



**AUSTRALIAN DENTAL ASSOCIATION VICTORIAN BRANCH INC.**

**ADMINISTRATIVE BRANCH POLICY STATEMENT 3.11**

**HEALTHY WORKPLACE FOOD POLICY**

## 1. OVERVIEW

The ADAVB is committed to promoting good oral and general health, and we invest significant effort in developing, delivering and supporting health promotion information, campaigns and advocacy activities. This commitment to good oral and general health also applies in our workplace, and this policy reflects these commitments.

## 2. PURPOSE

This policy recognises and values the importance of healthy eating in promoting good oral and general health.

## 3. APPLICATION

The policy applies to food and drinks provided by the Australian Dental Association Victorian Branch Inc (ADAVB) for all meetings, functions and events for employees and visitors.

This policy also applies to all prizes, advertising and promotions provided in association with all ADAVB events and activities.

## 4. RESPONSIBILITY

All employees have a shared responsibility to support the Branch Healthy Catering Policy when organising any catered event.

## 5. POLICY

ADAVB encourages employees and visitors to make healthy eating choices, based on guidelines that classify foods and drinks according to their nutritional value, i.e. green (best choices), amber (choose carefully) or red (limit). Catering for events should not encourage excessive consumption. This policy is based on guidelines developed by the Victorian Government.

Food allergies, intolerances and certain preferences (e.g. vegan, religious dietary choices etc.) should be taken into consideration when ordering catering for meetings and events.

This policy does not apply to food or drinks purchased or brought from home by staff for their personal consumption, or for personal celebrations such as birthdays

## 6. CATEGORIES

**GREEN – To be available, promoted and encouraged at all times when food and drinks are provided by the Branch.**

Examples of green category foods and drinks include: tap water, tea and coffee (including herbal teas and decaffeinated coffee), multigrain and wholemeal breads, plain rice and noodles,

wholegrain cereals, fresh and frozen fruit and vegetables, milk, cheese and yoghurt, lean meat and fresh and frozen fish, eggs, plain unsalted nuts and seeds.

These should be provided as the main choices at all times.

### **AMBER – Choose carefully and avoid large services**

Examples of amber category foods and drinks include: flavoured milk drinks and dairy desserts, processed meats in small amounts such as ham and corned beef, and crumbed chicken, fish or vegetable products.

These should only be provided occasionally and in small portions.

### **RED – Avoid RED category foods and drinks.**

Examples of red category foods and drinks include: Soft drinks, sports drinks, fruit juices, cordials, energy drinks, confectionary, pastries, cakes, biscuits, fried foods, potato chips, pies, sausage rolls and processed meats such as salami.

Red foods should be rarely supplied for any meetings, functions or events. ADAVB will not serve any soft drinks, sports drinks, energy drinks or confectionary at any events.

Tap water should be made available and actively promoted at all meetings, functions and events, as it contains fluoride which is beneficial for oral health, and is environmentally friendly, as opposed to bottled water.

## **7. RESPONSIBLE SERVICE OF ALCOHOL**

Alcohol should only be served for special occasions, such as celebrations, and some events. When alcohol is provided, food and low-alcohol and non-alcoholic options, including tap water, should be available.

## **8. ATTRIBUTION**

This policy is adapted from the following resource: Victorian Government, Department of Health and Human Services (2016) "Healthy choices: healthy eating policy and catering guide for workplaces". Available at <https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/health-promoting-environments>

<b>Branch Policy Statement Number</b>	<b>3.11</b>
<b>Adopted by Council</b>	<b>26 March 2018</b>
<b>Reviewed by Constitution and Policy Committee</b>	<b>22 February 2018</b>
<b>Amended by Council</b>	
<b>Relevant Rules</b>	
<b>Relevant By-Laws</b>	

<b>See also</b>	<a href="https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/health-promoting-environments">https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/health-promoting-environments</a>
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