

FOOD VENDOR EXPRESSION OF INTEREST FORM

CITY OF ALBANY: HEALTHY EVENT MENU GUIDE

At the City of Albany, we are committed to supporting the health of our community by making healthier food and drink choices easier at our events.

We give priority to catering vendors who include and promote affordable, healthy food and drink choices on their menus.

This Guide aims to help vendors understand our selection criteria and make changes to their menus if needed. It should be read with our Food Vendors Application Form.

When assessing applications, we use the traffic light system below based on the Australia Dietary Guidelines:

GREEN Fill the menu	AMBER Provide Carefully	RED Limit
Low in saturated fat, added sugar and salt <ul style="list-style-type: none">• Wholegrain breads and cereals• Fruit, vegetables and legumes/nuts• Vegetable based meals (e.g. pasta, rice, soup)• Plain water• Plain reduced fat milk (300ml or less)	Moderate levels of saturated fat, added sugar and salt <ul style="list-style-type: none">• Small fruit muffins• Savoury food (w/reduced fat and salt pastries)• Meat based meals (e.g. burgers, pasta with bacon)• Plain or flavoured full fat milk• Plain or flavoured reduced fat milk (larger than 300ml)• 99% fruit juice (250ml or less)	High levels of saturated fat, added sugar and salt <ul style="list-style-type: none">• All deep fried food• Chocolates and lollies• Iced cakes• Premium ice-creams (e.g. choc coated)• Soft drinks, energy/sports drinks

We encourage vendors to:

- Provide mostly GREEN and AMBER food and drink choices and avoid or limit RED choices

- Offer foods with a large and vegetable content
- Offer foods with reduced or low amounts of added fat, sugar and salt
- Cater for different dietary requirements and preferences (i.e. meat, gluten or nut free)
- Offer water and drinks with reduced or low sugar such as small 99-100% fruit juice, and reduced fat flavoured milk and/or smoothies.

Not sure if something on your menu is healthy?

Check your menu, products, and recipes using these online tools:

- For pre-packaged food items Livelighter Walletcard
- <http://heas.health.vic.gov.au/healthy-choices/guidelines/traffic-light-system>

Make your menu healthier with these easy changes*

1. Reduce portion sizes

- Offer half-size or mini-size serves of meals, snacks and drinks
- Avoid 'upsizing' deals

2. Add fruit and vegetables

- Make salad or mixed vegetables the side dish (rather than hot chips) for main meals
- Include fruit, vegetable or salad items in the cost of every meal and snack. Avoid charging extra

3. Use less fat

- Reduce the amount of cooking oil. Use non-stick cookware or spray oil (canola or olive oil)
- Avoid deep frying. Oven bake where possible
- Replace butter with margarine for cooking and in sandwiches
- Use and/or offer reduced fat dairy products such as milk, cheese, yoghurt, and mayonnaise

4. Reduce the salt

- Flavour foods with herbs and spices instead
- Use reduced salt versions of sauces, stocks and gravy
- Use lean roast meats or tuna instead of highly processed meats (i.e. salami, ham)

5. Offer wholemeal and wholegrain options

- Use wholemeal or wholegrain bread for sandwiches, rolls and wraps
- In baked goods, replace half of the flour with wholemeal flour, bran or oats

6. Limit sugar sweetened drinks

- Offer a selection of bottled water, 99% fruit juice, reduced fat milk, and diet drinks
- Provide smaller serving sizes of soft drinks, fruit drinks, energy and sport drinks

7. Promote healthier items

- Place healthier items in visible areas, such as on the counter
- Promote your healthier options on menus, display boards and labels
- Include healthier items in 'meal deals', such as water instead of soft drink