

**Menu Guide for Food Vendors**

Wyndham City is committed to supporting the health of our residents and visitors by making healthy food and drink choices easier. One way we are achieving this is by limiting the drinks containing sugar, or *Sugary Drinks*, at our Major Events.

This Menu Guide is designed to support Food Vendors to understand the requirements and to make changes to their menus if needed. It should be read in conjunction with the *Food Vendors Information Kit and Application Form*.

DRINKS

Food Vendors who are participating in a *Sugary Drink Free* event must ensure the drinks they offer for purchase are in line with the Victorian Government’s *Healthy Choices Guidelines.* **Only** Drinks which fall into the **GREEN** or **AMBER** categories can be sold. These drinks have been assessed for their nutritional value and are classified **GREEN** = Best Choice. **AMBER** = Choose Carefully.

**Why focus on sugary drinks?**

* Sugary drink consumption is a major contributor to Australia’s obesity problem.
* The excess sugar in sugary drinks can lead to weight gain, increasing the risk of type 2 diabetes, heart disease and some cancers.
* A standard 600ml bottle of soft drink contains around 16 teaspoons of sugar([www.livelighter.com.au](http://www.livelighter.com.au))

**Sugary Drink Free Events – Approved Drinks List**

If you are participating in a Wyndham City Sugary Drink Free event you must adhere to the Approved Drinks List which can be found at the end of this document.

**Important notes on drinks:**

* At least 50% of drinks supplied must be from the **GREEN** category.
* Plain water should be prominently displayed and included in “meal-deals” if applicable.
* Strictly no soft drinks or energy drinks, including diet options (as they provide no nutritional value).
* Serving sizes and brands must be adhered to. If you would like to query a brand not on the list please contact us.
* In this document, ‘reduced fat’ includes low-fat, no-fat, skim, light.
* Wyndham City does not endorse the brands listed. These are options that meet the Healthy Choices Guidelines and are for information purposes only. They are correct at time of publishing.

FOOD

The information below is to assist vendors to introduce healthier food options to their menus. Whilst this is not a requirement, we will favour applications from vendors who have healthy food options.

**SELECT:**

**GREEN** foods which are lower in fat, salt and sugar and high in nutrients, such as:

At least 50%

Corn on the cob (no salt, no butter)

Reduced fat yoghurt (fresh or frozen)

Sushi (avoid deep fried fillings)

Falafel (baked not deep fried)

Turkish bread (preferably wholemeal) with tabouli and low fat tzatziki

Frozen fruit e.g. on skewers or in a cup

Paella with low salt stock and containing vegetables

Vegetable burgers or vegetable kebabs

Rice paper rolls with lean meat and/or vegetables

Wraps or sandwiches with vegetables/salad and lean meat

Fresh fruit and vegetables

Wholemeal pita or flat bread pizzas with lean toppings and vegetables

Baked potatoes with low fat fillings (ie. low fat cheese/sour cream, salad, vegetables, beans)

Salads (do not automatically add dressing, or offer low fat options)

Sweet options made with wholemeal flour and without icing

**LIMIT:**

**RED** Foods which are higher in fat, salt and sugar and lower in nutrients, such as:

No more than 20%

Ice cream

Processed BBQ meats (sausages, hamburgers, hot dogs)

Lollies and chocolate

Highly processed foods (e.g. potato chips)

Pre-packaged pizza

Deep-fried items (e.g. hot chips, potato cakes, donuts)

**For more information and assistance:**

Please refer to the attached ‘Simple changes for healthier foods and drinks’ document, or visit the Victorian Healthy Eating Advisory Service website; [www.heas.healthytogether.vic.gov.au](http://www.heas.healthytogether.vic.gov.au).

