



West Coast District Health Boards Healthy Food and Beverage Environments Policy

Principles

DHBs are responsible for promoting health for the populations they serve. This includes leading by example within their environments to make healthy food and beverage choices easy choices for staff and visitors in DHB settings.

Food and beverages on offer for staff and visitors need to align with the Ministry of Health's [Eating and Activity Guidelines for New Zealand Adults](#). Specifically, DHBs have agreed together that the foods and beverages available in DHB settings will reflect the following:

- 1) A variety of foods from the four food groups including:
 - plenty of vegetables and fruit
 - grain foods, mostly whole grain and those naturally high in fibre
 - some milk and milk products, mostly low and reduced fat
 - some legumes, nuts, seeds, fish and other seafood, eggs, poultry (e.g., chicken) and/or red meat with the fat removed.

- 2) Mostly prepared with or contain minimal saturated fat, salt (sodium) and added sugar, and that are mostly whole and less processed.
 - Some foods¹ containing moderate amounts of saturated fat, salt and added sugar may be sold but only in small portions (e.g. some baked or frozen goods).
 - Confectionary (e.g., sweets and chocolate) and fried foods would need to be limited to meet this requirement.

- 3) The cold beverages available across all DHB settings will predominantly be plain water and unflavoured milk
 - Availability and portion sizes of artificially sweetened beverages, and no added sugar juices would need to be limited to meet this requirement.
 - No sugar sweetened beverages² will be sold.

The West Coast DHB is currently revising its Healthy Food and Beverage Environments Policy. The detailed policy will highlight best practice food and beverage environments and will reflect the above principles.

¹ More specific information on the type of food will be provided in a full policy document which will be available on this website by July 2016.

² Any beverage that contains added caloric sweetener usually sugar. The main categories of sugary drinks include soft-drinks/fizzy-drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, cold teas/coffees, and energy/sports drinks” – New Zealand Beverage Guidance Panel