

HEALTHY FOOD AND DRINK VENDING IN NSW HEALTH FACILITIES

A guide to *Make Healthy Food and Drink Normal* in vending.

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%



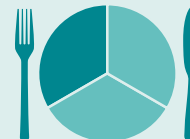
EAT THE RECOMMENDED AMOUNT OF **VEGETABLES**

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

get healthy
at work

MAKE HEALTHY NORMAL



Health

FOCUS AREAS TO MAKE HEALTHY FOOD AND DRINK NORMAL IN VENDING MACHINES

NSW Health is taking the opportunity to support everyone who works in and visits our health facilities to move towards a new, healthier normal through the launch of the *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework*. Healthy vending is about making the healthy choice an easy choice for staff and visitors. Use the following steps to make healthy vending normal.

REMOVE SUGARY DRINKS FROM SALE

The strongest evidence for a link between sugar intake and overweight and obesity is for the consumption of sugary drinks¹. Swapping out sugary drinks for healthier alternatives is a priority of NSW Health, and should be completed by December 2017.

For 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*.

What are sugary drinks?

- 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.

[#] Milk drinks are drinks where the predominant ingredient is dairy milk or a calcium-fortified dairy-milk-alternative, such as fortified soy/ almond/rice milk.



Sugary drinks contribute to overweight and obesity. By providing sugar-free options, we can support health while still providing a range of popular drinks.

HEALTHIER DRINKS TO SELL



Water
(plain, sparkling, flavoured with no added sugar)



**99%
Fruit
juice**



**Plain and
flavoured
milk**



**Diet
drinks**

PROVIDE MAINLY EVERYDAY FOODS AND DRINKS

Seventy-five per cent (75%) of the food and drink vending should be healthy **Everyday** meals, snacks and drinks from foods in the five food groups from the *Australian Guide to Healthy Eating*². More detailed information on **Everyday** foods and drinks can be found in the *Toolkit*, in particular *Tool 1: Ready Reckoner*.

EVERYDAY SNACKS



Dried fruit
and nut



Lightly salted nuts
and legume snacks



Muesli and
snack bars



Lightly salted and
flavoured popcorn



Tuna and
crackers

CHOOSE THE HEALTHIEST PRODUCTS USING THE HEALTH STAR RATING



Choose Everyday meals and snacks that have a 3.5 HSR or above. All lightly salted or flavoured nuts, popcorn, muesli bars, savoury biscuits/crackers and custard should meet 3.5 HSR or above.

The Health Star Rating System is a quick and easy way to compare the nutrient content of similar packaged foods. It considers the overall nutritional content of foods and drinks and rates them from 1/2 a star to 5 stars. The more stars, the healthier the choice.

For more information about the Health Star Rating visit www.healthstarrating.gov.au

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 vending, meet the maximum limits. For example:

- Confectionery - no more than 50g
- Salty snacks - no more than 50g
- Diet soft drinks - no more than 500mL

More detailed information on portion sizes can be found in the *Toolkit*, in particular *Tool 1: Ready Reckoner*.

EXAMPLES OF HEALTHY FOOD AND DRINK VENDING

SNACKS MACHINE

Lightly flavoured popcorn	Plain popcorn	Plain popcorn	Plain popcorn	Lightly flavoured popcorn
Tuna to go	Tuna to go	Chickpea snack	Chickpea snack	Fruit tub
Fruit & Nut (unsalted)	Fruit & Nut (unsalted)	Fruit & Nut (unsalted)	Fruit & Nut (unsalted)	Fruit & Nut (unsalted)
Savoury biscuit	Savoury biscuit	Savoury biscuit	Nuts (unsalted)	Nuts (unsalted)
Confectionery		Dried fruit		Muesli Bar (>3.5 HSR)
Cookie	Cookie	Salty snacks	Salty snacks	Salty snacks

DRINKS MACHINE

Water	Water	Water	Water	Water	Water	Water	Water
Water	Water	Water	Water	Sparkling water	Sparkling water	Sparkling water	Sparkling water
Milk	Milk	Flavoured milk	Flavoured milk	Flavoured water (essence only)	Flavoured water (essence only)	Flavoured water (essence only)	Flavoured water (essence only)
99% fruit juice	99% fruit juice	99% fruit juice	99% fruit juice	Coconut water (no added sugar)	Coconut water (no added sugar)	Sugar free drinks	Sugar free drinks
Diet soft drinks	Diet soft drinks	Diet soft drinks	Diet soft drinks	Diet soft drinks	Diet soft drinks	Diet soft drinks	Diet soft drinks

Best choices at eye level

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
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>