

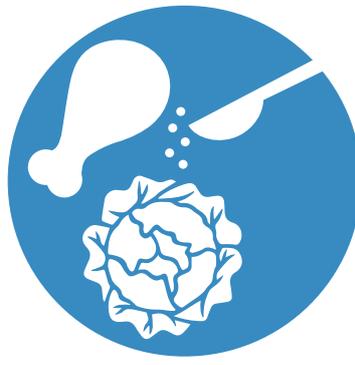
National Healthy Food and Drink Policy

Policy Responsibilities and Authorisation

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Target Audience	All staff
Committee Approved	
Date Approved	
Committee Endorsed	Waikato DHB Board
Date Endorsed	22 June 2016
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Policy Review History

Version	Updated by	Date Updated	Summary of Changes
01	Wendy Dodunski	10 May 2016	New policy developed by National District Health Board Food and Drink Environment Network



National Healthy Food and Drink Policy

Creating healthier food and drink options for
district health boards and the Ministry of Health

July 2016

Developed by the
National District Health Board Food and
Drink Environments Network

Citation: National District Health Board Food and
Drink Environments Network. 2016. *National Healthy Food and Drink Policy*.
Wellington: Ministry of Health.

Published in July 2016
by the Ministry of Health
PO Box 5013, Wellington 6145, New Zealand

ISBN: 978-0-947515-31-7 (online)
HP 6438

This document is available at health.govt.nz



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Introduction

Healthy eating is essential for good health and wellbeing. 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 district health boards (DHBs) and the Ministry of Health (the Ministry) show leadership by providing healthy eating environments for their staff, visitors and the general public. The development of DHB healthy food policies is an action in the Ministry of Health's Childhood Obesity Plan.¹

The National DHB Food and Drink Environments Network (the Network) was established in 2015 to develop a nationally

consistent National Healthy Food and Drink Policy (the Policy) for use across all DHBs, and potentially other settings. The Network received support and advice from the Heart Foundation, Agencies for Nutrition Action, the Ministry for Primary Industries, the New Zealand Beverage Guidance Panel and the University of Auckland in the development of the Policy. For more information on this process, see Appendix 1.

The Policy will be implemented in DHBs and the Ministry over a two-year period. It is the intention that the Network will continue to support DHBs and the Ministry during this period and undertake a review of the Policy in 2019.

¹ Ministry of Health. 2015. Childhood Obesity Plan. URL: www.health.govt.nz/our-work/diseases-and-conditions/obesity/childhood-obesity-plan (accessed on 17 March 2016).

Overview

Purpose

The purpose of the Policy is to support DHBs and the Ministry to:

- demonstrate 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*
- act as a role model to the community by providing an environment that supports and promotes healthy food and drink choices
- assist the food and drink industry by having one set of food and drink provision criteria for all DHBs.

In providing healthy food and drink environments, consider:

- the needs of different cultures, religious groups and those with special dietary needs, and accommodate these on request, where possible and practicable
- 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, where possible and practicable
- the importance of discouraging association with products and brands inconsistent with a healthy food and drink environment, as defined by the Policy.

Scope

The Policy applies to all DHB facilities/sites, contractors and staff, 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 DHB's premises for consumption by staff, visitors and the general public²
- any gifts, rewards and incentives offered to staff, guest speakers and/or formal visitors on behalf of the DHB if it has food and/or drinks
- any fundraisers organised by either internal or external groups where food and drinks are sold or intended for consumption on DHB premises – fundraisers associated with groups outside the DHB that do not meet this policy should not be promoted on DHB premises or through DHB communications (eg, chocolate fundraisers) and alternative healthy fundraising and catering ideas should be encouraged
- all health service providers contracted by the DHB that have a food and drink environment clause in their contract with the DHB
- any external party that provides food or catering:
 - on site at any DHB facility (eg, recruitment agencies, drug companies)
 - off site where the DHB organises and/or hosts a function for staff, visitors and/or the general public (eg, conferences, training).

