

# Healthy Choices

## Policy directive for Victorian Public Health Services

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# Question

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How do we communicate the changes to staff and community and the value it is adding to our services?

# Overview



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## Target

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### Phase1 : Drinks:

***Vending and in-house retail food outlets:*** No **RED** drinks to be available, or promoted/advertised. At least 50% **GREEN** drinks, and no more than 20% drinks containing artificial or intense sweeteners (classified **AMBER**) are available.



***Catering:*** No **RED** drinks are provided (with majority of options to be **GREEN**).

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### Phase 2: Food:

***Vending and in-house food retail food outlets\*:*** At least 50% **GREEN** foods and no more than 20% **RED** foods are available. No **RED** foods to be promoted/advertised.

***Catering:*** No **RED** foods are provided (with majority of options to be **GREEN**).




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Taken from:...

# Drinks Policy Directive



# Phase 2: Food

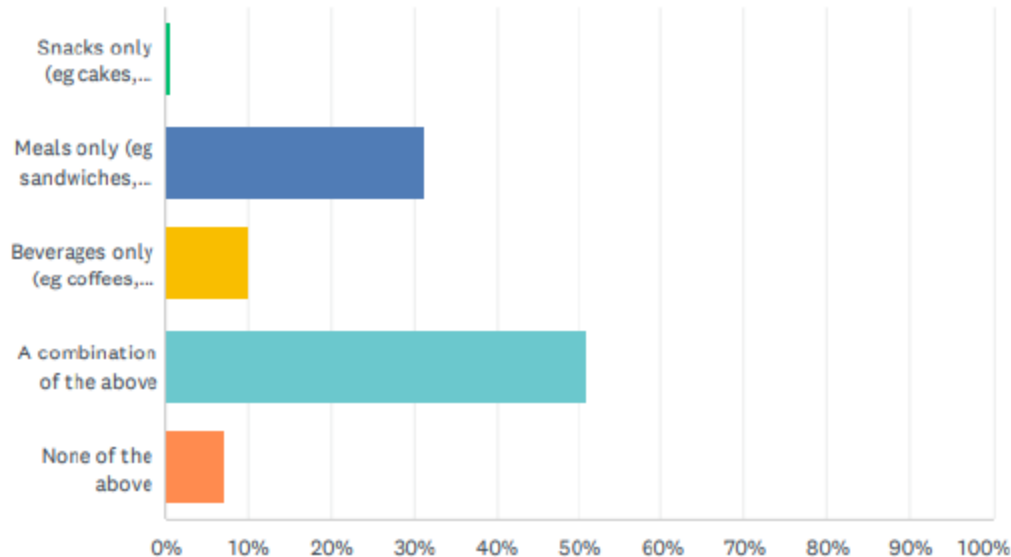
|  |   |  | How are foods and drinks classified?   |
|--|---|--|--|
| Food   | In-house retail and vending   | Promotion  | Traffic Light System   |
|  <p>at least <b>50%</b> <b>GREEN</b> foods</p> <p>no more than <b>20%</b> <b>RED</b> foods</p> |   |  | <p><b>GREEN – best choice</b><br/>Healthiest foods and drinks</p> <p><b>AMBER – choose carefully</b><br/>Consume in moderation</p> <p><b>RED – limit</b><br/>Not essential to a healthy diet</p> |
| Catering   |  <p>at least <b>50%</b> <b>GREEN</b> foods</p> <p>No <b>RED</b> foods provided</p> | No <b>RED</b> foods promoted or advertised   |  |

Taken from:...

# 2021 Food Provision Survey

Q6 What do you normally purchase from the Glasshouse Cafe and/or Staff Dining Room?

Answered: 151 Skipped: 1





# 2021 Glasshouse Café Survey

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***“Q9 Are there any changes that could be made that would encourage you to use the Glasshouse Cafe or Staff Dining Room more?”***

Answered: 126 Skipped: 26

General responses included;

- More variety of menu options
- Healthier options
- More diverse options for dietary requirements e.g. gluten free, dairy free, vegetarian or vegan and halal
- Improvement to physical environment of dining room
- Improved customer service
- Diversified opening hours. Both longer and to enable shift workers lunch breaks to fit
- Outdoor area seating to be available for staff dining room
- Prices to be reviewed

# How are we going to do it?



## Where do I start?

Work with your Healthy choices team to implement the Policy directive in 4 steps:

1

### Identify all sources of food provision

- Are meals sold to your staff & visitors from your in-patient menu?
- How is catering provided?



3

### Enter information into FoodChecker

- Recipes
- Snacks
- Drinks



2

### Gather information for the food and drinks you provide

- Recipes
- Suppliers & contracts
- Products



4

### Use FoodChecker reports to make realistic changes to your menu



Taken from:...



# Available Resources



## GREEN recipe booklet


Healthy Eating  
Advisory  
Service

All recipes included in this booklet have been assessed by the Healthy Eating Advisory Service (HEAS).  
HEAS is your one-stop-shop for free information, training, and resources to provide and promote healthier foods and drinks in your organisation. Find out more at [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au) or call us on 1300 22 52 88.

