

# Recommended supply of food and drinks

| Food category |  | Cafeteria or kiosks - hospital or privately run | Vending machine | Occasional temporary food stall or annual fete* | Volunteer-run store | Fundraising including raffles and chocolates | Catering for meetings and functions*       | Prizes or gifts                            | Staff restaurant or dining room | Tea trolleys or mobile trolleys |
|---------------|--|---|-----------------|---|---------------------|--|--|--|---------------------------------|---------------------------------|
| GREEN         | Actively promote and encourage GREEN category foods and drinks   | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |
|               | Ensure GREEN category items are available at all times   | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |
| AMBER         | Provide healthier options (i.e. contain reduced levels of saturated fat, salt, or sugar when compared with the regular products) | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |
|               | AMBER category foods or drinks are not to be promoted or advertised  | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |
|               | Provide moderate serve sizes   | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |
| RED           | A maximum of 20% of foods and drinks displayed are from the RED category   | ✓   | ✓               | Exempt but healthy choices encouraged           | ✓                   | RED foods or drinks are not to be used       | RED foods or drinks are not to be provided | RED foods or drinks are not to be provided | ✓                               | ✓                               |
|               | RED category foods or drinks are not to be promoted or advertised  | ✓   | ✓               | ✓   | ✓                   | ✓  | ✓  | ✓  | ✓                               | ✓                               |

\* RED category foods and drinks can be provided for occasional temporary food stalls or very special events (e.g. Christmas party) at the discretion of Regional Chief Executives.

NB: These guidelines do not apply to foods or drinks that SA Health staff bring from home for personal consumption.

Acknowledgement: Adapted from Queensland Health's *A Better Choice – Healthy Food and Drink Supply Strategy (2007)* - 'A Better Choice Summary for Food Outlets'



For more information

**Health Promotion Branch**

**SA Health**

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**[www.health.sa.gov.au/pehs/health-promotion.htm](http://www.health.sa.gov.au/pehs/health-promotion.htm)**

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