



Healthy Food and Drink Policy for Organisations

Creating a healthier food and drink environment for staff



Why healthy eating and drinking?

- Healthy eating and drinking is essential for good health



Hawke's Bay Healthy Weight Strategy

A lifespan approach to direct and coordinate activity to increase healthy weight

2016-2025

We need to start normalising healthy food and drink options

What is the policy?



- A Healthy Food and Drink Policy clause is included in DHB contracts with health providers.
- The clause affects any food and drink provided or sold onsite (including vending machines).
- This models a healthy eating and drinking environment to staff and to the wider community.

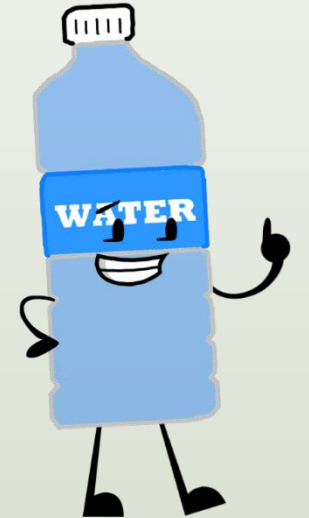


Why the workplace?

Having this policy:

- supports the health and wellbeing of staff
- contributes to a healthy and productive workforce
- makes the healthy choice the easy choice!

“Provide leadership in healthy eating”



Resources

- Policy template
- PowerPoint
- Guidelines
- Contacts

Questions

