

## A Guide for Councils



### Three steps to get started

#### 1. Take a look at the resources

Visit the Heart Foundation website to access a range of resources that will help you understand how the program works. It also provides valuable insights from others who have had first-hand experience of running the Healthier Oils Program.

A Guide for Food Outlets

FAQs for Environmental Health Officers

Cessnock LGA Healthier Oils Program case study

A short video including testimonials from those involved in the Cessnock program

Go to [www.heartfoundation.org.au/healtheroils](http://www.heartfoundation.org.au/healtheroils)

#### 2. Secure Council commitment

Council commitment is key to the success of the Healthier Oils Program. Support from the General Manager, senior executives and members of the Environmental Health team will be vital. Key steps to help secure this commitment include:

- Scoping the initiative
- Establishing governance of the program
- Developing measurable objectives
- Creating an implementation plan

#### 3. Program implementation

Specific elements may include:

- Conducting a baseline survey of cooking oil used across a representative sample of food outlets (a template is available on the website)
- Agreement within the EHO team on consistent recording of cooking oils across food outlets
- Education for food outlets on the program as part of Council run seminars for operators
- Promotion of the program in local media
- Establishing a recognition scheme for food outlets adopting the program
- Tracking and reporting on progress
- Ongoing interaction between EHOs and food outlet operators within routine inspections
- Creating a Healthier Oils Program page on the Council website