² This includes foods and drink that patients can buy.

While the provision and consumption of healthy food and drink options is strongly encouraged, the Policy excludes:

- food and drink brought to work by staff 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 are

admitted because they are unwell and therefore require food and drink that are appropriate at that time for their clinical care and treatment

- food and drink provided by clients/patients and their families and visitors for their own use (families and visitors are encouraged to check with health care staff before bringing in food for inpatients)
- alcohol-related recommendations (please refer to your DHB's position on alcohol).

Monitoring and evaluation

Monitoring and evaluating the policy will be part of each DHB's Implementation Plan and will be aligned to the agreed expectations of the Network and the Ministry of Health.

National Healthy Food and Drink Policy

Healthy food and drink environments

This policy is to ensure DHBs and their contracted health service providers (with a healthy food and drink contract clause) promote an environment that consistently offers and promotes healthy food and drink options. Refer to the nutrient criteria table (page 9) for greater clarity on how the Policy can be implemented.

Consistent with the *Eating and Activity Guidelines for New Zealand Adults*, messages and practices relating to food and drinks in the DHB will reflect the following principles.

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).³

Water and unflavoured milk will be the predominant cold drink options.



This means:

- the availability and portion sizes of drinks containing 'intense' sweeteners,⁴ and no-added-sugar juices, are limited
- no sugar-sweetened drinks.⁵

Healthy food and drink choices (including vegetarian and some vegan items) appropriate to a wide variety of people should be available, with consideration given to cultural preferences, religious beliefs and special dietary requirements such as gluten free.

³ The Network has chosen to adopt a no confectionery policy within DHBs and the Ministry. Confectionery will be phased out over a two-year period.

⁴ 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.

⁵ 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.

Breastfeeding is supported in all DHB settings as the optimum infant and young child feeding practice.

Promotion of healthy options

It is important that the health sector are role models for the community in obesity and disease prevention and advocate for healthy nutrition in the workplace and other settings. The Policy itself is a health promotion tool. Providing a healthy eating environment is a health and safety issue which should be supported by all levels of the organisation.

The DHB should actively promote healthy food and drink options with staff, visitors

and the general public. Healthy options ('green category' foods and drinks) should be the most prominently displayed items by retailers and should be readily available in sufficient quantities, competitively priced, and promoted to encourage selection of these options. The DHB will promote healthy eating behaviours to staff, visitors and the general public through the provision of consistent, evidence-based nutrition messages.

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.

Staff facilities

Storing and preparing own meals

Staff should be provided with reasonable access to food storage facilities such as fridges, lockers or cupboards. Wherever possible this would also include reasonable access to a microwave oven.

Drinking-water

The DHB will provide reasonable access to drinking-water for all staff, visitors and the general public on site. Wherever possible this should be tap water and/or water fountains, with staff encouraged to bring their own water bottle. Where water coolers are provided, each service must ensure they are replenished, cleaned and serviced on a regular basis. Consider environmentally friendly and recyclable

options when purchasing cups for water dispensing.

Breastfeeding in the workplace

The DHB will promote and support breastfeeding by:

- encouraging and supporting breastfeeding within the workplace
- 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.

Refer to your DHB's own specific breastfeeding policy for more detailed information.

Healthy food and drink environments criteria

Food and drink categories

The purpose of the food and drink categories is to provide a practical way for food service providers to categorise foods. Foods should not be labelled with

the category colours or promoted using a traffic-light labelling system.

Foods and drinks are placed into three categories, as follows.

