

# Healthy Options WA: We're giving healthy eating the green light



WA Health has set the policy guidelines for the supply of food and drinks in health establishments within the State - *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities*.



A key aim of the initiative is to increase the availability of healthy and nutritious food and drinks for staff and visitors.

Some unhealthy options will be limited.



The Department of Health is now working towards full compliance with the policy by October 2009.



## Why is the policy being introduced?

Healthy Options WA provides an important opportunity for health services to reinforce the health and nutrition messages promoted by health care professionals and health promotion campaigns.

## Where will the policy apply?

The guidelines apply to food and drinks sold in all WA Health services and facilities, including cafes, kiosks, vending machines, staff cafeterias and ward trolley services. The policy also applies to fundraising initiatives and to catering provided at business functions. Where food is supplied under contract the policy changes will be introduced as soon as contract conditions allow.

## Traffic light system

Under the WA Health traffic light system, the availability of food and drinks sold and supplied within WA Health services are determined by a classification system based on their nutritional value:

- **GREEN** – these healthy items will fill the menu
- **AMBER** – choose these foods and drinks carefully
- **RED** – less healthy items will be limited

For more information, please visit:  
[www.healthyoptions.health.wa.gov.au](http://www.healthyoptions.health.wa.gov.au)

