

HEALTHY CATERING IN NSW HEALTH FACILITIES

Part of the *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework*

3-STEP GUIDE

NSW Health are making the healthy choice easier for our staff and visitors. Follow these simple steps when arranging catering to provide healthier options at staff functions and meetings in NSW Health facilities.

1

SWAP SUGAR-SWEETENED DRINKS FOR HEALTHIER OPTIONS

Healthy catering starts with removing sugar-sweetened drinks that have no nutritional value, like soft drinks, fruit drinks, cordials and iced teas.



Swap them for healthier options



99%
Fruit juice



Tea & Coffee



Diet drinks

Water is the healthiest option and is popular when served chilled. Offer water at all of your catering events.



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

WHY IT'S IMPORTANT



An extra treat each day is all it takes to gain weight



1 in 2 adults in NSW is overweight or obese



89%* of NSW Health facility staff and visitors would like healthier food options

2

PROVIDE MOSTLY HEALTHY EVERYDAY FOODS AND DRINKS

3/4
Everyday choices

1/4
Occasional choices

SWEETS



Fruits, fresh or platters



Dried fruits, nuts and cheeses



Pikelets or scones



Cakes and muffins

SAVOURY SNACKS



Sushi and rice paper rolls



Vegetable sticks or crackers and dips



Chicken and/or vegetable skewers



Fried foods e.g. Samosas

MAIN MEALS



Wraps and sandwiches



Noodle boxes



Frittata



Pies

DRINKS



Water



Tea and coffee



99%
Fruit juice



Diet and sugar-free drinks

3

PROVIDE SMALLER PORTIONS

Smaller portions support people to make a healthier choice.



GET STARTED

Now see the **Healthy Catering in NSW Health Facilities Booklet** for help to put these three steps in to action.



NEED HELP?

Speak to your Local Health District's Health Promotion Department.

Or contact the NSW Healthy Food Information Service on **1800 930 966** or healthyfood@health.nsw.gov.au

Still unsure about a food or drink? Check www.foodfinder.health.nsw.gov.au



*Survey of 2,394 staff and visitors across 10 metropolitan and regional NSW Health facilities, August 2018.