

Healthy Food Choices

Victorians of all ages would benefit from eating more bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit, and eating less fat. The people attending or participating in your activities should have a choice of these foods which are conducive to good health. The key is to provide a range of food choices so that all consumers participating in or attending activities can make a decision about the type of food they eat.

Your organisation should:

- provide healthy food choices;
- ensure healthy foods are competitively priced;
- have healthy food choices attractively presented and prominently positioned;
- provide water free of charge; and
- ensure safe food handling procedures are observed.

Some ideas to encourage participants to eat healthy foods while at your activity

- Contract caterers who are willing and able to provide healthy food options
- Ensure sufficient variety of healthy food to offer real choice, including fresh fruit and vegetables, breads, pasta and rice
- Include healthy choices for both hot and cold food

