

# King Street Artworks

## Healthy Food and Drink Policy.

(In line with the National health and Drink Policy 2<sup>nd</sup> Edition 2019)

### Creating a healthier food and drink environment for Artists and Staff

## 1: Introduction

Healthy eating is essential for good health and wellbeing, and supports a healthy, productive workforce.

With increasing rates of obesity and the subsequent rise of associated poor health outcomes, including type 2 diabetes and cardiovascular disease, it is important that organisations support their staff by providing healthy eating environments.

This Healthy Food and Drink Policy has been adapted from the National Healthy Food and Drink Policy, developed by the National District Health Board Food and Drink Environments Network in 2016; after review the 2<sup>nd</sup> edition was released in 2019.

## 2: Overview

### Purpose

The Policy-

- demonstrates commitment to the health and wellbeing of staff, visitors and the general public by providing healthy food and drink options, which support a balanced diet in accordance with the *Eating and Activity Guidelines for New Zealand Adults* (Ministry of Health 2015)
- acts as a role model to the community by providing an environment that supports and promotes healthy food and drink choices
- assists the food and drink industry by having one set of criteria for food and drink provision for all health sector organisations.  
In providing healthy food and drink environments, consider:
  - acknowledges the needs of different cultures, religious groups and those with special dietary needs, and accommodate these on request, where possible
  - is ecologically sound, sustainable and socially responsible practices in purchasing and using food and drinks, which includes encouraging the procurement of seasonal and locally grown and manufactured (regional and national) food and drinks, and minimising waste where possible
  - acknowledges the importance of discouraging association with products and brands inconsistent with a healthy food and drink environment, as defined by the Policy.

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- food and drink brought to work by staff/artists for their own consumption
- gifts from families/whānau to staff
- self-catered staff-shared meals, both on and off site (eg, food brought for special occasions, off-site self-funded Christmas parties or similar celebrations)
- gifts, rewards and incentives that are self-funded
- inpatient meal services and Meals on Wheels – different standards exist for inpatients and Meals on Wheels, which reflect food and drink requirements in both health and illness; and for various age groups. The majority of inpatients

## Scope

The Policy applies to all staff, artists and contractors, including:

- all food and drink provided by, or able to be purchased from any retailer, caterer, vending machine, snack box or volunteer service on the organisation's premises for consumption by staff, visitors and the general public<sup>1</sup>
- any gifts, rewards and incentives offered to staff, guest speakers and/or formal visitors on behalf of the organisation
- any fundraisers organised by either internal or external groups where food and drinks are sold or intended for consumption on the organisation's premises. Fundraisers associated with groups outside the organisation that do not meet this policy should not be promoted on the organisation's premises or through the organisation's communications (eg, chocolate fundraisers), however, alternative healthy fundraising and catering ideas should be encouraged
- all health service providers contracted by the organisation that have a food and drink environment clause in their contract with the organisation
- any external party that provides food or catering:
- food and drink provided by artists for their own use
- alcohol-related recommendations (refer the King St. Alcohol policy).

## 3: Monitoring and evaluation

Monitoring and evaluating the policy will be part of King Streets Annual Plan and will be aligned to the agreed expectations of the Network and the Ministry of Health.

## 4: Healthy Food and Drink Policy principles

**Offer a variety of healthy foods from the four food groups.**

This means:

- plenty of vegetables and fruit
- grain foods, mostly wholegrain and those naturally high in fibre
- some milk and milk products, mostly low and reduced fat

- some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and/or red meat with the fat removed.

**Food should be mostly prepared with or contain minimal saturated fat, salt (sodium) and added sugar, and should be mostly whole or less processed.**

This means:

- some foods containing moderate amounts of saturated fat, salt and/or added sugar may be available in small portions (eg, some baked or frozen goods)
- no deep-fried foods
- no or limited confectionery (eg, sweets and chocolate).

**Water and unflavoured milk are the predominant cold drink options.**

This means:

- the availability and portion sizes of drinks containing 'intense' sweeteners<sup>1</sup> and no-added-sugar juices are limited
- no sugar-sweetened drinks.<sup>2</sup>

For guidance on how the principles could be implemented, refer to the National Healthy Food and Drink Policy (National Policy).<sup>3</sup> The National Policy categorises foods and drinks, includes recommended portion sizes for some foods and provides examples of healthy options (refer to the healthy food and drink environments nutrient criteria table).

