

POLICY		Responsible Department	Lifestyle & Sport
		Original Adoption Date	07.06.17
		Current Adoption Date	27.03.19
		Audit Committee Review Date	NA
		Date of Review	27.03.22

TITLE	POLICY – HEALTHY EATING ROXBYLINK DUNES CAFÉ & KIOSK
Latest Review Changes	<ul style="list-style-type: none"> As we now have a new menu words were added “as a highlighted item on the menu” Placed at eye level “where possible” To be cheaper than less healthy options “ when purchased at an equivalent cost”
Previous Council Reviews	07.06.17
Previous Audit Committee Reviews	NA

Applicable Legislation:

Related Policies (alphabetical list):

Related Procedures:

Reference Documents:

1. Healthy Environs Pty Ltd. *Roxby Healthy Community Plan*. 1 July 2014.
 2. National Health and Medical Research Council. *Eat for Health Australian Dietary Guidelines. Providing the scientific evidence for healthier Australian diets*. February 2013.

1. POLICY STATEMENT

The Municipal Council of Roxby Downs understands and recognises the importance of good nutrition to the health and wellbeing of our community. We recognize that we have a responsibility to ensure that healthy food and drink choices are encouraged, promoted and accessible at all times.

This policy has been developed in line with key priorities as outlined in the Roxby Healthy Community Plan¹. These priorities include two key areas;
Priority Area 1: Promoting Healthy Choices.
Priority Area 5: Children and Young people.

The Roxby Healthy Community Plan¹ also addresses the following key areas:

- Support access to local healthy food.
- Increase Healthy food options in Council owned facilities.
- Support access to health information.

Concerning fact 'The proportion of four year old boys in Roxby Downs assessed as being obese in the three year period 2010 to 2012 was over three times (3.23 times) the rate in the Non Metropolitan Region at 19.3% compared to 6.0%.'¹

Roxby Council is committed to protecting and enhancing the health and well-being of the community and recognises that most Council functions have a direct impact on this.

The Dunes Café and Roxbylink Kiosk are both popular venues for members of the community particularly children and teenagers to access snacks, hot food and drinks after swimming, competing or training in their chosen sport or activity.

The aim of this policy is to increase the appeal, affordability, accessibility, understanding and provision of healthy food and drink choices at the Dunes Café and Roxbylink Kiosk and to ensure sustainability regardless of future changes in management or staff.

2. CONSTRUCTIVE CULTURE LINKS

The implementation of this policy, associated procedures and training will help to develop an understanding of the importance and benefits of healthy food and drink choices amongst management, staff and customers. The policy aims to promote the following constructive behaviours:

- An increased understanding of the importance of healthy food and drink choices and the impact that this will have on the overall health of the Roxby Downs community
- Healthy Food Choices

3. DEFINITIONS

Employer

In the context of this document, employer refers to Municipal Council of Roxby Downs.

Employees

In the context of this document, employees refers to all Council staff, volunteers, trainees, work experience placements who are performing duties/tasks on behalf of the Council, and contractors providing services to the Council.

Manager

In the context of this document, manager refers to all manager/supervisor positions within the Council irrespective of their actual title (e.g. Group Manager, Managers, Team Leader, Coordinator etc.).

Customer

In the context of this document, customer refers to those individuals purchasing items from the Dunes Café and Roxbylink Cafe.

4. PRINCIPLES

When applying this policy, Roxbylink management and staff should be guided by the following principles:

- Dunes Café and the Roxbylink Kiosk hold the opportunity to act as a role model within the community.
- Food and drink offered will reflect current Australian government recommendations for people living in Australia to achieve and maintain good health.
- All members of the community have the right to access healthy food and drink.
- Healthy food and drink choices should be promoted using consistent and positive messages.
- Healthier food and drink choices be made easily visible – as a highlighted item on the menu.
- Easily accessible and at eye level on counter with less healthy choices placed in less visible areas.
- To be cheaper than less healthy choices when purchased at an equivalent cost.
- As stated in the Australian Dietary Guidelines²:

‘There are many ways for Australians to achieve dietary patterns that promote health and wellbeing and reduce the risk of chronic disease. Diet is arguably the single most important behavioral risk factor that can be improved to have a significant impact on health.

As the quality and quantity of foods and drinks consumed has a significant impact on the health and wellbeing of individuals, society and the environment, better nutrition has huge potential to improve individual and public health and decrease healthcare costs.

‘The prevalence of overweight and obesity has increased dramatically over the past 30 years and is now around 60% in adults and 25% in children and Adolescents.’²

5. POLICY IMPLEMENTATION

The Municipal Council of Roxby Downs understands it is important that the healthy eating and drinking message is consistent.

- Healthy options will be sold at a more favorable rate when purchased at an equivalent cost than less healthy alternatives.
- The Dunes Café and Roxbylink Kiosk will introduce and continue to sell healthy options in place of less healthy alternatives and in a more prominent position where possible.
- Healthy options will always be promoted, guided by Australian government recommendations for people living in Australia to achieve and maintain good health.
- Interchange between Dunes Café and Roxbylink kiosk to reduce waste and increase overall profit margins where products are the same.

5.1 Promotion

- Promotional signage and displays will be established to support healthy food and drink choices. These will be displayed prominently around the Dunes Café and

Roxbylink kiosk.

- Healthier Food choices to be displayed in more prominent areas than less healthy food choices.
- Advertising and promotion of less healthy alternatives will be discouraged.

5.2 Education

- Managers will pro-actively educate staff on the healthy eating policy, the importance of healthy eating and our role within the community for this.
- Safe food handling training to continue for all staff who prepare and handle food particularly with increased requirement for fresh produce ie. Fruit/veg being available.

6. POLICY FEEDBACK AND REVIEW

- Members of the public may inspect this Policy on the Council website.
- This policy will be reviewed at the end of 2017 and every three years thereafter.
- Initial 3 month review to assess success of program and if any further strategies are required.
- Annual evaluation through Sales comparisons.

7. REFERENCES:

1. Healthy Environs Pty Ltd. *Roxby Healthy Community Plan*. 1 July 2014.
2. National Health and Medical Research Council. *Eat for Health Australian Dietary Guidelines. Providing the scientific evidence for healthier Australian diets*. February 2013.