

1. Policy statement

Frankston City Council (Council) is committed to enabling a healthy municipality where people thrive and have the best opportunity to make healthy food and beverage choices.

The Healthy Choices Policy (Policy) introduces a Council-wide healthy choices food and beverage standard to increase supply of healthier food and beverage options at all Council settings, services, and programs, for Council personnel and the community to access.

2. Reason for Policy

- To make healthy food and beverages easier to access in Frankston, by improving the range, availability and promotion of healthy food and beverage options at Council facilities, services and programs.
- To introduce a consistent standard in the provision and promotion of healthy food and beverage options throughout Council, to better support Council personnel, and the broader community to enjoy good health and wellbeing.
- To deliver the Frankston City Municipal Public Health and Wellbeing Plan 2017-2021 aspiration of make healthier food and drink options more accessible for our community at Council settings.
- To create a healthier food environment that contributes to a decline in the prevalence of diet related preventable chronic diseases in Frankston City (which exceeds the state average).

3. Scope

The Policy will apply to all contexts where Council has an influence on the food and beverages provided, and where Council funds are used to provide, or influence the provision of food and beverages supplied.

The settings have been grouped into three 'categories', each category adhering to unique implementation timelines and targets. The 'categories' are as follows:

Category 1:

Category 1 settings typically have high level of Council influence as well as a high level of complexity, including accountability, corporate responsibility, community safety, compliance, and/or quality standards implications.

Council’s Category 1 settings include:

- Council-run events (any department).
- Council-run specialist food services providing prepared meals to specific community cohorts.
- Externally contracted commercial services engaged by Council to deliver a food service or commercial kitchen on behalf of Council.

Category 1 settings are required to develop their own ‘Healthy Choices Procedure’ detailing how they will adopt the Policy throughout their setting. Category 1 Procedures require the Executive Management Team endorsement within two years of Policy adoption and will be enforceable through the Policy. Expert support will be available to Category 1 settings to develop their Procedures.

Category 2:

Category 2 settings typically have a high level Council influence, and lower level complexity/risk than Category 1.

Council’s Category 2 settings include:

- Catered meetings and functions wherever food and beverages are procured using Council funds.
- Catered programs, forums, events and services wherever food and beverages are provided to Council personnel, external agencies or the community.
- Council venues and services where food and beverages are provided, available for purchase, or used as a means of program delivery by Council personnel.
- Council’s community grants programs wherever food or beverages are directly supplied to grant recipients.
- Food focussed promotional activities, programs and events funded (or co-funded) by Council.

Category 2 settings are required to develop their own ‘Healthy Choices Procedure’, with the option of expert support, detailing how they will adopt the Policy through their setting. Category 2 Procedures require Executive Management Team endorsement within one year of Policy adoption. Category 2 Procedures will be enforceable through the Policy.

Category 3:

Category 3 settings are Council owned or managed premises which are leased to external parties or partner agencies (although operating at arm’s length from Council) and typically used for their own purposes. Category 3 stakeholders include Commercial, Corporate, Community and Not-For-Profit groups. These settings also include external partners or partner agencies in receipt of funding from Council to deliver a food focussed program, event, campaign or service. Category 3 settings include:

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- Council’s Sport and Recreation facilities managed by community, volunteer or semi-professional sports clubs or commercial entities.
- Grant funding for commercial food and beverage outlets and events (e.g. Tourism Event Attraction Program).
- Commercially operated cafes, restaurants or function centres, operating from a Council owned or managed property (this also includes temporary pop-up businesses managed through the Commercial Activities in Public Open Space (CAPOS) program).
- Community, Commercial or Not-For-Profit events run on Council land.
- Community or Commercial hire of Council owned venues or facilities for program or private use.
- Casual hire of Council owned or managed venues or facilities, for self-catered events.
- Partner Agency managed events, including in the instance of joint event planning with Council.

Council personnel are required to comply with the *Healthy Choices Category 3 Procedure* when engaging these stakeholders. Council personnel are additionally required to inform these stakeholders about the Policy, and provide them with the ‘Frankston City Council - Healthy Food and Beverage Guideline’ (Guideline) (Appendix A). The Guideline must be distributed to the Category 3 stakeholders immediately upon endorsement of the Policy.

Category 3 stakeholder compliance is encouraged, but not enforceable through the Policy.

Out of scope:

- Grant programs delivered by Council to support business growth or activate precincts (e.g. place activation grants and Frankston City Business Grants programs).
- Any setting not managed or owned by Frankston City Council.
- Food or beverages provided on Council property that are not supplied using Council funds (e.g. social events, fundraising, and food or beverage brought from other settings for personal consumption).
- Alcoholic beverages.

