

Healthy FOOD & DRINKS GUIDE

A framework for a
healthier work environment



A varied and well balanced diet is essential for providing the range and level of nutrients required for good health and wellbeing. Small changes such as eating more fruits and vegetables make a big difference.

The Healthy Food and Drinks Guide for Workplaces is a set of guidelines for NSW businesses to use in their workplace in the provision of healthier food and drink. The guide provides specific examples of healthy recommendations for the various types of meals, snacks, and drinks that can be provided in the workplace, as well as recommendations for essential kitchen facilities and healthy snack options for vending machines.

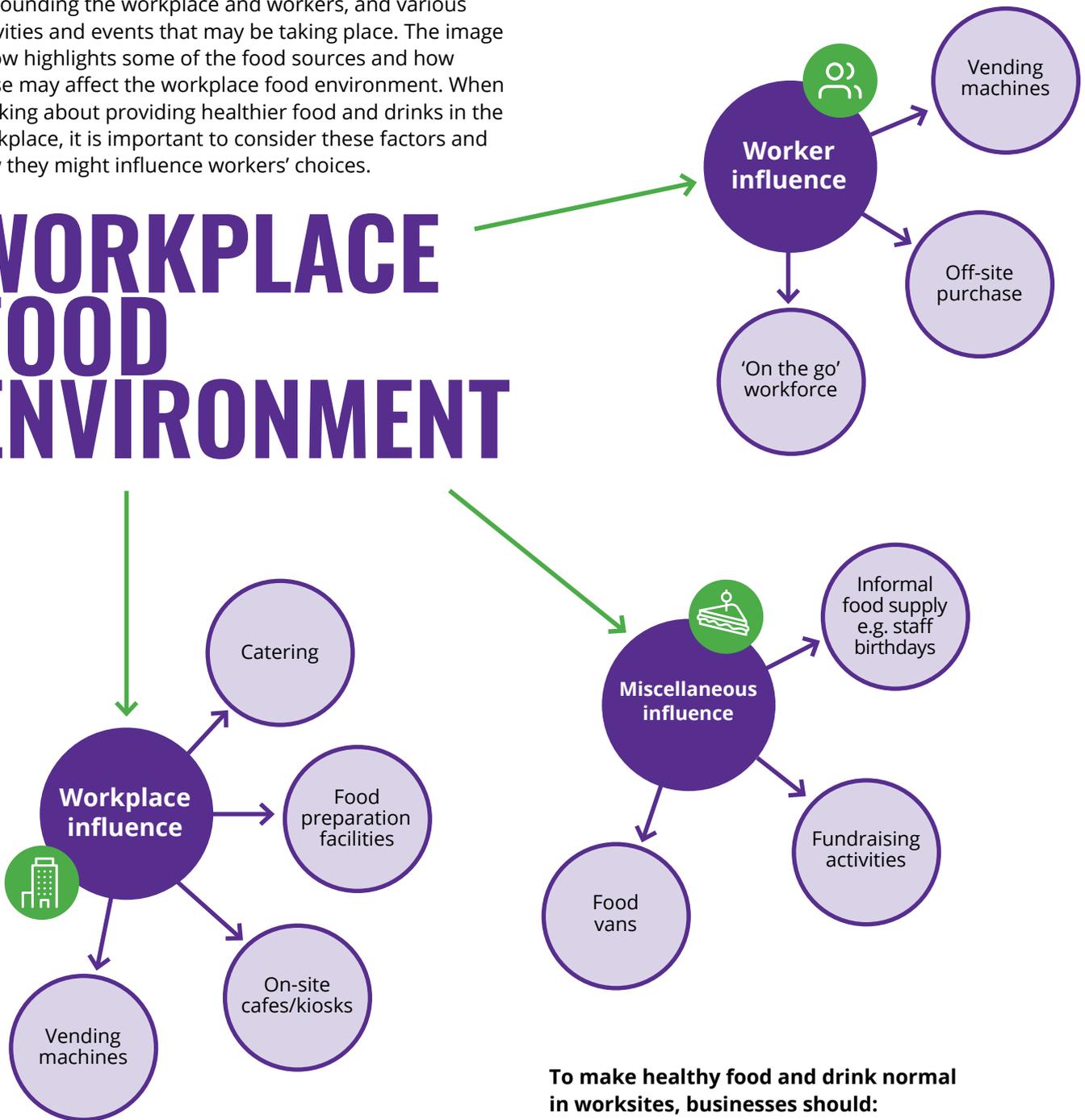
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The type of food and drinks available in a workplace is determined by multiple factors. These include the workplace environment, types of food provision facilities surrounding the workplace and workers, and various activities and events that may be taking place. The image below highlights some of the food sources and how these may affect the workplace food environment. When thinking about providing healthier food and drinks in the workplace, it is important to consider these factors and how they might influence workers' choices.

