

COUNCIL POLICY	
Reference Number	694705
Responsible Business Unit	Community Services
Responsible Officer	General Manager Sustainable Communities
Legislation	
Relevant Delegations	Nil
Related Policies Management Guidelines Frameworks	Healthy Eating Policy - Murraylands
Link to Strategic Plan	Objective 3.3 - Improve community health, safety and well being
Council resolution	66.2
Date Adopted	30 June 2014
Review Date	2015
Previous Revisions	174.2 – 29/7/13
POLICY STATEMENT	
<p>Health behaviours, such as giving up smoking, increasing physical activity and consuming healthy food and drinks have been shown to reduce the chance of getting diseases later in life.</p> <p>Local councils are well placed to positively influence the health behaviours of staff, volunteers and visitors, and to role model good health behaviours to the wider community by ensuring that all members of the community are able to access healthy food and drink choices when attending council operated facilities, workplaces and council sponsored events.</p> <p>This policy supports and enhances programs and services already delivered by the Rural City of Murray Bridge and links with the Rural City of Murray Bridge Strategic Plan.</p> <p>It is also consistent with other state endorsed food policies such as Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities¹ and nationally recognised guidelines such as The Heart Foundation's Guide to Healthier Catering – A Healthier Serve². In 2011 The Public Health Act³ was passed into legislation and this policy also supports the intention of this policy.</p>	
OBJECTIVES	
<p>The objectives of this policy are to provide and role model healthy food and drink choices to the Rural City of Murray Bridge community, staff, volunteers and visitors and support community initiatives that have the potential to impact positively on the health and wellbeing of the community by:</p> <ul style="list-style-type: none"> • ensuring healthy food and drink choices are always available • increasing the availability of healthy food and drink choices over time • promoting healthy food and drink choices in a positive way • presenting healthy food and drink choices as appealing and attractive alternatives to unhealthy foods and drinks • where feasible, providing food in an environmentally sustainable way • supporting and encouraging breastfeeding 	

¹ SA Dept of Health, 2006, *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*, <<http://www.sahealth.sa.gov.au>>

² Heart Foundation of Australia, 2011, *Workplace Wellness Programs*, <<http://www.heartfoundation.org.au>>

³ SA Health, 2011, *South Australian Public Health Act, 2011*, <www.sahealth.sa.gov.au/publichealthact>

PRINCIPLES

Purpose

The purpose of this policy is to ensure that members of the Rural City of Murray Bridge community, staff, volunteers and visitors have the opportunity to access healthy food and drink choices when attending council operated facilities and workplaces and at council sponsored events.

Aim

The aim of this policy is to increase the availability of healthy food and drink choices and to encourage and support the community to make food and drink choices that will impact positively on health.

Principles

When applying this policy, Rural City of Murray Bridge staff should be guided by the following principles:

- that food choice is important for all members of the community
- that all members of the community have the right to access healthy food and drink
- that food and drink has social and cultural meaning and that eating is enjoyable
- The Rural City of Murray Bridge is a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community
- that it is important to create an environment which makes healthy food and drink choices the easier choice for staff, volunteers, the community and visitors
- healthy food and drink choices should to be promoted using consistent, positive messages
- that the provision of food is safe and food handling and food hygiene practices are followed
- where feasible, the provision of food and drink should be provided in an environmentally sustainable way (e.g. developing a plan to minimise the amount of waste produced, how it is disposed of, taking advantage of recycling options and using environmentally friendly containers)
- that food and drink provided will reflect the *Dietary Guidelines for Australians*⁴, *The Australian Guide to Healthy Eating*⁵ and other government recommendations for people living in Australia to achieve and maintain good health

SCOPE

This policy applies to all food and drink provided at Rural City of Murray Bridge operated facilities and workplaces and council sponsored events. The Rural City of Murray Bridge will use a phased approach to implement this policy. Phase 1 to 3 will be progressively implemented over the next **2 years**.

Within policy scope:

Phase 1 – Internal catering and food provision (endorsed 29 July 2013 – item 174.2)

- Provision of food and drinks to the Rural City of Murray Bridge staff, visitors and volunteers including:
 - work related meetings for staff and visitors
 - workshops and training events
 - conferences and visiting speaker events

⁴ NHMRC, 2003, *Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers*, Commonwealth of Australia, < <http://www.nhmrc.gov.au> >

⁵ Children's Health Development Foundation and Deakin University, 1998, *The Australian Guide to Healthy Eating*. Commonwealth of Australia, < <http://www.health.gov.au/> >

- council meetings for elected members and staff

Phase 2 – External catering and food provision (endorsed 30 June 2014 – item 66.2)

- Provision of food and drinks at Rural City of Murray Bridge operated facilities and council sponsored events including:
 - community programs paid for by the Rural City of Murray Bridge and/or sponsored in partnership with other organisations
 - community events paid for by the Rural City of Murray Bridge and/or sponsored in partnership with other organisations
 - meals provided by the Rural City of Murray Bridge to community groups
 - food and drinks used in nutrition education programs and activities
 - food and drinks provided to participants in community centre programs
 - food and drinks provided at Rural City of Murray Bridge operated facilities e.g. libraries and recreation centres

Phase 3 – Other food provision and supportive environments

- vending machines
- fund raising
- prizes and vouchers
- creating environments supportive of breastfeeding such as:
 - displaying *Breastfeeding Welcome Here* stickers
 - provision of breastfeeding facilities
 - registration with the [Australian Breastfeeding Association](#) as a breastfeeding friendly venue

Outside of policy scope:

This policy directive does not apply to food and drinks that staff, visitors or volunteers bring from home for their personal use or to share for personal celebrations such as birthdays or farewells. It applies to food and drinks funded by the Rural City of Murray Bridge.