Green	Amber	Red
<p>These foods and drinks are part of a healthy diet. They are consistent with the healthy food and drink policy principles, and reflect a variety of foods from the four food groups, including:</p> <ul style="list-style-type: none">• 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. <p>Green category products are low in saturated fat, added sugar and added salt, and are mostly whole and less processed.</p> <p>Note: green category products must consist only of green category foods, drinks and ingredients.</p>	<p>These foods and drinks are not considered part of an everyday diet, but may have <i>some</i> nutritive value. Foods and drinks in this category can contribute to consuming excess energy and are often more processed. The amber category contains a wide variety of foods and drinks, some healthier than others. Where possible, provide the healthier options within this category (eg, a potato-top pie instead of a standard pie).</p> <p>Amber category products can contain a mixture of green and amber foods, drinks and ingredients.</p>	<p>These foods and drinks are of poor nutritional value and high in saturated fat, added sugar and/or added salt and energy. They can easily contribute to consuming excess energy. These are often highly processed foods and drinks.</p>

Food and drink availability

Healthy food and drinks should be the easy choice. Within a food service (eg, cafeteria, catered event, shop or vending machine), green category foods and drinks should predominate. This means they

should make up at least 55% of food and drinks available for consumption. Over time, organisations should aim to increase the proportion of green healthy foods and drinks (over and above the minimum 55%).

Green category items	Amber category items	Red category items
<ul style="list-style-type: none"> • Dominate the food and drinks available (at least 55% of choices available) • Are displayed prominently on shelves, benches, cabinets and vending machines • Are always available in sufficient quantities to be the predominant option. 	<ul style="list-style-type: none"> • Make up less than 45% of choices available • Come in small portion sizes (as per the nutrient criteria table) • Are not prominently displayed at the expense of green category items. 	<ul style="list-style-type: none"> • Are not permitted (refer to scope of the policy, page 2) • Should be phased out over time in accordance with each individual DHB's Policy implementation plan if these products are currently available within the DHB.

Additional requirements

In addition to complying with the criteria within the Healthy food and drink environment nutrient criteria table, the following requirements should be complied with.

- All unpackaged or prepared on-site foods and drinks should be consistent with the overarching policy principles.
- All pre-packaged foods (excluding drinks and bakery items) must meet set nutrient criteria standards (eg, a Health Star Rating of at least

3.5 stars⁶). Additional criteria (such as portion sizes) may apply to some categories. For packaged foods without a Health Star Rating, manufacturers⁷ can calculate a rating using the tool at <http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/online-calculator#/step/1>

It is acknowledged that specialty items such as gluten- and dairy-free products may not be able to comply with all criteria. However, products are still required to reflect the overarching policy principles and relevant criteria, where practicable.

6 Technical Report: Alignment of NSW healthy food provision policy with the Health Star Rating system. URL: www.health.nsw.gov.au/heal/Pages/health-star-rating-system.aspx

7 It is up to the packaged food provider/manufacturer to calculate and provide the Health Star Rating of their product(s) to the DHB if their product does not hold a rating. DHB food service staff can contact the manufacturer/provider to seek this information prior to purchasing.

Healthy food and drink environments nutrient criteria table⁸

Category	Green	Amber	Red
	≥ 55% of products must fit within this category	< 45% of products must fit within this category	Products within this category are not permitted

Vegetables and fruit

Category	Green	Amber	Red
Vegetables	All fresh, frozen, canned and dried plain vegetables Opt for no/minimal added unsaturated fat/salt varieties		
Fruit	All fresh, frozen and canned fruit Opt for no/minimal added sugar varieties	Dried fruit: ≤ 30 g portion as an ingredient or part of a fruit and nut mix	Dried fruit: > 30g portion as an ingredient or part of a fruit and nut mix or dried fruit on its own

Grain foods

Category	Green	Amber	Red
Bread and crackers	All wholegrain, multigrain, wheatmeal and wholemeal bread and crackers with a ≥ 3.5 Health Star Rating (HSR)	All wholegrain, multigrain, wheatmeal, and wholemeal bread and crackers with a < 3.5 HSR All white bread and crackers with a ≥ 3.5 HSR	All white bread and crackers with a < 3.5 HSR
Breakfast cereal	Wholegrain breakfast cereal with a ≥ 3.5 HSR and ≤ 15 g sugar /100 g	All other breakfast cereal with a ≥ 3.5 HSR	All breakfast cereal that do not meet the green or amber criteria
Cereal foods	Wholegrain and high-fibre varieties eg, wholegrain rice, wholemeal pasta and couscous, quinoa, polenta, buckwheat, bulgur wheat, oats, pearl barley, spelt, rye	Refined grains and white varieties eg, rice, plain pasta, unflavoured noodles, degermed polenta, couscous	

⁸ Criteria for packaged and unpackaged food and drink items may not necessarily align.

