

Insert organisation logo

## GENERIC TEMPLATE FOR EVENT PLANNERS (INSERT ORGANISATION NAME)

### FOOD & BEVERAGE SUBCONTRACTORS AGREEMENT

The places where we spend our time are the foundation for a healthier future. The food environment plays a major role in the food choices that people make. Any positive changes to the food environment can begin to shift momentum. We move away from a community that so easily promotes unhealthy eating, and toward a community where healthy eating is the default choice.

STEP 1: INSERT A FOOD AND BEVERAGE **CRITERIA** FOR YOUR EVENT: (see examples a. and b. on the next page or customize your own)

STEP 2: INSERT A FOOD AND BEVERAGE **GUIDELINE** FOR YOUR EVENT: (see examples next page or customize your own)

### FOOD AND BEVERAGE SUBCONTRACTORS AGREEMENT

Please state all food and beverages intended for sale or provision at the event:

(Fill in and return this form to .....Events Team (Insert organisation name, number and email details))

Event: \_\_\_\_\_

Date: \_\_\_\_\_

FOOD OR BEVERAGE ITEM:	BRAND (IF APPLICABLE)	UNIT SIZE

Subcontractor Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Date: \_\_\_\_\_



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## SOME CHOICE AS OPTIONS FOR YOU TO CHOOSE....

### STEP 1: ORGANISATION CRITERIA FOR EVENT REGARDING FOOD AND BEVERAGE EXAMPLES:

- XXX organisation expect the Food and Beverage sub-contractors to offer and promote healthier foods and beverages. (Healthier foods defined as those foods lower in fat, sugar, salt and energy and higher in nutritional value and fibre). (This option implies change and a shift in choice).
- XXX organisation expect the Food and Beverage sub-contractors to offer and promote some healthier foods and beverages options.

### STEP 2: DEFINE THE FOOD AND BEVERAGE GUIDELINE EXAMPLES:

- There are certain foods that are high in energy and/or saturated fat and/or added sugar and/or salt and provide minimal nutritional value. These beverages and foods stated below are to be limited at (insert organisation name) organised events.
  - Deep-fried foods
  - Pastry items
  - Confectionary
  - Energy dense nutrient poor packaged snack foods like crisps
  - Sugar sweetened beverages
  - Alcohol
- Food and Beverage subcontractors that provide healthier options will be given priority for contracts. (Insert some of the criteria below or above from example one, that fit your event)
  - Our event is aiming for (50%) healthier options, (choose your percentage)
  - Unhealthy Foods and Beverages are only to be available for set hours between...
  - Sugar sweetened beverages not to be displayed
  - Indicate on this form what makes your items healthier, include ingredients or cooking methods
  - Rewards or gifts to children not to be "treat foods"
  - Avoid selling fried foods
  - Price leverage healthy options- right sized portion healthier foods priced lower/same than those foods/beverage items that are not healthy
  - Unhealthy foods and beverages will not be promoted through advertising
  - Healthier option vendors will be given premium locations
  - Unhealthy Foods and Beverages are to be available in small serve options only
  - A maximum of 20% items available at our event are unhealthy foods, (choose your percentage)
  - Low sugar option beverages to be provided only: these include water, plain low fat milk, flavoured milk, dilute fruit juices or flavoured water
  - Vendors have completed The Chip Group training
  - Avoid selling confectionary
  - Where facilities are licensed to provide alcohol at events they should not be provided in excessive quantities and served in accordance to the Sale and Supply of Alcohol Act 2012. Low alcohol, non-alcohol and water must also be available.



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## FOOD SAFETY REGULATIONS

The subcontractor shall comply with the Food Hygiene Regulations and have their own food safety plan registered at the (Insert Organisation City) City Council.

(Insert email link for organisation city council guidelines and contact).

## FOOD CHOICES

To ensure that healthier foods will be available, the subcontractor provides food consistent with the MOH Food and Nutrition Guidelines to Eating and Physical Activity Guidelines. See below for examples.

Provide a variety of foods

- Use a variety of grainy breads, cereals, pasta and other grain products, preferably wholegrain
- Aim for 50% of the sandwiches to be made from wholemeal/wholegrain bread
- Use lean and skinless meats and minimize processed meat where possible. Consider alternatives like legumes (E.g. hummus, bean salad)
- Add vegetable and fruit choices
- Prepare meals with minimal added fat (especially saturated fat) and use unsaturated fat such as margarine or oil (E.g. canola, sunflower or olive oil) for cooking instead of saturated fats such as butter, dripping and lard.
- If using a spread, choose an unsaturated spread such as margarine and only use a small amount. Where possible do not pre-spread baking items with margarine.
- Choose low fat cooking methods such as grilling, boiling, steaming or microwaving. After grilling or roasting, stand meat on a rack to let the fat drain off.
- Choose low fat varieties of sauces and dressings. Serve sauces and dressings separately where possible or otherwise use sparingly.
- Reduce salt by adding little or no salt to cooking. Don't include salty ingredients. Spices, herbs, vinegar, or lemon juice can be used as an alternative. If using salt, use iodised salt.
- Have appropriate serving sizes
- Have free water available at all times and provide healthy food choices and a non-alcoholic alternative where alcohol is provided.
- Where milk or other dairy products are served always offer a reduced fat variety.

For further information [www.heartfoundation.org.nz/hospitality-hub](http://www.heartfoundation.org.nz/hospitality-hub).

## CHOICE AS SIZZLE CHECKLIST:

- Switch the bread to wholegrain slices
- Ditch the margarine, limit the oil, have some split pre-cooked sausages if only providing sausages
- Swap the sauce to lower salt and sugar types
- Add some vegetables
- Do not sell sugar sweetened beverages

To download a copy of Choice As Sizzle [www.healthyfamiliesinvercargill.org.nz](http://www.healthyfamiliesinvercargill.org.nz)



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