



## Healthy choices catering policy Pyrenees Shire Council

### Overview

The Pyrenees Shire Council recognises the importance of healthy eating and the positive effects it has on general wellbeing and has developed and implemented a *Healthy choices catering policy*. By providing healthy choices, Pyrenees Shire is creating a supportive environment for staff, community members and visitors at all council meetings, functions and community events.

### Putting plans into action

The *Healthy choices catering policy* was generated through the Healthy Communities Initiative (HCI), which has been delivered in partnership across the Central Goldfields and Pyrenees Shires since May 2010.

The council made a conscious decision that healthier catering options should be available. This involved discussion with caterers to determine what foods would be considered healthy, and which caterers could provide healthier options.

The HCI team within the shire was involved in developing the policy. A range of resources, including *A Healthier Serve: The Heart Foundation's Guide to Healthy Catering*, were used to help develop the policy.

The policy was submitted to council for adoption. Following the formal adoption by council, the policy was put on the agenda of the managers' meeting for further discussion about its implementation. The managers' meeting consists of middle-line managers and their managers, and meets following every council meeting.

The policy applies to internal meetings, council-operated facilities and community events run by the council. The majority of departments within the council are adhering to the policy, with a few exceptions.

Implementation of the policy has required much education and awareness-raising among the council, with the reinforcement that it gives options for people who want to eat healthily.

The policy took around 12–18 months to develop and implement and was adopted in November 2011. The policy has been published on the staff intranet. There was also an article in the local paper when the policy was adopted to increase the community's awareness of the policy.

Anecdotally, there has been a change in the foods provided through catering, changing from less healthy options such as sausage rolls and scones, to healthier options such as sandwiches and fruit platters.

## Contact

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The information in this case study was obtained through discussion with Sue O'Brien (above) and Breanna Doody, Settings Coordinator, Grampians Goldfields Healthier Communities. Information is correct as at mid-2012.

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