

Example Healthy Food and Drink Policy

..... is committed to the health and wellbeing of kaimahi (employees), visitors and the general public by promoting healthy food and drink options that support healthy eating.

Policy scope

This policy applies to:

- all food and drink that offers or sells to kaimahi, whānau, visitors and the general public, including on all work sites
- any gifts, rewards and incentives containing items of food and/or drink that are offered to kaimahi, guest speakers and/or visitors on behalf of

Principles

When offering food and drink:

- offer a variety of foods from the four food groups, including:
 - vegetables and fruit
 - grain foods, mostly whole grain and those naturally high in fibre
 - some milk and milk products, mostly low and reduced fat
 - some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and/or red meat with the fat removed
- prepare food with, or use food that contains, minimal saturated fat, salt (sodium) and added sugar
- choose mostly whole or less processed options
- do not provide confectionery (eg, sweets and chocolate) or provide only limited amounts
- do not provide deep-fried food
- make water the main cold drink option
- consider cultural and special dietary needs where practicable
- discourage the promotion of products that are inconsistent with a healthy food and drink environment.