Milk and milk products

Category	Green	Amber	Red
Milk and milk products See Drinks section	Reduced or low-fat (with a ≥ 3.5 HSR): <ul style="list-style-type: none"> milks and calcium-enriched soy milk yoghurt / dairy food (≤ 150 ml portion) custard (≤ 150 ml portion) cheese (≤ 40 g portion). Calcium-enriched milk alternatives (eg, rice, almond, oat)	Full fat (with a ≥ 3.5 HSR): <ul style="list-style-type: none"> milks and calcium-enriched soy milk yoghurt / dairy food (≤ 150 ml portion) custard (≤ 150 ml portion) cheese (≤ 40 g portion). Reduced- or low-fat varieties of the above (with a ≥ 3.5 HSR) with portion sizes greater than those stipulated in the green category Lite varieties of cream, sour cream and cream cheese Frozen desserts (eg, yoghurt, ice-cream) with a ≥ 3.5 HSR and ≤ 100 g portion	Full fat (with a < 3.5 HSR): <ul style="list-style-type: none"> yoghurt/dairy food (> 150 ml portion) custard (> 150 ml portion) cheese (> 40 g portion). Standard varieties of cream, sour cream and cream cheese Frozen desserts with a < 3.5 HSR or > 100 g portion All sugar-sweetened cold milk drinks

Legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and red meat

Category	Green	Amber	Red
Legumes	Dried and canned beans and peas eg, baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, split peas, bean curd and tofu Use reduced salt/sodium varieties, where applicable.		
Nuts and seeds	All unsalted nuts and seeds with no added sugar	All salted nuts and seeds ≤ 50 g portion (with no added sugar) All nuts and seeds with dried fruit ≤ 50 g portion	All salted nuts and seeds > 50 g portion All sugared or candy-coated nuts and seeds Nuts and seeds with confectionery ⁹

⁹ Confectionery definition: confectionery includes a range of sugar-based products, including boiled sweets (hard glasses), fatty emulsions (toffees and caramels), soft crystalline products (fudge), fully crystalline products (fondants), gels (gums, pastilles and jellies) and chocolate. (Heart Foundation Food and Beverage Classification System Nutrient Framework for Schools. March 2016). It also includes fruit leathers, enrobed (eg, yoghurt-covered) items, candied fruit/nuts and compound chocolate.

Category	Green	Amber	Red
Fish and other seafood, eggs, poultry (eg, chicken) and red meat	All fresh or frozen fish, seafood, skinless poultry (eg, chicken or turkey) and lean meat	Meat with small amounts of visible fat only. Chicken drumsticks	All meat where fat is clearly visible Poultry with visible fat and skin remaining (other than drumsticks)
	Eggs		
	Premium or prime mince (≥ 95% visual lean meats or ≥ 90% chemical lean)	Standard mince (≥ 90% visual lean meats or ≥ 85% chemical lean), cooked and fat drained off Processed fish, chicken (eg, smoked) and meat: ¹⁰ <ul style="list-style-type: none"> • ≤ 50 g in sandwiches, rolls, wraps, or salads • ≤ 120 g as a main meal • ≤ 150 g sausages per meal Dried meat products (eg, jerky, biltong ≥ 3.5 HSR and ≤ 800kJ per packet)	Standard mince (where the fat is not drained off)
	Canned and packaged fish, chicken and meat with a ≥ 3.5 HSR	Canned or packaged fish, chicken, and meat with a < 3.5 HSR	All processed fish, chicken and meat products that do not meet amber serving size

¹⁰ Examples of processed meats include: fresh sausages; cooked comminuted meat products (eg, luncheon, bologna, cooked sausages); uncooked comminuted fermented meat products (UCFM) (eg, salami, pepperoni); cooked cured meat products (eg, ham, corned beef, pastrami); cooked uncured meat products (eg, roast beef); bacon; dry-cured meat products (eg, prosciutto); meat patties.

