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SA Health

Policy

Healthy Food and Drink

Version 3.1

Approval date: 26 July 2023

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1. Name of Policy

Healthy Food and Drink

2. Policy statement

The policy demonstrates SA Health's leadership role in creating healthy food environments that enable staff, visitors and the general public to access healthy food and drink choices within South Australian public sector healthcare settings, in line with Health Council's *Healthy food and drink choices in public sector healthcare settings for staff and visitors; goals, principles and recommended nutritional standards*.

3. Applicability

This policy applies to:

- > all staff and volunteers of SA Health; that is all staff of the Department for Health and Wellbeing, Local Health Networks (including state-wide services aligned with those Networks), SA Ambulance Service;
- > all SA Health sites, including but not limited to hospitals, health services, and central and regional offices; and
- > all situations where food and drinks are provided to staff, visitors and the general public.

This policy does not apply to:

- > commercial or privately operated food service providers within healthcare settings, unless otherwise contracted;
- > the provision of foods and fluids in inpatient and residential aged care settings; covered by the *Menu and Nutrition Standards for Public Health Facilities in South Australia (2021)*;
- > aged care consumer delivered meals, catered meals and snacks which have existing nutrition specifications; and
- > food and drink that staff or visitors bring from home for their personal use.

4. Policy principles

SA Health's approach to providing healthy food environments for staff and visitors in public healthcare services is underpinned by the following principles:

- > We adhere to evidence-based recommendations for healthy eating, including the National Health and Medical Research Council's *Australian Dietary Guidelines*, and Health Council's *Healthy food and drink choices in public sector healthcare settings for staff and visitors; goals, principles and recommended nutritional standards*.
- > We are committed to ensuring SA Health role models and leads the way in providing and promoting healthy food environments for staff and visitors.
- > We provide and ensure access to a range of healthy food and drink choices for staff and visitors.

5. Policy requirements

Applying healthy food environments

To establish and maintain healthy food environments, implementation and adherence to the Food and Drink Standards (Mandatory Instructions, Appendix 1) must occur in all situations where food and drinks are provided and promoted to staff, visitors and the general public by staff and volunteers of SA Health, including:

- > Cafeterias, cafes, kiosks, canteens, shops and mobile trolleys providing food and/or drinks
- > Vending machines
- > Catering at functions, meetings and events
- > Fundraising
- > Sponsorship
- > Food and drink advertising, promotion and display

New/revised leases or contract arrangements with private commercial providers for the provision of food and drinks within retail foodservice outlets at SA Health sites must consider the relevant application of this Policy.

Implementation and reporting

- > The Healthy Food Environments Hub (www.wellbeingsa.sa.gov.au/foodenvironments) will support staff and volunteers to implement the Healthy Food and Drink Standards (Mandatory Instructions: Appendix 1). The Healthy Food Environments Hub includes online resources, support videos and access to FoodChecker.
- > Implementation and compliance reporting of the Healthy Food and Drink Standards (Mandatory Instructions: Appendix 1) will be supported by the Healthy Food Environments Hub FoodChecker digital tool (www.wellbeingsa.sa.gov.au/foodchecker).
- > FoodChecker automatically assesses food and drink products, menus, recipes and vending machines against the *Food and drink classification guide for South Australia*, and overall policy targets for the proportion of green, amber, and red foods and drinks. For ease and convenience, FoodChecker must be used to determine:
 - the classification of individual food and drink products (green or amber or red);
 - the proportion of green, amber and red items on the menu and displayed in (in-house) retail food outlets on site against the policy targets;
 - the proportion of green, amber and red items supplied in vending machines against the policy targets; and
 - classification of individual recipes (green or amber or red).
- > The *Food and drink classification guide for South Australia* must be used in situations where policy stakeholders need to refer to the underpinning nutrient/ingredient criteria for classifying specific food and drink product categories (see 6. Mandatory related documents).

