

Healthy choices

Promote water – limit red drinks

WHAT IS A NUDGE?

A ‘nudge’ is a small change that can be made in a setting that influences people’s behaviour.

In the case of your canteen, changes can be made in the way you display, price and promote food and drinks to nudge people to choose healthy choices.

WHY

- **Red** drinks are high in sugar.
- There is no sugar in water.
- Water is generally best for hydration.
- Encourage people to choose water.

WHAT

Display drinks using the Traffic Light System.

GREEN BEST CHOICES	AMBER CHOOSE CAREFULLY	RED LIMIT
<ul style="list-style-type: none"> • Water (tap, still, sparkling, soda) • Flavoured water (no added sugar) • Reduced-fat plain milk • Reduced-fat flavoured milk – small (up to 300ml) • Tea/coffee (no added sugar) 	<ul style="list-style-type: none"> • Full-fat plain milk • Reduced-fat/full-flavoured milk – medium (350–500ml) • Diet drinks including soft drinks and iced teas • Diet/artificially sweetened sports drinks and energy drinks • 100% fruit juice (no added sugar, up to 250ml) 	<ul style="list-style-type: none"> • Soft drinks • Sports and energy drinks • Cordials • Flavoured iced teas, waters and mineral waters (with added sugar) • Fruit drinks • Fruit juices (with added sugar, 250ml or more) • Full-fat flavoured milk – large (500ml or more)

Source: Adapted from *Healthy choices: food and drink classification guide – A system for classifying food and drinks*, State of Victoria, Department of Health and Human Services.

HOW

- Display **green** drinks at eye level.
- Promote water as the beverage of choice; display posters; and promote meal deals, e.g. free bottle of water with every Healthy Choice sandwich.
- Refer to Drink Fridge Planograms (see overleaf) for suggested fridge display.

NEXT STEPS

Did the nudge work? In other words, did more people choose healthier **green** and **amber** options?



Drink Fridge Planograms

How drinks are displayed can influence consumer behaviour and consumption. To reduce sugary drinks consumption, consider reducing the range of sugary drinks available and reconfiguring how the drinks are displayed in fridges.

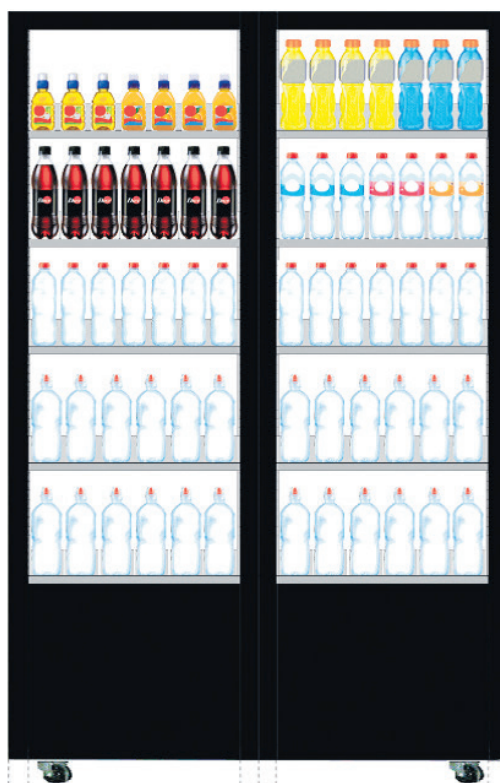
Aim for at least 50% **green** items and less than 20% **red** items, as per the Healthy Choices guidelines.

These layouts put the **red** and **amber** drinks out of eye level.

Suggested planogram for behind counter



Suggested planogram for in front of counter



Information and images have been used with permission from