4. Authorisation

This Policy is managed by the Community Strengthening Department, and is approved by Frankston City’s Mayor and Council’s Chief Executive Officer (CEO):

Mayor, Frankston City

CEO, Frankston City Council

In accordance with Frankston City Council resolution at its XXXXXX.

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5. Revision date

This Policy will be reviewed and presented to Council no later than December 2022 or earlier as deemed necessary by Council, and therefore once within each subsequent Council term.

6. Principles

Council is committed to making healthier food and drink options more *accessible* for our community at all Council settings so they have the best opportunity to manage their own health and wellbeing.

In introducing this Policy, Council commits to:

6.1 Focussing on our role as a responsible steward of Council funds through providing access to healthy food and beverage options (wherever supplied) across all Council business. This will be achieved by:

- Introducing a food standard consistent with HEAS recommendations for Council’s provision of food and beverages across all Council settings.
- Developing Healthy Choices Procedures to detail how the Policy will be implemented in each setting to ensure increased access to healthy food and beverage options.
- Establishing accountability and oversight processes to make sure we are consistent in providing healthier food and beverage options through Council settings and services.
- Making a public statement of Council’s commitment to Healthy Choices Policy, to ensure increased accountability.

6.2 Influencing an overall healthy change within the Frankston City food system. This will be achieved by:

- Gradually improving access to healthier food and beverage options at all settings managed by Council within the municipality to contribute to a healthier local food environment.

6.3 Improving alignment with the National and State Quality Standards, and the Victorian Healthy Choices Guidelines, including voluntary commitment to:

- Compliance with industry specific National and State Quality Standards;
- Striving to achieve the Victorian Healthy Choices Guidelinesⁱ traffic light system recommendations of providing at least 50% green food and beverage options (healthiest choice), and no more than 20% red (limit) options; and
- Introducing and promoting the Healthy Eating Advisory Service’s FoodCheckerⁱⁱ online menu assessment tool.

6.4 Respecting consumer choice through implementing the Policy. This will be achieved by:

- Increasing the availability of healthy food and beverage options, while retaining a suitable supply of current food and beverage options to accommodate cultural and individual tastes, preferences, and dietary requirements; and
- Not regulating foods selected and consumed by individuals.

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7. Roles and responsibilities

Roles	Responsibility
Council	Authorisation of the Healthy Choices Policy.
Executive Management Team	Authorisation of Healthy Choices Procedures in support of the Healthy Choices Policy.
Director Community Development	Healthy Choices Procedures oversight and accountability.
Manager Community Strengthening	Healthy Choices Policy owner.
Healthy Choices Policy Working Group (HCPWG)	Design and development of the Healthy Choices Policy.
Relevant service area across Council	Development and implementation (following endorsement) of service level Healthy Choices Procedures.

8. Policy non-compliance

Non-compliance with this Policy has the potential to cause multiple adverse impacts for Council including reputational damage, and economic loss associated with failing to supply the healthier alternatives in line with consumer demand. Policy non-compliance similarly risks Council detracting from the community's ability to maintain and pursue overall health and wellbeing.

Failure to comply with this Policy will be reported to the Community Development Director.

9. Related documents

This Policy has been developed in line with the following Guidelines, Plans, Strategies, and Policies:

- [Victorian Healthy Choices Food and Drink Classification Guidelines](#)
- [Victorian Public Health and Wellbeing Plan 2019-2025](#)
- [Frankston City Council's Municipal Public Health and Wellbeing Plan 2017–2021](#)
- [Frankston City Visitor Economy Strategy 2019-2024](#)
- [Frankston City Economic Development Strategy 2016-2022](#)
- [Frankston City Waste Wise Events Policy 2019](#)

10. Implementation of the Policy

This Policy (in conjunction with other Related Documents) will be implemented upon Council adoption, and in line with the timing requirements specified within the Policy Scope.

The following documents will support the implementation of this Policy:

- [Frankston City Council – Healthy Food and Beverage Guideline](#)

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- [Frankston City Council – Healthy Choices Procedure Template](#)
- [Frankston City Council – Catering Guideline](#)

Healthy Choices Procedure development remains the responsibility of each relevant business area across Council. Each Healthy Choices Procedure requires Executive Management Team (EMT) endorsement prior to implementation.

Managers, Coordinators and Team Leaders will be responsible for educating teams about this Policy, and for facilitating compliance.

