Nutrition Resource Referral Guide

The following table provides a range of contact points for resources, ideas and healthy eating promotional   
materials. Additionally, you will find links to local services that can provide either group or individual support   
regarding healthy eating.

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| --- | --- | --- | --- | --- |
| Strategies | Healthy  vision | Healthy  places | Healthy  people | resources |
| Incorporate healthy food options into  a healthy food and drink policy for  all worksites. | • |  |  | [The policy](https://www.health.vic.gov.au/sites/default/files/2021-11/healthy-choices-healthy-eating-policy-and-catering-guide-for-workplaces.pdf) could include catering for meetings and social occasions, drinks including water and whether alcohol can be served, vending machines and food service. |
| Include healthy food and drink policy information in staff induction packages. | • |  |  |  |
| Create a breastfeeding policy and include a dedicated breastfeeding space for return-to-work mothers  (where relevant). | • |  |  | [Breastfeeding Friendly Workplaces | Australian Breastfeeding Association](https://www.breastfeeding.asn.au/community-workplaces/breastfeeding-friendly-workplaces)  [BFW toolkit | Australian Breastfeeding Association](https://www.breastfeeding.asn.au/breastfeeding-friendly-workplaces/breastfeeding-friendly-workplace-resources/bfw-etoolkit) |
| Become accredited with Australian Breastfeeding Associations’ Breastfeeding Friendly Workplace Initiative. | • |  |  | [How do we become a Breastfeeding Friendly Workplace? | Australian Breastfeeding Association](https://www.breastfeeding.asn.au/community-workplaces/breastfeeding-friendly-workplaces/how-bfw) |
| Provide flexible work hours (start, finish and lunch times) to accommodate and encourage healthy eating throughout the day (e.g. encouraging workers to eat away from their desks). | • |  |  | [Work life balance | SafeWork SA](https://www.safework.sa.gov.au/workers/health-and-wellbeing/work-life-balance)  [Fair Work Ombudsman](https://www.fairwork.gov.au/employment-conditions/flexibility-in-the-workplace/flexible-working-arrangements) |
| Ensure that workers have access to facilities and provisions that promote healthy eating behaviours, such as self-contained kitchens with safe and clean food storage and preparation facilities for workers (e.g. fridge, freezer, toaster, microwave, kettle and sink). | • |  |  | [Model Code of Practice: Managing the work environment and facilities | Safe Work Australia](https://www.safeworkaustralia.gov.au/doc/model-code-practice-managing-work-environment-and-facilities) |
| Provide fresh drinking water (water fountain or filtered water tap). | • |  |  |  |
| Provide decaffeinated coffee, herbal teas, lower fat milk in all meetings, events and lunchrooms. |  | • |  | [Rethink Sugary Drinks](http://www.rethinksugarydrink.org.au/) |
| Provide workplace environments that encourage healthy eating (e.g. a pleasant and clean kitchen space, shaded areas outside the workplace building). |  | • |  |  |
| Provide a breastfeeding/expressing room equipped with fridge to store expressed milk and washing facilities  (or a room that can be booked for this use over the day). |  | • |  | [Resources for employers | Australian Breastfeeding Association](https://www.breastfeeding.asn.au/resources/resources-employers) |
| Negotiate to remove sources of sometimes foods (discretionary foods) such as those high in added sugars, salt, alcohol and saturated fat (e.g. biscuit jars, soft drinks, alcohol, crisps, potato chips, chocolates, doughnuts or cake  at regular morning tea, meetings or events) from the workplace. |  | • |  | [Healthy Catering Ideas](http://www.sahealth.sa.gov.au/wps/wcm/connect/591782804985d9429f92df2aad9e71f7/Healthy+Catering+Ideas_Hlthy+Living+website_Dec2011.pdf?MOD=AJPERES&CACHEID=591782804985d9429f92df2aad9e71f7)  [Healthy food and nutrition • Wellbeing SA](https://www.wellbeingsa.sa.gov.au/our-work/healthy-places-people/healthy-food-nutrition) |
| Provide regular fruit and vegetable boxes in the workplace. |  | • |  |  |
| Collaborate with meal providers, cafeterias, food delivery suppliers and local food outlets to ensure that healthy choices are easily accessible. |  | • |  | [Healthy Living | Heart Foundation](https://www.heartfoundation.org.au/bundles/healthy-living-and-eating/healthy-eating) |