Mixed meals/ready-to-eat and ready-to-heat meals

Category	Green	Amber	Red
Mixed meals and ready-to-eat meals (Two or more items or ingredients from different food groups)	Unpackaged: $\geq 50\%$ of meal is vegetables* and/or fruit and prepared with green category items or ingredients only Packaged: ≥ 3.5 HSR and meet the above criteria	Unpackaged: meal includes vegetables* and/or fruit and prepared with at least 50% green category items or ingredients Packaged: ≥ 3.5 HSR and meet the above criteria	Unpackaged: meal includes no vegetables or fruit and is prepared with less than 50% green category items or ingredients Packaged: < 3.5 HSR
Sandwiches	Prepared with green category items only ¹¹	Prepared with $\geq 50\%$ green category items	Prepared with $\leq 50\%$ green category items
Sushi	Prepared with green category items only ¹¹	All other sushi. Excludes sushi containing deep-fried ingredients	Containing deep-fried items or ingredients
Milk-based smoothies prepared on site	No added sugar, reduced-fat milk or yoghurt-based smoothies made with fresh/frozen and no added sugar canned fruit ≤ 300 ml	No added sugar, full-fat milk or yoghurt-based smoothies made with fresh/frozen and no added sugar canned fruit ≤ 300 ml	Prepared with concentrate, fruit juice or added sugar Smoothies > 300 ml

*A variety of coloured vegetables/fruit is recommended. Vegetables can be incorporated into the meal or can accompany it.

¹¹ Foods not classified in amber or red can also be included, eg, cornflour or baking powder

Fats and oils, spreads, sauces, dressings and condiments

Category	Green	Amber	Red
Fats and oils, spreads, sauces and dressings, condiments	<p>Fats and oils, and spreads</p> <p>Low-salt mono- or poly-unsaturated spreads (eg, margarine, peanut butter)</p> <p>Oil sprays and vegetable oils (eg, canola, olive, rice bran, sunflower, soya bean, flaxseed, peanut or sesame)</p>	<p>Fats and oils, and spreads</p> <p>Single serve butter (≤ 10 g Portion Control Unit (PCU)) – make margarine the default option for single-serve spreads</p> <p>Lite varieties of: coconut milk or coconut cream, or dilute coconut cream with water</p> <p>Refer to the ‘Milk and milk products’ section for cream, sour cream and cream cheese</p>	<p>Fats and oils, and spreads</p> <p>Saturated fats and oils eg, butter (excluding single serve ≤ 10g PCU butter), lard, palm oil, and coconut oil</p> <p>Standard varieties of: coconut milk and coconut cream</p> <p>Refer to the ‘Milk and milk products’ section for cream, sour cream and cream cheese</p>
	<p>Sauces and dressings</p> <p>Reduced fat/sugar/salt varieties of salad dressings, mayonnaise, tomato sauce</p> <p>Use in small amounts or serve on the side</p>	<p>Sauces and dressings</p> <p>Standard salad dressings, mayonnaise, tomato sauce</p> <p>Use in small amounts or serve on the side</p>	
	<p>Condiments</p> <p>If available, opt for reduced fat/sugar/salt varieties of: sauces (chilli, soy, fish, etc.), pastes (tomato), relishes, stocks, yeast and vegetable extracts (Marmite, Vegemite) or if using standard items don’t add salt</p> <p>Mustard</p> <p>Herbs and spices</p> <p>If using salt, use iodised salt</p>		
Deep-fried foods			No deep-fried foods ¹²

