## Healthier Food and Drink Guidelines Cafeterias / Events / Catering

					High Fat, Sugar, Salt Foods				Drinks			
	General Healthier Food & Drink Principles				Bakery	Snacks	Deep Fried, Confectionery & Ice Cream		Water	Other Drinks		
	Plenty of fresh fruit and vegetables	Grainy foods are wholegrain or wholemeal (where possible)	Food and drink are mostly minimally processed and prepared in ways that minimize sugar, fat and salt	A range of portion sizes are available and promoted	Limited bakery items, and >50% of the bakery items must contain wholemeal flour, wholegrains and/or fruit or vegetables	Limited snacks, and pre-packaged snack foods have a Health Star Rating of at least 3.5	No deep fried, confectionery & ice cream options available	Limited deep fried, confectionery & ice cream options available	Water is the most available and cheapest drink option	Limited diet/zero sugar drinks available	Limited low sugar drinks and fresh made fruit/vegetable juices available	Limited sugary drinks available
Environments which present an opportunity to model Best Practice around healthier food and drink. Gold Guidelines would be the minimum standard in areas where children and young people are targeted or have easy, everyday access to food and beverage options.  Examples:  Council hosting (complimentary food) a community or civic event  ECE / Afterschool care An event specifically designed to promote health or healthier habits.												
An environment where best practice is the preferred choice but limited lower sugar, deep fried, confectionary options give room for compromise, especially around celebration or food of cultural significance.  Examples:  Council hosting staff Corporate vending machines Leisure Commercial operations.												
Bronze Level  Still retains core healthy eating messages, but allows for appropriate compromise.  Would not be suitable in an environment targeting children and young people.  Examples:  Corporate Cafés  Events programme vendors  Cafes and operations supported by council												