11. Definitions

Term:	Definition
Availability	Refers to physical availability of food as an indicator of personal access (i.e. Is there a supermarket nearby? Do they have any broccoli?).
Accessibility	Includes both physical and economic access to food that meets people's dietary needs as well as their food preferences (i.e. Can I get to the local supermarket? Can I afford the broccoli I need?).
Community	Includes all residents and members of the general public accessing Council services, programs or facilities - including visitors from other local government areas.
Diet related Preventable Chronic disease	Otherwise referred to as 'lifestyle diseases' these are caused or worsened by a diet high in unhealthy food choices and low in healthier food and beverage choices.
External parties	These typically include parties delivering specific services on behalf of Council, under a formal contract or agreement.
FoodChecker©	A Victorian government website to help caterers assess the food and beverages supplied against the Victorian Healthy Choices Guidelines.
Food system	A food system includes all processes and infrastructure involved in feeding a population. A local food system is shaped and influenced by politics, economics, and culture in terms of the foods supplied.
Stewardship	Effective undertaking of the social and corporate responsibilities and obligations of Council to the community it serves.
Healthy Choices	The framework used by the Victorian Government to put health at the centre of our everyday lives through a place-based food system approach to health promotion. The framework uses a 'traffic light system' to classify food and beverages, and to make menu recommendations for optimal health (i.e. 50% green, 30% amber, and 20% red).

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Partner agencies	Agencies voluntarily collaborating with Council to deliver a joint and time limited event or program.
Provision	The supply of items (in this case food and beverages) provided with or without the exchange of money.
Traffic light system	A food classification system used to classify the 'healthiness' of food based on three categories: GREEN (best choice), AMBER (chose carefully), and RED (limit).

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ⁱ Healthy Eating Advisory Service 2016: [‘Healthy Choices: Food and Drink Classification Guide’](#)

ⁱⁱ Healthy Eating Advisory Service 2016: <http://foodchecker.heas.health.vic.gov.au/>

APPENDIX A.



In October 2019 Frankston City Council (Council) introduced a Healthy Choices Policy to guide how food service will look for Council moving forward. The Policy aligns Council with the Victorian Healthy Choices classification system, so that we can make healthier choices more readily available for the Frankston community. There is A LOT of information out there, and this Healthy Food and Beverages Guideline is designed to help make it easier for clubs and businesses to introduce healthy menus.

Background

While Frankston City has slightly higher rates than the Victorian average in some areas of healthy eating, unfortunately it also has higher rates than the state average of people that drink sugar sweetened beverages every day¹ and people that do not drink any water in a day². High consumption of sugar sweetened beverages, and limited consumption of water, fruit and vegetables are proven to increase the risk of preventable chronic disease such as overweight and obesity, cardiovascular disease, cancers³, type 2 diabetes⁴ and dental issues. Providing access to healthy foods and drinks means the community have more opportunity to make healthy choices if they wish.



¹ Victorian Population Health Survey 2014: Quick statistics at local government area
² VicHealth Indicator Survey 2015
³ Victorian Population Health Survey 2014: Quick statistics at local government area
⁴ National Diabetes Services Scheme, Diabetes Australia, www.diabetes.org.au, 2018



Assess your food and drink menus

Council encourages Frankston clubs and businesses to consider how they can also make healthier choices easier choices in the Frankston City Municipality.

The Healthy Eating Advisory Service's online FoodChecker[®] tool can be used by anyone supplying food and drinks to assess menus using the Healthy Choices traffic light system. This is a great model to use to understand how many healthy choices are on your current menu and what simple changes can be made to improve them.

There are three functions of FoodChecker[®] tool:

1. Search and assess an individual product
2. Assess a food or drink recipe
3. Assess a full menu based on the traffic light system

For more information or assistance on Food Checker please visit: foodchecker.heas.health.vic.gov.au

The Victorian Healthy Choices traffic light system:

GREEN – Best choices	AMBER – Choose carefully	RED – Limit
<ul style="list-style-type: none"> • Good sources of important nutrients • Lower in saturated fat and/or added sugar and/or salt • Lower in energy (kilojoules) • Higher in fibre 	<ul style="list-style-type: none"> • Can contain moderate amounts of added sugar, salt and/or saturated fat • Can contribute to excess energy (kilojoule intake) 	<ul style="list-style-type: none"> • High in energy (kilojoules) • Lack in important nutrients, such as fibre • High in added fats, saturated fat and/or added sugar or salt

Table adapted from *Healthy Choices Food and Drink Classification Guide*

Support for Frankston City Clubs, Groups and Businesses:

Organisations are encouraged to participate and seek support from Peninsula Health - Health Promotion. Council has partnered with the Peninsula Health – Health Promotion Team to offer you expert support and assistance so that your club, group or business can also take the leap toward introducing a range of healthier food and drink options in your setting.

How do I get started?

To access free expert advice, or for more information contact healthpromotion@phn.vic.gov.au

Other helpful links:

- [Healthy Choice Case Studies](#)
- [Healthy Choices Food and Drink Classification Guide](#)
- [Free Healthy Choices Online Training](#)
- [Live Lighter Recipes](#)

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