

Title	Workplace Healthy Eating and Catering			
Department	Corporate	Section	Organisation	
Approved by	CEO	Document Type	Policy	

Purpose

South Gippsland Hospital recognises and values the importance of healthy eating in promoting health and wellbeing. South Gippsland Hospital is committed to creating a health promoting environment which supports our staff, volunteers and visitors to make healthy food and drink choices.

Scope

This policy aims to support and encourage healthy eating at SGH. Through this policy SGH will ensure healthy foods and drinks are available at morning teas, meetings and functions.

This policy does not apply to inpatient food services; these are guided by the [Nutrition standards for menu items in Victorian hospitals and residential aged care facilities](#)

This policy does not formally apply to food and drinks brought in by staff (e.g. for birthdays or lunches), however staff are encouraged to provide healthy options at these events.

This policy is to read in conjunction with:

Healthy Choices: Traffic Light System, Appendix 1.

[Information Regarding South Gippsland Hospital Catering Services](#)

Objectives

1. SGH to meet the healthy eating benchmark of the Achievement Program.
2. Employees and visitors are supported to make healthy food and drink choices by:
 - Creating a healthy eating culture and environment which supports healthy food and drink choices
 - Increasing availability and promotion of healthier foods and drinks
 - Decreasing availability and promotion of unhealthy foods and drinks
 - Increasing employee knowledge and skills in healthy eating

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Procedure

Catering (meetings, functions, staff meals)	<p>When doing a Request for Catering Service for External/Internal Functions staff are encouraged to choose</p> <ul style="list-style-type: none"> ○ Majority GREEN choices ○ No RED choices
Drink choices	Water is freely available and promoted as drink of choice
Fundraising	Fundraising activities promoting unhealthy foods and drinks are discouraged and healthier options, or fundraising opportunities not related to foods and drinks are encouraged.
Infrastructure to support healthy foods and drinks	Space is provided for staff to take meal breaks and facilities are available to allow healthy food to be prepared and stored.
Information and education	Information and education opportunities are provided to employees
Communication and community engagement	Healthy eating and drinking is promoted to staff and the community via print and digital media

References

- [Achievement Program Healthy Eating Benchmark](#)
- [SGH Health Promotion Charter](#)
- Food Safety Policy
- [Victorian Public Health and Wellbeing Plan 2015-2019](#)
- [National Safety and Quality Health Service Standards](#)
- [Healthy choices: food and drink classification guide](#)
- [Healthy choices: policy guidelines for hospitals and health services](#)

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Appendix 1

The *Healthy choices: food and drink classification guide* uses a traffic light classification system.

The GREEN category – best choice, to be available at all times and promoted and encouraged when food and drinks are provided by the workplace

Foods and drinks in the GREEN category are the healthiest choices. They are usually:

- good sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.

Examples of GREEN food and drinks are: sandwiches on multigrain and wholemeal breads: wholegrain cereals: fresh and frozen fruit and vegetables: reduced or low-fat milk and yoghurt: vegetable frittatas: lean meat: roast chicken salads: fresh and frozen fish: eggs: and plain, unsalted nuts and seeds.

The AMBER category– choose carefully and avoid large serves

Although AMBER items may provide some good nutrients they can:

- contribute to excess energy (kilojoule) intake
- contain moderate amounts of saturated fat, added sugar and/or salt.

Examples of AMBER food and drinks include full fat milk and yoghurt, some flavoured milk and dairy desserts, some processed meats such as ham and corned beef in small amounts, and some crumbed chicken, fish or vegetable products. Order smaller serves where possible.

The RED category – avoid this category of food and drinks

Foods and drinks in the RED category are not essential. If they are consumed too often, or in large amounts, they can lead to weight gain and chronic diseases.

In general RED choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- low in important nutrients such as fibre.

RED foods and drinks should be consumed rarely and only in small amounts.

Examples of RED food and drinks are confectionary, pastries, cakes, biscuits, all sugary drinks (such as soft drinks, cordials, energy drinks and sports drinks), deep fried noodles, potato chips, pies, sausage rolls and processed meats such as salami.