WORKPLACE FOOD ENVIRONMENT



To make healthy food and drink normal in worksites, businesses should:

- Promote and increase the availability of healthy food and drink options.
- Decrease the availability of unhealthy food and drink options.
- Support water as the best beverage choice.
- Provide workers with a fully equipped kitchen facility and eating spaces where possible.

CATERING

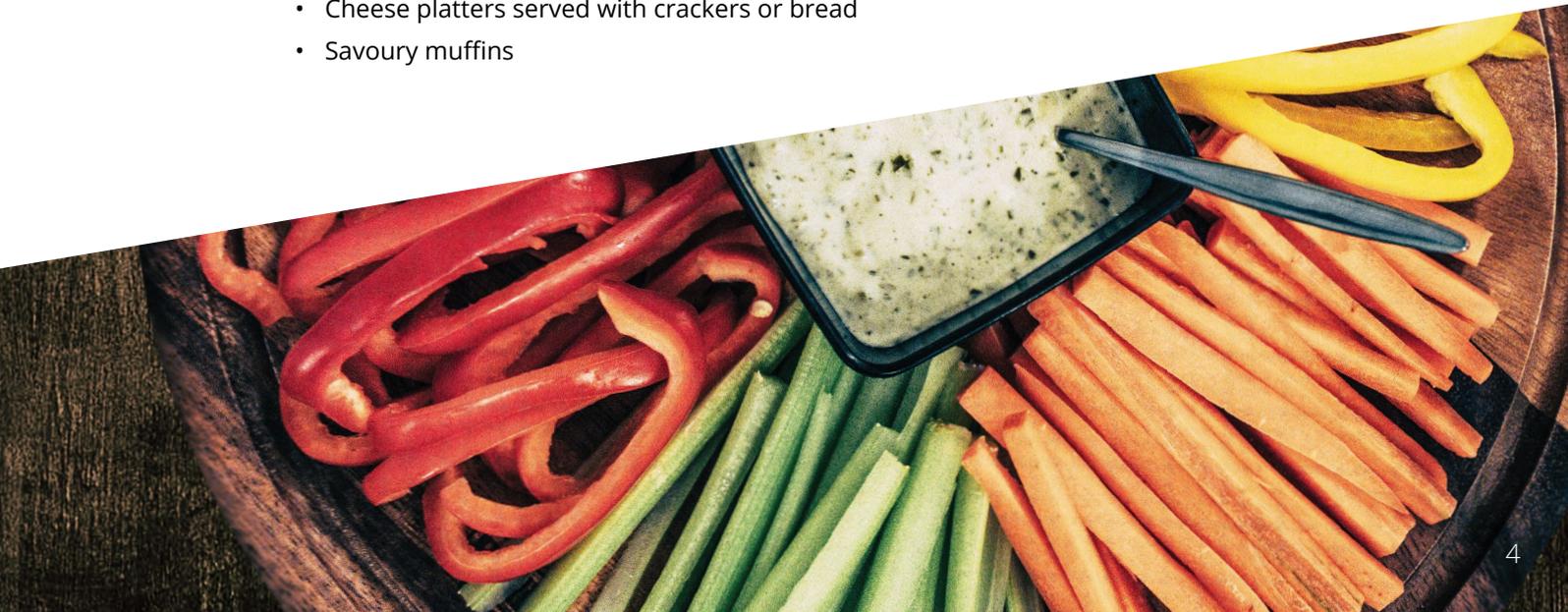
Top tips for encouraging healthy eating in your workplace

