



3.2.1 Healthy Eating

Type:	Regulatory Services – Environmental Health
Legislation:	N/A
Delegation:	N/A
Other Related Document:	Health Eating Procedure PRO3.2.1 Dietary Guidelines for Australians The Australian Guide to Healthy Eating

Objective

The purpose of this policy is to ensure access to healthy food and drink choices at Council operated facilities, workplaces and Council sponsored events that encourage the community to make food and drink choices that will impact positively on health.

Policy Scope

This policy will affect the Town of East Fremantle community, staff, volunteers and visitors and applies to food and drinks funded and or supplied by the Town of East Fremantle.

This policy 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.

Policy

The Town of East Fremantle provides a range of healthy food and drink choices that reflect the Dietary Guidelines for Australians, The Australian Guide to Healthy Eating and other government recommendations for people living in Australia to achieve and maintain good health.

When applying this policy, Town of East Fremantle staff will be guided by the principles outlined in the Healthy Eating Procedures PRO/3.2.1.

Attachment

Healthy Eating Procedures

Responsible Directorate:	Regulatory Services
Reviewing Officer:	PEHO
Decision making Authority:	Council
Policy Adopted:	17/11/15
Policy Amended/Reviewed:	17/9/19
Former Policy No:	1.2.1

HEALTHY EATING PROCEDURES (PRO3.2.1)

Objective

The objectives of this procedure are to provide a role model for healthy food and drink choices to the Town of East Fremantle 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:

- 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; and
- presenting health food and drink choices as appealing and attractive alternatives to unhealthy food and drinks.

Procedure

This procedure applies to all food and drink provided at the Town of East Fremantle operated facilities, services and workplaces as well as council sponsored events. This procedure applies to:

Internal catering and food provision:

- Provision of food and drinks to staff, visitors, volunteers and elected members in the event of meetings, workshops, training events and conferences.
- Provision of tea and coffee facilities for staff at the Town Hall, Dovenby House, Tricolore Day Centre and Council Depot.
- Provision of BBQ meals associated with tool box meetings at the Council Depot.

External catering and food provision:

- Provision of food and drinks at Council's Home and Community Care Program including meals provided at Tricolore Day Centre, during bus trips, and at Sumpton Green for the duration of the holiday program.
- Provision of healthy food and drink options during the annual East Fremantle Festival.

This procedure 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 Town of East Fremantle.