¹² Where applicable, use healthier cooking methods (ie, braise, bake, steam, grill, pan fry or poach)

Packaged snack foods

Category	Green	Amber	Red
Packaged snack¹³ foods		≥ 3.5 HSR and ≤ 800 kJ per packet	< 3.5 HSR and/or > 800 kJ per packet
Confectionery¹⁴			All confectionery

Bakery items

Category	Green	Amber	Red
Bakery items		<p>Unpackaged and packaged bakery items</p> <p>More than half of the selection of baked products offered must contain some wholemeal flour, wholegrains (eg, oats, bran, seeds) and/or fruit or vegetables (eg, fresh, frozen or dried)</p> <p>No or minimal icing (eg, water icing)</p> <p>Use less saturated fat, salt and sugar</p> <p>No confectionery¹⁴ within products</p> <p>Pies only: follow the Better Pies Guidelines</p> <p>Portion sizes</p> <p>Scones, cake or dessert: ≤ 120 g</p> <p>Loaf, muffins: ≤ 100 g</p> <p>Slices, friands: ≤ 80 g</p> <p>Biscuits, muesli bars, pikelets: ≤ 40 g</p> <p>Pies and quiches: ≤ 180 g</p> <p>Small pastries: ≤ 65 g</p> <p>Sausage rolls: ≤ 100 g</p>	All products that do not meet the amber criteria

13 Packaged foods criteria apply to packaged foods not covered by other categories (eg, bakery items). Where shops are on site, multi-serve packaged foods that meet the HSR of greater than or equal to 3.5 and any other criteria that apply per serving are able to be sold (eg, crackers, cereal, biscuits, canned or packaged soups, plain popcorn). For multi-serve packaged foods the 800 kJ limit would apply per serving.

14 Confectionery definition: confectionery includes a range of sugar-based products, including boiled sweets (hard glasses), fatty emulsions (toffees and caramels), soft crystalline products (fudges), fully crystalline products (fondants), gels (gums, pastilles and jellies), and chocolate. (Heart Foundation Food and Beverage Classification System Nutrient Framework for Schools. March 2016). It also includes fruit leathers, enrobed (eg, yoghurt-covered) items, candied fruit/nuts and compound chocolate.

Drinks

Category	Green	Amber	Red
Cold drinks	<p>Plain, unflavoured, water</p> <p>Reduced-fat milk</p> <p>Calcium-enriched milk alternatives (eg, reduced-fat soy milk, almond milk)</p>	<p>Carbonated water</p> <p>Plain full-fat milk and calcium-enriched milk alternatives (eg, soy milk, almond milk)</p> <p>Still/carbonated drinks and milk drinks that are sweetened with 'intense' sweeteners¹⁵ ≤ 300 ml</p> <p>Diluted no-added-sugar fruit or vegetable juices with total sugar content < 20 g¹⁶ and ≤ 300 ml</p> <p>100% fruit and/or vegetable juices (or ice blocks) with no added sugar (including unflavoured coconut water) and ≤ 200 ml</p>	<p>Sugar-sweetened drinks¹⁷</p> <p>Milk-based drinks with added sugar eg, milkshakes and liquid breakfasts</p> <p>Still/carbonated drinks that are sweetened with intense sweeteners > 300mls</p> <p>Diluted no added sugar fruit or vegetable juices with total sugar content ≥ 20g and/or > 300mls</p>
Hot drinks	No criteria developed for hot drinks at this stage. Try to minimise added saturated fat, salt and sugar. Make reduced fat milk the default option.		

¹⁵ '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.

¹⁶ This will be an equivalent sugar content to 200 ml of 100% fruit juice.

¹⁷ 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 milk, flavoured water, cold tea/coffee, and energy/sports drinks.

Associated documents

Dunford E, Cobcroft M, Thomas M, et al. 2015. *Technical Report: Alignment of NSW healthy food provision policy with the Health Star Rating system*. Sydney, NSW: NSW Ministry of Health. URL: www.health.nsw.gov.au/heal/Pages/health-star-rating-system.aspx (accessed 17 March 2016).