To increase the availability of healthier food and drink options in the workplace, consider the following:

1 Provide mostly healthier foods & drinks

Ensuring healthy options are available when providing catering or at any function within the workplace doesn't have to be difficult or tasteless. Offering at least $\frac{3}{4}$ of options as healthier choices is recommended. Below are some examples of healthy options to consider at your next lunch or staff birthday.

	Healthier Options	Provide less of
Sweets	<ul style="list-style-type: none"> • Fresh fruits served whole or as platters • Dried fruits, nuts and cheeses • Pikelets or scones • Fruit buns and bread • Cereal served plain or with fruit and yoghurt • Stewed fruit and yoghurt cups • Dried fruits and nuts • Nuts, seeds and popcorn without chocolate or other confectionery • Muesli bars without chocolate or icing 	<ul style="list-style-type: none"> • Sweet biscuits • Cakes • Muffins • Banana bread • Danishes, croissants and other sweet pastries • Cheesecakes, puddings and other desserts
Savoury snacks	<ul style="list-style-type: none"> • Sushi with lean meat, seafood and vegetable fillings • Rice paper rolls • Vegetable sticks or pieces served with dips • Crackers and dips • Chicken and/or vegetable skewers • Toast and fruit toast • Scones, pikelets and pancakes served with fruit • Steamed dim sum, dumplings and buns • Meat balls and falafels • Meat and/or vegetable skewers • Bruschetta • Cheese platters served with crackers or bread • Savoury muffins 	<ul style="list-style-type: none"> • Spring rolls, samosas and other deep fried foods • Potato chips, corn chips and pretzels



	Healthier Options	Provide less of
Main meals	<ul style="list-style-type: none"> • Wraps and sandwiches • Noodle boxes • Frittata • Toasties and melts • Asian dishes (e.g. meat or vegetable curry, stir-fried vegetables, fried rice) • Indian dishes (e.g. chicken tikka masala, vegetable curry, lentil dahl) • Mexican dishes with soft tortillas (e.g. burrito, fajitas and enchiladas) • Risotto and rice dishes (e.g. chicken or vegetable risotto, paella) • Pasta (e.g. lasagne, spaghetti bolognese, ravioli, pasta bakes) • Chicken or vegetable pizza • Jacket (baked) potatoes with cheese, lean meat and vegetable toppings • Soup (e.g. chicken, pumpkin, noodle) • Sandwiches, rolls and wraps containing healthy everyday ingredients (e.g. lean meats, tuna, egg, roasted vegetables, salad) • Cold platters (e.g. lean meats, vegetables, egg, falafel, cheeses, hummus, dips) • Sushi with lean meat, seafood and vegetable fillings • Rice paper rolls • Salad bowls (e.g. garden, bean, tabouleh, couscous, pasta) 	<ul style="list-style-type: none"> • Sausage rolls • Party pies • Quiche • Filo pastries • Chicken nuggets, schnitzels and other crumbed foods • Garlic and cheesy breads • Battered fish • Hot potato chips and wedges • Hash browns • Battered fish • Pizza with salami or bacon • Pasta with salami or bacon • Platters of salami, chorizo and other processed meats • Sushi with tempura or crumbed seafood or meat • Chicken schnitzel sandwich, salami sandwich, BLT
Drinks <i>(swap sugar-sweetened drinks for healthier options)</i>	<ul style="list-style-type: none"> • Water (plain or sparkling) • Tea • Coffee • 99% fruit juice • Flavoured milk (including smoothies) 	<ul style="list-style-type: none"> • Soft drinks (including diet and sugar-free drinks) • Iced teas • Fruit drinks

The service of alcohol is not recommended. Where provided, serve responsibly.



