

HEALTHY FOOD AND DRINK CATERING IN NSW HEALTH FACILITIES

A guide to *Making Healthy Catering Normal* – for caterers and staff responsible for ordering catering (for functions, meetings and special events in NSW Health facilities).

Part of the *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework* www.health.nsw.gov.au

THE WORLD WE LIVE IN HAS CHANGED...



PORTION SIZES HAVE INCREASED



MANY OF US SPEND HOURS SITTING AT WORK



WE ARE TIME POOR AND WANT QUICK AND CONVENIENT FOOD OPTIONS

We are surrounded by unhealthy foods and drinks at work, at the shops and in public places like hospitals and schools

ADULTS IN NSW

ONLY 7%



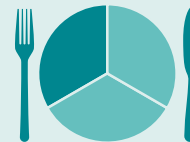
EAT THE RECOMMENDED AMOUNT OF **VEGETABLES**

ONLY 54%



EAT THE RECOMMENDED AMOUNT OF **FRUIT**

1/3 OF OUR DAILY ENERGY (kJ) COMES FROM UNHEALTHY FOODS AND DRINKS SUCH AS CAKES, CONFECTIONERY, SUGARY DRINKS AND CHIPS



THIS POSES SERIOUS CHALLENGES TO THE HEALTH OF OUR COMMUNITIES...



OVER HALF

OF ALL ADULTS IN NSW ARE OVERWEIGHT OR OBESE



1 IN 5

CHILDREN IN NSW ARE OVERWEIGHT OR OBESE



POOR DIET AND OBESITY ARE MAJOR CONTRIBUTORS TO CHRONIC DISEASE IN AUSTRALIA

STEPS TO MAKE HEALTHY CATERING NORMAL IN HEALTH FACILITIES

The *Healthy Food and Drink in NSW Health facilities for Staff and Visitors Framework* supports healthy catering through promoting an increase in the availability of healthy (**Everyday**) options, and limiting the availability and portion size of less-healthy (**Occasional**) options.

Healthy catering is about making the healthy choice an easy choice for our staff and visitors. This means ensuring that plenty of healthy food and drink options are available when providing meals, snacks and drinks at functions, meetings, and special events (for example, events with external partners, workshops and training days).

Use the three steps below to *Make Healthy Catering Normal*.

1. SWAP SUGARY DRINKS FOR HEALTHIER ALTERNATIVES

Making healthy catering normal starts with the removal of sugary drinks that have no nutritional value. The strongest evidence for a link between sugar intake and overweight and obesity is for the consumption of these sugary drinks¹. Water is always the healthiest drink to provide, but there are plenty of popular, healthier options to choose from as well. Sugary drinks should not be offered to staff or visitors at NSW Health functions, meetings and special events.

For more information about selecting **Everyday** drinks, see the *Healthy Food and Drink in NSW Health facilities for Staff and Visitors Toolkit*, in particular *Tool 1: Ready Reckoner*.

HEALTHIER DRINKS TO OFFER



Water



99%
Fruit
juice



Smoothies/
Milkshakes



Plain and
flavoured
milk



Diet
drinks



Tea or
Coffee

What is a sugary drink?

- Sugary drinks are drinks with any sugars added during processing (excluding milk drinks).
 - Sources of sugar to sweeten drinks include the ingredients sucrose (commonly called sugar), fructose, glucose, honey and fruit juice concentrate.
 - Sources of sugar are listed in the ingredients of a Nutrition Information Panel which can be found on the back of most packaged foods and drinks.
 - Examples of sugary drinks are soft drinks, some flavoured waters, fruit drinks, cordials, iced teas, energy drinks and sports drinks.
- **Why can 99% fruit juice, and milk drinks[#] be sold?**
Juices with no added sugar and flavoured milks can be sold because they do have nutritional value. However, maximum portion size limits apply to these drinks, and the Health Star Rating is used for flavoured milks to ensure healthier versions are selected.

2. PROVIDE MAINLY EVERYDAY FOODS AND DRINKS

Seventy-five per cent (75%) or more of the food and drink offering should be healthy **Everyday** meals, snacks and drinks made from foods in the five food groups from the Australian Guide to Healthy Eating², including water as the healthiest drink. More detailed information on **Everyday** foods and drinks can be found in the *Toolkit*, in particular *Tool 1: Ready Reckoner*.

