

	<b>Function:</b> OPAL	<b>Version Number:</b> 1
	<b>Policy Number:</b> ADM006	<b>Adopted:</b> 8 <sup>TH</sup> MARCH 2012
	<b>Frequency of Review:</b> As Required	<b>Last Review:</b> <b>Next Review:</b>
<b>HEALTHY EATING POLICY</b>		

## **Policy Statement**

### **1. Introduction**

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

The aim of this policy 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.

The objectives of this policy are to provide and role model healthy food and drink choices to the District Council of the Copper Coast 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

### **2. Applicable Legislation**

Nil.

### 3. Integration with Corporate Objectives

To provide Leadership and ensure community resources are managed efficiently and effectively.

To ensure the effective management of all types of risk across Council's operations to minimise risks to Council, the Health and Safety of its workforce and the community.

### 4. Definitions

Nil.

### 5. Application

When applying this policy, District Council of the Copper Coast staff should be guided by the following principles:

- that food **choice** is important for all members of the community
- that all members of the community have the right to access healthy food and drink
- that food and drink has social and cultural meaning and that eating is enjoyable
- **The District Council of the Copper Coast** is a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community
- that 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
- that the provision of food is 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*<sup>1</sup>, *The Australian Guide to Healthy Eating*<sup>2</sup> and other government recommendations for people living in Australia to achieve and maintain good health

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.

Local councils are 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.

This policy supports and enhances programs and services already delivered by the District Council of the Copper Coast and links with the OPAL program and Council's Strategic Plan Social Objective of Wellbeing.

It is also consistent with other state endorsed food policies such as *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*<sup>3</sup> and nationally recognised guidelines such as *The Heart Foundation's Guide to Healthier Catering – A Healthier Serve*<sup>4</sup>. In 2011 *The Public Health Act*<sup>5</sup> was passed into legislation and this policy also supports the intention of this Act.

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<sup>1</sup> NHMRC, 2003, *Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers*, Commonwealth of Australia, <<http://www.nhmrc.gov.au>>

<sup>2</sup> Children's Health Development Foundation and Deakin University, 1998, *The Australian Guide to Healthy Eating*. Commonwealth of Australia, <<http://www.health.gov.au/>>

<sup>3</sup> SA Dept of Health, 2006, *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*, <<http://www.sahealth.sa.gov.au>>

<sup>4</sup> Heart Foundation of Australia, 2011, *Workplace Wellness Programs*, <<http://www.heartfoundation.org.au>>

<sup>5</sup> SA Health, 2011, *South Australian Public Health Act, 2011*, <[www.sahealth.sa.gov.au/publichealthact](http://www.sahealth.sa.gov.au/publichealthact)>

## 6. Delegation

This policy applies to all food and drink provided at Council operated facilities and workplaces and council sponsored events. The District Council of the Copper Coast will use a phased approach to implement this policy. This policy will be progressively implemented by December 31<sup>st</sup> 2013.

### **Within policy scope:**

#### **Phase 1 – Internal catering and food provision**

- Provision of food and drinks 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 food provision**

- Provision of 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 by 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 centres

#### **Phase 3 – Other food provision and supportive environments**

- vending machines
- fund raising
- prizes and vouchers
- 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

### **Outside of policy scope:**

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.

7. **Adoption and Review**

This policy was presented and adopted at the District Council of the Copper Coast Occupational Health, Safety and Welfare Committee, on March 8<sup>th</sup> 2012, and endorsed by Council's CEO.

8. **Availability of Policy**

This policy will be available for all staff on Councils intranet.

Signed \_\_\_\_\_

  
Chief Executive Officer

Date 25<sup>th</sup> May 2012