6. Mandatory related documents

The following documents must be complied with under this Policy, to the extent that they are relevant:

- > **Healthy Food Environments Hub FoodChecker digital tool**
www.wellbeingsa.sa.gov.au/foodchecker
- > **Food and drink classification guide for South Australia**
www.wellbeingsa.sa.gov.au/foodenvironments

7. Supporting information

- > [Healthy Food Environments Hub](#)
- > [Healthy food and drink choices in public sector healthcare settings for staff and visitors. Goals, principles and recommended nutritional standards](#)(Health Council, August 2020)
- > [Call to Action: health sector to lead in healthier food and drink choices for visitors and staff](#) (Health Council, August 2020)
- > National Health and Medical Research Council 2013, *Australian Dietary Guidelines*, Commonwealth of Australia, Canberra. www.eatforhealth.gov.au

8. Definitions

- **Areas frequented by children:** means (including, but limited to) paediatric wards and departments, areas with child-oriented services or facilities, e.g. play areas.
- **Catering:** means food and drink provided for staff and/or visitors at the expense of SA Health for functions, meetings and events, such as (but not limited to) lunches, community events, celebrations, and education programs.
- **Fundraising:** means staff, volunteer, auxiliary group or not-for-profit run:
 - 1) charitable retailing including, but not limited to shops, cafes, vending machines;
 - 2) fundraising activities involving food and drink, including but not limited to: chocolate/confectionery boxes, charity giveaways, prizes and gifts, cake stalls, ward-based fundraisers, mobile trolleys, annual fundraising dinners or events;
- **Health Services:** means Local Health Networks (LHNs), SA Ambulance Service and Statewide services aligned with those networks, including Statewide Clinical Support Services, Prison Health, SA Dental Service, BreastScreen SA, Rural Support Office and any other Statewide services that fall under the governance of LHNs.
- **Healthy food and drink choices:** The *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating* (National Health and Medical Research Council, 2013) provide evidence-based advice on a healthy dietary pattern, including the types and amounts of foods that are recommended for good health. These guidelines characterise healthy food and drink choices.
- **Healthy food environments:** means the availability and promotion of food and drinks for staff and visitors through food outlets and services (e.g. catering, vending machines, food related fundraising, sponsorship and advertising) managed by SA Health staff on SA Health sites, is consistent with the Australian Dietary Guidelines. This means ensuring nutritious, healthy food and drink choices comprise most of the supply, display and promotion, and limiting supply and display of discretionary (red) foods and drinks high in added sugar, saturated fat and salt. Red foods and drinks should not be promoted or advertised.

9. Compliance

This policy is binding on those to whom it applies or relates. Implementation at a local level may be subject to audit/assessment. The Domain Custodian must determine the appropriate organisation to oversee compliance with this policy, in accordance with the requirements of the [Integrated Compliance Policy](#).

Any instance of non-compliance with this policy should be reported to the Domain Custodian for the Public Health Policy Domain and the Domain Custodian for the Risk, Compliance and Audit Policy Domain.

10. Document ownership

Policy owner: Executive Director, Health Protection & Licensing as Domain Custodian for the Public Health Policy Domain

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11. Document history

Version	Date approved	Approved by	Amendment notes
1.0	16/10/2008		Original version
2.0	17/03/2011		Reviewed and updated
3.0	04/11/2022	Chief Public Health Officer	Reviewed and updated in line with the SA Health Policy Framework requirements.
3.1	26/07/2023	Domain Custodian and Health Chief Executive Council	Update to remove recommended limits on supply of caffeinated drinks in paediatric facilities or vending machines in areas frequented by children and to remove social clubs from scope of policy. Minor updates to reflect SA Health Policy Framework requirements.

12. Appendices: Mandatory Instructions

1. *Healthy Food and Drink Standards*

Appendix 1: Healthy Food and Drink Policy Mandatory Instructions

The following Instructions must be complied with to meet the requirements of the *Healthy Food and Drink Policy*.

1. Healthy Food and Drink Standards

Food and Drink Standards

The standards below outline key policy requirements for ensuring that healthier foods and drinks are available and promoted throughout SA Health sites.

Food and drinks for provision in SA Health sites are classified into three categories according to their nutritional value using a traffic light system: green (best options), amber (choose carefully) and red (limit). This classification determines healthier foods and drinks to supply and promote, and those to limit and not promote:

The green category — best options

These foods and drinks reflect the five food groups in the *Australian Guide to Healthy Eating* and are the healthiest choices. Ensure they are always available and displayed prominently. Actively promote and encourage green foods and drinks.

