



Healthy choices made easy: Quick guide to the policy

Aim of the policy: to ensure consistency between the nutrition messages NT Health promotes to the community and the foods and drinks provided to staff, volunteers and visitors in all NT Health facilities.

Scope of the policy: all NT Health facilities, including hospitals, offices, community health services, remote health etc.

When did the policy come into effect? 25 November 2014

Who should know about this policy?

- all health staff, volunteers and managers
- catering, kiosk and café managers
- vending machines operators
- social club and fundraising managers.

What are the food and drink categories?

There are 3 categories based on their nutritional value:

GREEN (Best choices), **AMBER** (Select carefully) or **RED** (Limit)

(refer to the *Foods and Drinks Guide*)

How does the policy work in different situations?

- food outlets including cafeterias, kiosks, mobile trolleys and vending machines:
 - minimum 80% of items should be **GREEN** or **AMBER**; aiming for 50% of **GREEN**, at all times, is strongly encouraged.
 - maximum of 20% of items should be **RED**, at all times.
- fundraising (e.g. chocolate drives, social club fridges): no **RED** (refer to the *Guide to healthy fundraising*). A special exemption may apply to occasional significant fundraising events (such as the Biggest Morning Tea, or the Drivers Ball in Alice Springs) at the discretion of Senior Executives.
- rewards, incentives, gifts, prizes and give-aways (e.g. incentives for participation in immunization programs or surveys): no **RED**.
- catering for meetings, functions, events and health education activities: no **RED** (refer to the *Catering guide for meetings, functions, events and health education activities*).

What doesn't the policy apply to?

- The supply of inpatient and aged-care meals.
- Food or drinks that staff bring for personal consumption or for social occasions (and not paid with NTG funding), and consumed on health premises.

For further information including the policy, posters, FAQs and guides refer to NT Health Nutrition and Physical Activity intranet site: <https://health.nt.gov.au/professionals/nutrition-and-physical-activity>



Food category	Kiosks, cafés or coffee carts/tea trolleys	Staff dining rooms or canteens	Leased premises selling foods or drinks	Vending machines	Fundraising, rewards, incentives, give-aways	Catering	Inpatient, client and aged-care meals	Food and drink brought from outside and consumed on health premises
GREEN and AMBER items should make up at least 80% of all foods and drinks available for sale at all times. Aim for 50% GREEN .	✓	✓	✓	✓	✓	✓	Policy does not apply	Policy does not apply
GREEN foods and drinks should be actively promoted and displayed in prominent areas.	✓	✓	✓	✓	✓	✓		
AMBER foods and drinks should be provided in the smallest serve size available.	✓	✓	✓	✓	✓	✓		
AMBER foods and drinks should not be promoted.	✓	✓	✓	✓	✓	✓		
RED foods and drinks should be limited to a maximum of 20 % of all foods and drinks available for sale at all times.	✓	✓	✓	✓	RED foods and drinks are not permitted*	RED foods and drinks are not permitted		
RED foods and drinks should not be promoted.	✓	✓	✓	✓				

*An exemption may apply for occasional fundraising events (such as the Biggest Morning Tea, or the Drivers Ball in Alice Springs) at the discretion of Senior Executives.