| Provide healthy alternatives in onsite vending machines (e.g. mixed nuts, dried fruit and bottled water). Negotiate with vending machine owners to supply healthier options. |  | • |  | Vic Health: [HEAS-healthy-vending-plan-o-grams\_0.pdf](https://heas.health.vic.gov.au/sites/default/files/HEAS-healthy-vending-plan-o-grams_0.pdf)  NSW: [A guide to Make Healthy Food and Drink Normal in vending (nsw.gov.au)](https://www.health.nsw.gov.au/heal/Documents/tool11-drink-wending.pdf) |
| Provide safe and clean food storage and preparation facilities for offsite workers (e.g. eskies, cooler bags, thermoses, water esky cooler). |  | • |  |  |
| Communicate healthy food options  and nutrition topics via fact sheets, newsletters, intranet, posters, and  print materials. |  |  | • | SA Health: Healthy Eating Tips  [Heart Foundation: Healthy Eating](https://www.heartfoundation.org.au/Heart-health-education/healthy-eating)  [A shift workers guide to nutrition](https://www.worksafe.qld.gov.au/__data/assets/pdf_file/0018/16416/shifting-nutrition.pdf)  [Safe Food Australia - storing food safely](https://www.foodstandards.gov.au/foodsafety/standards/Documents/Storing%20food%20safely_Final.pdf)  [Healthy Living Resources - order form](https://www.sahealth.sa.gov.au/wps/wcm/connect/1216d280492a309e8a0afe7675638bd8/WBSA_HealthyLivingResourcesCat_WIP1._AB+editspdf.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-1216d280492a309e8a0afe7675638bd8-od4LU.V) |
| For specific dietary advice, recommend individuals seek the assistance of a qualified health professional. |  |  | • | Seek specific dietary advice from a GP or an accredited practising dietitian, such as one listed with [Dietitians Australia](https://dietitiansaustralia.org.au/seeing-dietitian-australia)  [Australian Dietary Guidelines](https://www.eatforhealth.gov.au/)  [Australian Dietary Guidelines 1 - 5 | Eat for Health](https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5)  [Dietitians Association of Australia: Find an APD](https://member.dietitiansaustralia.org.au/fal) |
| Promote your workplace program widely and inform employees of access options and topics. Workplace employee assistance programs (EAP) can often help with goal-setting and behavioural change. |  |  | • | Find an [EAP Service](https://eapaa.org.au/site/selecting-eap/providers/) for your workplace. Also ask your insurers or peak industry association about EAP discounts |
| Promote links to local food providers (e.g. markets that sell local produce and food co-ops) that stock healthy options within your intranet or newsletters. |  |  | • | [South Australian Farmers Markets](http://seasonalfoodguide.com/adelaide-sa-farmers-markets-directory-map.html) |
| Promote and provide work time to access the free Better Healthy Coaching Service. |  |  | • | *The Better Health Coaching Service is a free, evidence based, confidential*  *telephone program designed to support South Australians to be active, eat well and reduce the risk of chronic disease.* [*betterhealth.sa.gov.au*](http://betterhealth.sa.gov.au/) |
| Host workplace challenges such as healthy lunch competitions and fruit and vegetable weekly challenges. Encourage team or multi-site competition with incentives. |  |  | • |  |
| Host regular events such as fundraising morning teas, encouraging mainly healthy food choices. Consider  activities such as:   * Fruit and vegetable tasting sessions * A cooking seminar series or healthy food fair * Shared lunch days at regular  intervals throughout the year   This can be a way to try new foods  and methods of cooking. |  |  | • | [SA Health Healthy Fundraiser Ideas](http://www.sahealth.sa.gov.au/wps/wcm/connect/1772f0004985d9b39fd5df2aad9e71f7/Healthy++Fundraising+Ideas_Hlthy+Living+website_+Dec2011.pdf?MOD=AJPERES&CACHEID=1772f0004985d9b39fd5df2aad9e71f7)  [Healthy Fundraising (cancercouncil.com.au)](https://www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf)  [Healthy fundraising | Cancer Council](https://www.cancer.org.au/get-involved/fundraising-and-events/healthy-fundraising) |
| Sponsor the production of a healthy food cookbook with staff recipes. Consider it as a fundraiser. |  |  | • | [Cancer Council’s Healthy Fundraising Guide](http://www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf) |
| Establish a partnership with your local greengrocer to access fresh and affordable produce. |  |  | • |  |
| Invite a health professional to run onsite seminars or cooking demonstrations on making healthy food, budget-friendly recipes, and meal preparation. |  |  | • |  |