

27 November, 2017

Healthy food and drink choices in South Eastern Sydney Local Health District facilities

South Eastern Sydney Local Health District (SESLHD) facilities are set to get a wider offering of healthier food and drinks as part of NSW Health's new [Healthy Choices in Health Facilities Policy Framework](#).

The policy is designed to support NSW Health's *Make Healthy Normal* Campaign and support staff and visitors by increasing the availability and choice of healthy foods and drinks in public healthcare facilities.

Julie Dixon, Director, Population, Health, Planning and Equity SESLHD, said sugary drinks with no nutritional value are set to be phased out in facilities by December 2017.

"Sugar sweetened beverages will be replaced with non-sugar sweetened drinks. Changes to food offerings in vending machines is also occurring, with a transition to an increase in healthier food choices underway," Ms Dixon said.

"Staff, visitors and patients can still drink sugary soft drinks in SESLHD facilities, or bring them from home, but they will not be available for purchase."

Vending machines, cafes and catering services are all earmarked to offer more healthy options for staff and visitors.

The initial changes will be made to drink options available. Sugar free soft drinks will still be available, along with fruit juices (99 per cent juice), flavoured milk and water.

"By 31 December 2018 healthy food choices will make up at least 75 per cent of the offering at SESLHD facilities," Ms Dixon said.

"It's important that we follow the lead of NSW Health which is working towards a five per cent reduction in overweight and obesity rates in adults by 2020."

More information on the policy (Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework), tools and resources to support implementation can be found at www.health.nsw.gov.au/healthdirect

Tips to *Make Healthy Normal* can be found at:
<https://www.makehealthynormal.nsw.gov.au/>

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