If you and your staff would like to undertake training to better understand the Healthy Choices Guidelines, either face to face or online please contact Wyndham City’s Health Promotion Officer or visit [www.heas.healthytogether.vic.gov.au/training/training-options](http://www.heas.healthytogether.vic.gov.au/training/training-options)

**How to demonstrate you are providing healthy options:**

You are required to submit your food and drink menu with your Application Form. Please include drink sizes and brands.

**How to become a Wyndham City Preferred Healthy Vendor:**

* If you would like to become a Preferred Healthy Vendor we will support you to align your menu to the Healthy Choices Guidelines. This requires a formal analysis of your recipes and each food and drink item will then be classified **GREEN**, **AMBER** or **RED** in accordance with their nutritional value.
* In order to meet the Guidelines, your menu will need to offer at least 50% **GREEN** items and less than 20% **RED** items. Support will be provided to make these changes if required.
* Preferred healthy vendors will be advertised on Wyndham City’s website and local food vendors and/or vendors with locally grown produce will be given priority (local food vendors are those that are registered as a business in Wyndham or those who regularly trade in Wyndham).
* You may be eligible to receive a **$500 Grant** to assist you to make these changes. To learn more contact us on the details below.

**More information:**

Please contact Wyndham City’s Major Events Team if you have any questions about your Application or this Guide.

E: [events@wyndham.vic.gov.au](mailto:events@wyndham.vic.gov.au)

P: 03 9742 0777

\*\* Please note *Sugary Drink Free* events ***Approved Drinks List*** on next page.

*Sugary Drink Free* Events

Approved Drinks List 2016-2017

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Brand** | **Serving Size** | **Category** |
| **WATER** | | | |
| Plain water | Any | Any | **Green** |
| Plain sparkling water | Any | Any | **Green** |
| Plain mineral water | Any | Any | **Green** |
| Plain soda water | Any | Any | **Green** |
| Sparkling water with a hint of flavour- no added sugar (lime, lemon, berry) | Mount Franklin, Cool Ridge, Woolworths Select. | Any | **Green** |
| **MILK** | | | |
| Plain milk- reduced fat | Any reduced fat | Any | **Green** |
| Flavoured milk - reduced fat | Calci-yum, Big M, Oak Light, Up and Go, Devondale Fast Start, Devondale 3D and Dairy Farmers Oats Express, Nippy’s, Moolish, Moove, Vitasoy, So Good. | 300ml max. | **Green** |
| Milk alternatives – reduced fat, calcium fortified (such as soy, rice or almond drink) | Any reduced fat | 250ml max. | **Green** |
| Plain Milk- full fat | Any full fat | Any size | **Amber** |
| Flavoured milk – regular or reduced fat | Breaka - Chocolate, Iced Coffee,  Strawberry | 300 ml max. | **Amber** |
| “ “ | Breaka - Iced Coffee, Strawberry | 500 ml max. | **Amber** |
| “ “ | Oak - Iced Coffee, Strawberry, Chocolate, Vanilla Malt | 300ml max. | **Amber** |
| “ “ | Up and Go - all flavours | 350ml max. | **Amber** |
| “ “ | Nippy’s - all flavours | 375ml or 500ml max | **Amber** |
| “ “ | Devondale Milkshakes - Double Chocolate, Strawberries & Cream, Cookies & Cream | 400ml max. | **Amber** |
| “ “ | Dare Raw Iced Coffee | 500ml max. | **Amber** |
| “ “ | Rush 500ml - all flavours | 500ml max. | **Amber** |
| “ “ | Ice Break - all flavours | 500ml max. | **Amber** |
| “ “ | Oak No Added Sugar - Chocolate, Iced Coffee | 500ml max. | **Amber** |
| **JUICE** | | | |
| Fruit and vegetable juice - No added sugar | Juice, Smoothies or Ice Crushes, homemade or bottled that are 99% fruit juice, no added sugar. | 250ml max. | **Amber** |
| **HOMEMADE DRINKS**  Must not contain added sugar. Please consult a Wyndham City staff member. | | | |