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Appendix 1: Process

The National DHB Food and Drink Environments Network (the Network) was established in 2015 to develop a nationally consistent National Healthy Food and Drink Policy (the Policy) for use across all DHBs, and potentially other settings. The Network undertook regular teleconferences, a face-to-face meeting and a review of national and international healthy food policies. The Network finalised a set of overarching healthy food and drink policy principles in December 2015.

The Auckland region DHBs' nutrient criteria were used as the initial basis for the development of more detailed nutrient criteria. A sub-group of the Network developed draft nutrient criteria for the national policy following a face-to-face workshop and regular teleconferences. This resulted in a draft policy, which included both the principles and the detailed criteria, and which was further refined through input from the Network. The Network circulated the revised draft policy more broadly for input, particularly in relation to issues to consider for implementation, before being finalised into this Policy.

Appendix 2: Network members and representatives of agencies supporting the development of the Policy

District Health Board and Ministry of Health Network members

Auckland DHB	Julie Carter (Dietitian) – Community Liaison Dietitian
Auckland Regional Public Health Service	Jacqui Yip (Dietitian) – Public Health Dietitian
Canterbury DHB	Holly Hearsey – Team Leader, Communities Team Janne Pasco (Dietitian) – Community Nutrition Advisor Kerry Marshall – Manager, Communities Team Nicky Moore (Dietitian) – Service Manager, Food and Beverages
Counties Manukau Health	Doone Winnard (Public Health Physician) Stella Welsh – Manager, Food Service
Hauora Tairāwhiti DHB	Nicki Mathieson (Dietitian) – Nutrition and Physical Activity Advisor
Hawke’s Bay DHB	Kim Williams – Population Health Advisor Tracy Ashworth – Population Health Advisor
Mid Central Health	Nigel Fitzpatrick – Health Promotion Advisor
Ministry of Health	Anna Jackson (Dietitian) – Advisor, Nutrition Harriette Carr (Public Health Physician) – Principal Advisor, Public Health Louise McIntyre (Dietitian) – Senior Advisor, Nutrition
Nelson–Marlborough DHB	Rob Beaglehole (Dentist) – Principal Dental Officer
Northland DHB	Edith Bennett (Dietitian) – Public Health Nutrition and Physical Activity Advisor
Regional Public Health	Jane Wyllie (Dietitian) Vicki Robinson (Dietitian)
South Canterbury DHB	Catherine Luey (Dietitian) Heather Allington – Nutrition Health Promoter, Community and Public Health Syd Horgan – Healthy Lifestyle Manager
Southern DHB	Janice Burton, Professional Leader, Health Promotion
Taranaki DHB	Jill Nicholls (Dietitian) – Health Promoter
Toi Te Ora – Public Health Service	Mel Arnold (MPH, Reg. Nutritionist) – Health Improvement Advisor
Waikato DHB	Wendy Dodunski (Dietitian) – Manager Nutrition and Food Services
Waitemata and Auckland DHBs	Rebecca McLean (Dietitian) – Public Health Dietitian
Waitemata DHB	Roslyn Norrie (Dietitian) – Foodservices Manager
West Coast DHB	Claire Robertson – Team Leader, Community and Public Health Rosie McGrath – Health Promoter, Community and Public Health
Whanganui DHB	Marama Cameron – Health Promotion Manager

The following representatives and organisations also provided valuable support

Agencies for Nutrition Action	Annaleise Goble (Reg. Nutritionist) – National Project Manager
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Heart Foundation	Andrea Bidois (Reg. Nutritionist) – Manager, Food Services and Hospitality
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Ministry for Primary Industries	Michelle Gibbs – Senior Advisor, Food Science
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The University of Auckland	Cliona Ni Mhurchu (PhD) – Professor of Population Nutrition
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