Make sure appropriate healthy food and drink choices (including vegetarian and some vegan items) are available to a wide variety of people. Consider cultural preferences, religious beliefs and special dietary requirements, such as gluten free food.

## 5: Promoting healthy options

Providing a healthy eating environment is a health and safety issue that should be supported by all levels of the organisation.

Consider actively promoting healthy food and drink options with staff and visitors through consistent, evidence-based nutrition messages.

<sup>1</sup> Intense sweeteners (also known as artificial sweeteners) are a type of food additive that provides little or no energy (kilojoules). Intense sweeteners permitted for use in New Zealand include aspartame, sucralose and stevia.

<sup>2</sup> Any drink that contains added caloric sweetener, usually sugar. The main categories of sugary drinks include soft drinks / fizzy drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, iced teas/coffees and energy/sports drinks.

<sup>3</sup> National District Health Board Food and Drink Environments Network. 2016. National Healthy Food and Drink Policy. Wellington: Ministry of Health.

Partnerships, fundraisers, associations and promotions involving products and brands that are inconsistent with a healthy food and drink environment, as defined by this Policy, are discouraged.

## 6: Staff Facilities

### Storing and preparing own meals

Provide staff with reasonable access to food storage facilities such as fridges, lockers or cupboards. Wherever possible, this includes reasonable access to a microwave oven.

### Drinking-water

Provide reasonable access to drinking-water for all staff and visitors on site. Wherever possible, this should be tap water and/or water fountains. Encourage staff to bring their own water bottle. Where water coolers are provided, they must be replenished, cleaned and serviced on a regular basis. Consider environmentally friendly and recyclable options when purchasing cups for water dispensing.

### Support for women who breastfeed

Encourage and support mothers returning to work to continue breastfeeding by:

- providing suitable areas that may be used for breastfeeding and for expressing and storing breast milk
- providing suitable breaks for staff who wish to breastfeed during work, where this is reasonable and practicable.

## How this applies specifically to King Street Artworks:

### Providing Drinks:

**Tea and Coffee:** we will provide tea and coffee. We will also monitor its consumption and suggest alternatives should they be needed.

**Herbal Teas:** A selection of herbal teas will be made available when funds allow

**Milk:** We will continue provide a low fat option:

**Sugar:** We will continue to provide unprocessed raw sugar, monitor its consumption and suggest alternatives should they be needed

**Water:** We will continue to provide hot water and cold filtered water. (The cold water filter will be service every 6 months and the water filter changed every 12 months)

### Sugary drinks of any kind will not be available at any in-house function

### Providing Food:

We rarely provide food outside of a special event of activity. However we do regularly get food donated to King St which Artists are free to eat on the premises or take home

**Bread donated by the foodbank:** We will only receive and distribute bread: We will not take or distribute pastries, cakes or doughnuts or any item that may have a high sugar level.

**Fruit and vegetables:** As long as it is fit for consumption we will receive and distribute fruit and vegetables freely.

**Other food (Such as tinned food):** We will only take and distribute food that has a low or zero sugar content.

## **Exhibitions:**

**In-House:** We rarely provide food for in-house exhibitions. If we do; we will only offer healthy food such as suggested above (Section 4). No Alcohol will be served on King Street Premises.

## **External Exhibitions:**

- Annual Exhibition opening night; We will also provide food in line with Section 4. Limited Alcohol may be served in line with the Gallery's own policies and procedures.
- Exhibitions organized by the Artists themselves. This is solely up to the Artist to manage. However, if King Street Artworks Logo, or other publicity material is present we will encourage (and may, in certain circumstances, support) artists to provide healthy options for food and drink at the opening night function.

**Wananga:** We will provide food in line with Section 4 of the healthy drink and food policy.

## **Off Site Fundraising Events:** (e.g the King Street Ball)

- We will work with the venue to provide a healthy range of foods in line with Section 4 of this document.
- A healthy, non-sugary drink option will also be offered.
- Any off site event may include the selling of alcohol. This is the responsibility of the venue to monitor in relation to their licence obligations. King St. will not sell, or profit from the sale of Alcohol.

## **Cooking Classes:**

- All classes must focus on healthy eating.

## **Sharing of food (Special Events e.g Christmas Party):**

- We will provide food in line with Section 4 of this policy.
- We will encourage Artists to bring healthy options.
- We will acknowledge the "One Off" treat if sugary items are contributed to the event.

If Artists bring in food to share (Such as lollies) we will endeavour to provide a healthy option when possible.