The amber category — choose carefully

These foods and drinks should be selected carefully and consumed in moderation. Do not let amber items dominate the menu or options displayed. Do not promote or advertise amber items at the expense of green options. Offer healthier options within the amber category and avoid large serving sizes.

The red category — limit

These foods and drinks reflect discretionary foods and drinks in the *Australian Guide to Healthy Eating* and should be consumed rarely and in small amounts. Availability and display of red options should be limited. Red food and drinks should not be promoted or advertised, displayed in prominent areas, supplied at functions or meetings, or used for fundraising purposes

- > Standard 1: Food and drink provided through retail outlets and vending machines
 - Actively promote and encourage healthy options in line with the FoodChecker digital tool (or the *Food and drink classification guide for South Australia*). Ensure they are always available and display in prominent areas.
 - At least 50% of foods and drinks available are from the green category.
 - No more than 20% of foods available are from the red category.
 - No more than 10% of red category drinks to be sold.
 - If available for sale, red category drinks must not be at eye-level.
 - No red category drinks are to be available in vending machines in areas frequented by children.
 - Diet drinks (containing artificial and/or natural sweeteners) should not comprise more than 20% of drinks available for sale or provided by any outlet to staff and visitors.
 - Drinks not recommended for supply in paediatric facilities or vending machines in areas frequented by children (as these drinks are not recommended for children):
 - diet drinks (containing artificial and/or natural sweeteners)
 - energy drinks (contain caffeine)
 - high protein drinks containing $\geq 5\text{g}$ protein/100ml
- > Standard 2: Foods and drinks not permitted for sale or provision
 - formulated supplementary sport foods

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- meal replacement shakes and supplement drinks
- alcohol
- kombucha
- > Standard 3: Catering provided at functions, meetings and events
 - This applies to catering provided in-house or by an outside organisation, and regardless of whether the event is held onsite or offsite.
 - No red category foods and drinks are to be provided.
 - Most foods and drinks provided are from the green category.
 - If amber category foods and drinks choices are provided, they are limited.
 - For very occasional special events such as a Christmas party, the requirement to avoid red category food and drinks can be exempted at the discretion of the delegated local Executive authority responsible for the event. However, healthy food and drink choices should always be encouraged.
- > Standard 4: Food and drink advertising, promotion and display
 - Green category foods and drinks are actively advertised, promoted and displayed in a prominent location
 - Amber category foods and drinks may be advertised and promoted, but not at the expense of green choices
 - Red category foods and drinks are not to be promoted or advertised or displayed in prominent areas.
- > Standard 5: Clean and safe tap water is readily available (for example, from drinking fountains and/or food outlets) in high traffic areas.
- > Standard 6: Fundraising
 - No red category foods or drinks are to be supplied in fundraising activities.
 - Healthy options or fundraising opportunities not related to foods and drinks are encouraged.
 - SA Health sites cannot be used for private fundraising activities involving red category foods or drinks (e.g., chocolate/confectionery/snack fundraising).
 - Occasional temporary fundraising activities such as cake stalls run by volunteer/auxiliary groups in health services, hospital ward-based fundraisers or annual fundraising dinners can be exempted at the discretion of the delegated local Executive authority responsible for the activity.
- > Standard 7: Patient or client education programs
 - This applies to catering provided in-house or by an outside organisation, and regardless of whether the event is held onsite or offsite.
 - The following are not permitted, unless authorised by a dietitian or medical professional for the purpose of meeting therapeutic dietary needs of patients/clients for education/support groups/programs:
 - Red category food and drinks
 - Formulated supplementary sport foods
 - Meal replacement shakes and supplement drinks

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- Food prepared by an SA Health site for outside client groups such as Meals on Wheels recipients, residential aged care facility residents and clients attending day activity centres for the frail aged are exempt.

2. Compliance targets and reporting

- > Staff responsible for compliance reporting at each SA Health site must monitor compliance using the Healthy Food Environments Hub FoodChecker tool, which will be supported by the Healthy Food Environments Hub.
- > The FoodChecker tool must be used to conduct baseline and compliance reporting assessments of food and drinks in vending machines, and on display and on menus in retail outlets.
- > The compliance reports are to be submitted to Wellbeing SA via email: WellbeingSA.HealthyFood@sa.gov.au