

Healthy food and drink key practices in local government leisure centre facilities - Guidance

The provision of healthy food and drink in local government leisure centre facilities aims to **make the healthier choice the easier choice**.

The benchmark for healthy food and drink at Parramatta Aquatic Centre is divided into three focus areas which improve access to healthy food and drinks. The three focus areas are **product availability, product size and marketing**.

The **Key Practices** outlined below indicate the criteria for practical implementation of the focus areas:

Product availability



No.	Practice
1.	At least 75% of the food and drink offered in outlets must be Core products - Food in hot, chilled and ambient shelving (excludes confectionary and salty snacks) and menu drinks (excludes drink fridges and ice cream freezers)
2.	At least 50% of the confectionary and salty snacks must be Core products
3.	At least 75% of the beverage facings ¹ in outlets must be Core products. (Drinks in drinks fridges and in chilled shelving)

Product size



4.	At least 75% of packaged iced treats (including ice-creams, ice blocks, frozen yoghurt) must be under 80g ²
5.	Sugar-sweetened beverages must be no larger than 390mL (excludes 99% fruit juice and milk-based drinks)
6.	Muffins, pastries, and sweets (including cakes, donuts and croissants) must be no larger than 100g
7.	Confectionary items (including chocolates and lollies) are no larger than 50g
8.	Salty snacks (including potato chips, popcorn and salted nuts) are no larger than 50g

Marketing



9.	All package meal deals must contain at least one Core item
10.	Products at the till area must be Core items
11.	Products at eye level on shelving, in hot and chilled food cabinets and drinks fridges machines must be Core items
12.	Advertising in the kiosk promote Core products only

The **Optional Practices** outlined below can be adopted based on customer feedback and/or staff knowledge and understanding of customer need.

No.	Practice	Focus Area
13.	Remove sugar-sweetened beverages	Product Availability
14.	At least 75% of the confectionary and salty snacks must be Core food and drink products	
15.	Package deals are for Core food and drinks only (all items must be Everyday)	Marketing

¹ A facing refers to a product at the front of the row in a fridge or vending machine. When you count the number of facings you are counting the first product that you can see on that row. You will only need to count the rows that contain products. If a row is empty, just skip to the next row.

² Packaged iced treats refers to commercially packaged products. It does not include items made in kiosk and frozen, including frozen fruit snacks or frozen juice cups.

Classifying Food and Drinks

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Core food and drinks

Core* food and drinks are those that are made up from the five food groups (pictured on the plate model in the [Australian Guide to Healthy Eating](#)) and water.

The five food groups are:

- Vegetables (fresh, frozen, tinned)
- Fruit (fresh, frozen, dried, tinned in juice, not syrup)
- Grain foods (mostly wholegrain and/or high fibre varieties)
- Protein foods (lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans)
- Dairy and alternatives

They are typically fresh, tasty and colourful, and contain nutrients that help your body to function well.

*Core food and drinks may otherwise be known as 'Everyday' food and drinks as per the [Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework](#).

Occasional food and drinks

Occasional food and drinks don't contain many, if any, nutrients that are needed to help your body function well.

Occasional foods and drinks are those that:

- Are made from or wrapped in pastry (e.g. a croissant, meat pie, sausage roll or danish)
- Are fried (e.g. spring rolls, battered fish, hash brown)
- Are hot potato products (e.g. hot chips, potato bake, wedges)
- Are crumbed, coated or battered (e.g. chicken schnitzel, crumbed veggie burger)
- Are salty snacks (e.g. potato chips, salted pretzels, corn chips, hard taco shells)
- Contain processed meat excluding ham (e.g. hot dog, salami, bacon, chorizo, prosciutto, sausages)
- Are a sweet cake, sweet biscuit, other sweet baked good or dessert (e.g. banana bread, sweet muffins, brownie, vanilla slice, mousse, donut)
- Are naturally or artificially sweetened drinks (e.g. sugar-sweetened and diet soft drinks, sports drinks and iced teas, some flavoured waters and some kombuchas)
- Are an icy sweet (e.g. ice cream, gelato, frozen yoghurt, Paddle Pop, icy pole)
- Are a milk drink with added ice-cream or sorbet or gelato (e.g. some milkshakes)
- Are confectionery or contain confectionery (e.g. muesli bar with chocolate or yoghurt, chocolate covered nuts, chewing gum, cough drops, lollies, chocolate bar).