <i>Other food provision and supportive environments</i>	Timeframe:	To be actioned progressively and in consultation with staff.
	Scope:	For Council endorsed or partnership events (where council contributes in-kind or financial support) the healthy food and drink choices policy will be encouraged. This policy will be supported and encouraged during Council engagement with sporting and community groups. Areas requiring further investigation will be the implementation of this policy through fundraising and environments supporting breastfeeding.

4. Definitions

Key Term – Acronym	Definition
Healthy food and drink choices	Healthy food and drink choices are those that align with the <i>National Dietary Guidelines for Australians</i> and the <i>Australian Guide to Healthy Eating</i> .