

# 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](#)
- 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](#) and the [Summary of Nutrient Criteria](#))
- 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](#) 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](#) fact sheet).
  - > fundraising (e.g. chocolate drives, social club fridges): No **RED** (refer to the [Fundraising Ideas](#) 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](#) or email [hpb@health.sa.gov.au](mailto:hpb@health.sa.gov.au).

*SA Health making healthy food and drink choices easier*