2 Portion sizes

Smaller portions support people to make a healthier choices, maintain a healthy weight and can minimize food waste. The key is to make it easier for people to choose healthy options. Below are some tips for providing smaller portions.

- Order smaller portions of muffins and cakes, or cut portions in halves or quarters.
- Use smaller cups, plates and serving spoons – making it easier for people to enjoy smaller portions.
- Cut large sandwiches, rolls and wraps in halves or quarters.

Further tips for healthy catering and functions

- Serve spreads and condiments separately — use only in small quantities.
- Avoid adding salt to sandwiches or fillings.
- Offer a variety of salads (e.g. green, garden, bean, pasta, etc), with the dressing offered separately.
- Try to avoid savoury breads with high salt and fat contents (e.g. garlic bread, pull-apart breads topped with regular fat cheese and processed meats).
- Avoid high-fat and salty meats such as luncheon meats, salami, bacon and devon.
- For salads and sandwiches, offer lean cuts of meats (not crumbed or coated), meat alternatives, vegetables and reduced-fat cheeses.
- Use low-fat, reduced-salt ingredients in dipping sauce.



HEALTHIER FOOD AND DRINK FACILITIES

Essentials for your office kitchen

For workers who spend most of their time at a dedicated worksite, adequate food preparation and storage facilities make it easier to eat well.

Storage areas – cold (refrigerators) and/or dry (pantry, shelf, cupboard)

Allow for appropriate storage of perishable and non-perishable food items.

Basic preparation equipment

Together with adequate storage areas, food preparation items such as microwaves, toasters, sharp knives, chopping boards and cling wraps allow workers to prepare or heat up meals brought from home, thus reducing reliance on takeaway options for lunch.

Hot water provision

Provide a kettle, urn or instantaneous hot water tap.

Eating utensils

Supply basic crockery and cutlery in the kitchen.

Washing up facilities

With any type of food preparation, washing up facilities will be required. Ensure that a sink or dishwasher with appropriate cleaning utensils and detergents are available.

Advanced preparation equipment

For workplaces that have the capacity and demand, more advanced food preparation equipment such as ovens, blenders and stoves may be provided to assist workers to make healthier meals and snacks onsite.

Food supply

Access to a workplace-provided food supply such as fresh milk or chilled water can assist workers to make healthier choices more easily.

Eating space

Consider providing a comfortable space for workers to eat. This can enhance worker cohesion, provides an alternate meeting space and encourages workers to take a break from work-related tasks.



On the go workforce

For the “on the go” or mobile workers, where their workplace is ‘on the road’, being healthy presents additional challenges, such as:

- Difficulty accessing fresh and healthy food and cool water.
- Inflated cost of food at roadhouses, lunch bars or cafes.
- Reduced opportunities to regularly stop and eat.
- The ability to store food safely.

To encourage healthy eating for workers ‘on the go’, consider the following:

- Provide a drink bottle for workers to ensure that they have access to drinking water.
- Offer solutions for safe food storage, such as eskies, truck fridges or chiller bags with ice blocks.

Vending Machines

Vending Machines are known for their sugary drinks, salty snacks and chocolate bars. Reviewing the workplace vending machine and making simple substitutions is another way to provide some healthy snack options within the workplace.

Before you begin to overhaul the workplace vending machine, you’ll need to get some information, including:

1. Who currently liaises with the vending machine supplier?
2. Get a copy of the contract and review the terms.
3. Talk with the supplier to work out if anything can be changed.

There are many different ways to provide healthier choices in vending machines. Depending on the supplied and amount of flexibility you have to make changes, you can consider:

- smaller packet sizes.
- price the healthier options competitively compared with less healthy items.
- dedicate a section of the machine to healthier options, particularly at eye level if possible.
- promote the healthy options and provide information to staff about the differences of choices, e.g. posters near the vending machine.



For more information visit
gethealthyatwork.com.au