HEAS is delivered by Nutrition Australia Vic Division with support from the Victorian Government.

|  |  |
|--|--|
| Breakfast Dishes .....   |  |
| RECIPE – Banana breakfast bowl .....   |  |
| RECIPE – Muffin with avocado and smoked salmon .....                               |  |
| RECIPE – Muesli, berry and yoghurt cups .....                                      |  |
| RECIPE – Scrambled eggs with chives, capsicum and cheese served on sourdough ..... |  |
| RECIPE – Muesli and berry yoghurt bowl .....                                       |  |
| Morning Tea .....  |  |
| RECIPE – Fruit salad .....   |  |
| RECIPE – Cauliflower Hash Browns .....   |  |
| RECIPE – Chicken meatballs with Thai flavours .....                                |  |
| RECIPE – Gluten free, dairy free pizza .....                                       |  |
| RECIPE – Italian bruschetta .....  |  |
| RECIPE – Mini quiches – chicken and cherry tomato .....                            |  |
| RECIPE – Pumpkin and sweet potato fritters .....                                   |  |
| RECIPE – Roast beef mini baguettes with cottage cheese .....                       |  |
| RECIPE – Roast pumpkin, red onion and cheese scone .....                           |  |
| RECIPE – Rye sourdough with mushrooms and spinach .....                            |  |
| RECIPE – Sausage rolls .....   |  |
| RECIPE – Spinach and ricotta filo parcels .....                                    |  |
| RECIPE – Tuscan chicken mini baguettes .....                                       |  |
| RECIPE – Zucchini and carrot fritters .....  |  |
| RECIPE – Zucchini and corn fritters .....  |  |
| Soups .....  |  |
| RECIPE – Beef, vegetable and pearl barley soup .....                               |  |
| RECIPE – Carrot and lentil soup .....  |  |
| RECIPE – Chicken and leek soup .....   |  |
| RECIPE – Chicken and vegetable soup .....  |  |
| RECIPE – Chicken, potato and sweet corn soup .....                                 |  |
| RECIPE – Creamy cauliflower soup .....   |  |
| RECIPE – Lamb shank, vegetable and barley soup .....                               |  |
| RECIPE – Lamb, vegetable and barley soup .....                                     |  |
| RECIPE – Minestrone Soup .....   |  |
| RECIPE – Moroccan red lentil soup .....  |  |
| RECIPE – Pumpkin, carrot, lentil and ginger soup .....                             |  |
| RECIPE – Pumpkin, rosemary and honey soup .....                                    |  |
| RECIPE – Vegetable and tomato soup .....   |  |
| RECIPE – White bean soup with chilli .....   |  |

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| Sandwiches, Rolls & Wraps .....   |  |
| RECIPE – Chicken Waldorf toasty .....   |  |
| RECIPE – Egg and lettuce sandwich/roll/wrap .....                               |  |
| ‘Go Green’ – Green Bean Café - Sandwiches, Rolls and Wraps .....                |  |
| RECIPE – Smoked salmon roll with avocado .....                                  |  |
| RECIPE – Tuna toasty .....  |  |
| RECIPE – Tuscan chicken wrap .....  |  |
| Paninis, Focaccias, Turkish & Pitas .....                                       |  |
| RECIPE – Chicken Gyros .....  |  |
| RECIPE – Chicken Turkish bread with oregano, roast onion and mustard .....      |  |
| RECIPE – Chicken, chilli and lime corn tortillas .....                          |  |
| RECIPE – Dijon and herb chicken Turkish bread .....                             |  |
| RECIPE – Falafel Turkish bread with roast cauliflower hummus and spinach .....  |  |
| RECIPE – Greek chicken toasted sour dough sandwich .....                        |  |
| RECIPE – Italian style chicken Turkish bread .....                              |  |
| RECIPE – Lamb, roast pumpkin, caramelised onion and spinach Turkish bread ..... |  |
| RECIPE – Meatball Turkish bread .....   |  |
| RECIPE – Moroccan chicken Turkish bread .....                                   |  |
| RECIPE – Pulled beef Turkish bread with Middle East flavours .....              |  |
| RECIPE – Pulled Dijon Pork Turkish Bread .....                                  |  |
| RECIPE – Pulled Moroccan lamb Turkish breads .....                              |  |
| RECIPE – Tandoori pulled lamb Turkish bread .....                               |  |
| RECIPE – Roasted vegetable Turkish bread .....                                  |  |
| RECIPE – Tandoori chicken tortilla .....  |  |
| Lunch – Other .....   |  |
| RECIPE – Almond and herb crumbed Hoki burger .....                              |  |
| RECIPE – Beef and vegetable pasties .....                                       |  |
| RECIPE – Beef burger patties .....  |  |
| RECIPE – Beef burger with grilled onion, mustard and tomato .....               |  |
| RECIPE – Chicken burger with cornflake crumb, slaw and tomato .....             |  |
| RECIPE – Hummus with Falafel, tomato salad, coriander and sumac .....           |  |
| RECIPE – Falafel .....  |  |
| RECIPE – Chat potatoes with garlic .....  |  |
| RECIPE – Lemon & herb chicken schnitzel burger .....                            |  |
| RECIPE – Moroccan pulled lamb burger .....                                      |  |
| RECIPE – Oven roasted salmon, chips and salad .....                             |  |
| RECIPE – Parsley and lemon crumbed Barramundi .....                             |  |
| RECIPE – Pizza with poached chicken, pineapple and red capsicum .....           |  |
| RECIPE – Pulled pork pizza with feta, red onion and rocket .....                |  |
| RECIPE – Roast vegetable stack with herbs and basil dressing .....              |  |
| RECIPE – Seasoned chips .....   |  |
| RECIPE – Spanakopita .....  |  |
| RECIPE – Stuffed mushrooms with cheese crumb .....                              |  |
| RECIPE – Tandoori chicken burger .....  |  |



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We're making changes to  
reflect our values and  
purpose as a health service

# Question

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How do we communicate the changes to staff and community and the value it is adding to our services?



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**Questions?**  
**Comments?**  
**Suggestions?**