EVERYDAY FOODS AND DRINKS TO OFFER WHEN CATERING

Lunches

Use mostly wholemeal breads, rolls and wraps, and include lean meats, fish/tuna, eggs, reduced-fat cheeses, and/or different varieties of vegetables or salad ingredients.

Use healthy fats such as seed- or vegetable-based oils and spreads (not butter).



Sandwiches/
rolls/wraps



Salads



Pasta/
risotto



Frittata

Canapés/savoury snacks

Limit deep fried foods and pastries.



Sushi and
rice paper
rolls



Vegetable-based dips
(such as hummus,
beetroot, salsa,
avocado or tzatziki)



Wholegrain
crackers and
vegetable
sticks



Chicken
and/or
vegetable
skewers



Lean meat
balls/falafels



Steamed dim
sum or steamed
meat/vegetable
buns

Sweets

Choose to serve cakes, muffins, sweet pastry and confectionery only rarely. See the next page for appropriate portion sizes. Consider serving a fruit platter or dried fruits and nuts for morning or afternoon tea, rather than offering cakes or biscuits.



Fresh fruits,
whole or
platters



Dried fruits
and/or
nuts



Pikelets or
scones (with jam
and spread).

3. PROVIDE APPROPRIATE PORTION SIZES

Portion sizes have become much bigger over the last 30 years. Large portions and additional kilojoules (energy) can end up as extra weight. Providing smaller portions is an easy way to support people to make a healthier choice.

When selecting portions for catering, be mindful that most people will select numerous serves, Offering **Occasional** foods such as muffins, cakes, slices, sweet and savoury pastries, meat pies, spring rolls, or fried foods in small portions gives staff and visitors variety and choice without overeating.

More detailed information on portion sizes can be found in the *Toolkit*, in particular *Tool 1: Ready Reckoner*. For example, the maximum portion limit for muffins is 80g (about the size of a tennis ball). Consider offering smaller portions (about 40g, the size of a golf ball), or consider cutting larger muffins in half or quarters.

How big is a muffin?



Cricket ball: Too large



Tennis ball: Max portion



Golf ball: Mini portion

ADDITIONAL TIPS FOR PROVIDING HEALTHY OPTIONS AND APPROPRIATE PORTION SIZES AT CATERED FUNCTIONS AND EVENTS:

- Always offer water – it is the healthiest option.
- Use smaller cups, plates, and serving spoons. Using smaller serving ware allows people to take smaller portions and avoid over-eating without even noticing the difference. It also helps to minimise food waste.
- Cheese platters: pre-cut cheeses into individual small portions, and provide other foods on the platter such as fresh fruits, nuts, vegetable sticks, cherry tomatoes and/or wholegrain crackers.
- Sandwiches/rolls/wraps – cut into quarters or smaller portions.
- Sauces, spreads and dressings – provide individual portion packs or serve on the side.

NSW HEALTH HAS A NEW *FRAMEWORK* TO MAKE THE HEALTHY CHOICE AN EASY CHOICE FOR OUR STAFF AND VISITORS BY:



INCREASING THE AVAILABILITY OF **HEALTHY** FOODS AND DRINKS



DECREASING THE AVAILABILITY OF **UNHEALTHY** FOODS AND DRINKS



REMOVING **SUGARY DRINKS** FROM SALE

WE ASK FOR YOUR SUPPORT TO *MAKE HEALTHY FOOD AND DRINK* NORMAL

1 Boylan S, Mhrshahi S 2015, Sugar Intake and Health Outcomes: A Rapid Evidence Review. Prepared for the Centre for Population Health, NSW Ministry of Health. Sydney; Physical Activity Nutrition Obesity Research Group, August 2015.

2. National Health and Medical Research Council 2013, Australian Guide to Healthy Eating. Canberra: National health and Medical Research Council. Retrieved from: <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

milk drinks include flavoured milk, milkshakes/smoothies, coffee, liquid breakfast drinks