Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities Policy

Quick Guide

1. **Aim of the policy:** to make healthy food and drink alternatives easier choices for staff, visitors and the general public in SA Health facilities.

2. **Where is the policy document located:** on the [Policy Distribution System](mailto:).  

3. **Scope of the policy:** All of SA Health including hospitals, central and regional offices, community health services, GP Plus Centres, and statewide services such as Pathology SA and the South Australian Ambulance Service.

4. **When did the policy come into effect:** 1 October 2010.

5. **Who should know about this policy:**
   - all SA Health staff, volunteers and managers
   - catering, kiosk and café managers
   - vending machines operators
   - social club and fundraising managers.

6. **What are the Food & Drink Categories:**
   There are 3 categories based on their nutritional value:
   - **GREEN** (Best choices),
   - **AMBER** (Select carefully), or
   - **RED** (Limit)
   (refer to the [Food and Drinks Guide](http://example.com) and the [Summary of Nutrient Criteria](http://example.com))

7. **What situations does the policy apply to:**
   - food outlets including cafeterias, kiosks, mobile trolleys and vending machines: Maximum of 20 % RED displayed (refer to the [Getting ready for healthier choices](http://example.com) fact sheet).
   - catering at meetings, staff training, patient/client education programs, events, functions (both in house or externally supplied): No RED (refer to the [Healthy Catering Ideas](http://example.com) fact sheet).
   - fundraising (e.g. chocolate drives, social club fridges): No RED (refer to the [Fundraising Ideas](http://example.com) fact sheet).

8. **What doesn’t the policy apply to:**
   - food or drinks that staff bring from home for personal consumption or for social occasions including birthday cakes.
   - inpatient meals as well as food prepared by SA Health for the aged care sector (e.g. Meals on Wheels) where specific clinical standards apply.

9. **What exemptions are available:** Occasional temporary food stalls or ward fundraisers, an annual fete or a very special event such as a staff Christmas party; however healthy alternatives should always be included where possible.

10. **How do I apply for an exemption:** Through SA Health regional Chief Executives or their delegated authority.

For further information including the policy, posters, FAQs and fact sheets please refer to the [SA Health website](http://example.com) or email hpb@health.sa.gov.au.

**SA Health making healthy food and drink choices easier**