Healthy Food and Drink

COUNCIL 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, 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.
- Promote water as the drink of choice and provide drinking water fountains in public areas.
- Minimise as far as practical alcohol being provided at Council events and functions.
- Encourage healthy eating in Council operated facilities, such as pre-schools and children centres.
- Encourage healthy eating within the workplace.
- Maintain and promote breastfeeding and infant feeding friendly facilities.
- Implement the Victorian Healthy Choices: Food and Drink Classification Guide (2020) at Council owned facilities where food and drinks are sold to the public, such as swimming pools, and prioritise affordability and visibility of healthy food and drinks.
- Support the implementation of the Gannawarra Healthy Events Guide (2026).
- Improve access and equity to healthy food options across the community by supporting community-led programs and projects that address food insecurity.
- Engage with external agencies to support policy implementation.

4. POLICY REVIEW

Council will review this policy as required but always within four years.

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.

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

Revision History

Originally adopted:	18/03/2020
Reviewed:	17/08/2022
Reviewed:	21/10/2026
Next review:	September 2030

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