

# Healthy Food and Drink

## POLICY NO. 139

### 1. POLICY PURPOSE

To promote and encourage healthy food and drink choices across the community and increase the availability of healthy food and drink at Council owned and operated facilities, events, functions and meetings.

### 2. DEFINITION

Healthy foods and drinks are generally low in unhealthy fats, salt and sugar, excluding alcohol, and which provide the nutrients needed to maintain health, wellbeing and energy for daily living.

### 3. POLICY

- Provide healthy food and drink choices at Council run events, functions and meetings and at Council owned facilities where food and drinks are sold to the public, such as swimming pools.
- Promote water as the drink of choice and provide drinking water fountains in public areas.
- Minimise as far as practical alcohol being provided or consumed at Council events and functions.
- Encourage alternative fundraising ideas to replace fundraising based on unhealthy foods (such as chocolates) in Council operated facilities, such as pre-schools and children centres.
- Encourage healthy eating within the workplace.
- Positively promote the benefits of healthy eating and healthy drinking to all ages and stages across the community including creating an environment that welcomes and supports breastfeeding at Council facilities.
- Nutrition Australia's Healthy Eating Pyramid, the Victorian Healthy Eating and Advisory Service's traffic light food system and the Victorian Government's Healthy Eating Catering Guide titled *Healthy choices: healthy eating policy and catering guide for workplaces* will be used to guide decision making around healthy food and drinks.
- A partnership approach will be engaged with external agencies to support policy implementation.

### 4. POLICY REVIEW

Council will review this policy as required but always within two years after a general election of the Council.

At the time of review, this policy was compliant with the *Victorian Charter of Human Rights and Responsibilities Act 2006*.

### 5. FURTHER INFORMATION

Members of the public may inspect all Council policies at Gannawarra Shire Council's Kerang and Cohuna office or online at [www.gsc.vic.gov.au](http://www.gsc.vic.gov.au).

Any enquiries in relation to this Policy should be directed to the Chief Executive Officer on (03) 5450 9333.

