



Sugary Drink Free Event Guidelines

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, (referred to as *Sugary Drinks*), at our Major Events.

Food Vendors who are participating in a *Sugary Drink Free* event must ensure the drinks they offer for purchase are in line with these Guidelines, which is based on the Victorian Government's *Healthy Choices Guidelines*. **Only** drinks in the table below can be sold. These drinks have been assessed for their nutritional value. Strictly no soft drinks, including diet drinks, and no fruit juice can be sold.

Why a focus on sugary drinks?

- Sugary drink consumption is a major contributor to Australia's chronic disease burden.
- 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 16 teaspoons of sugar. (www.livelifighter.com.au)

FAQ

Q. Why can't I sell diet soft drink?

A. Soft drink has no nutritional value and therefore does not contribute anything to a healthy diet. Whilst some have low or no sugar, they still contribute to tooth decay as they are highly acidic. Also, many soft drinks contain caffeine. Under the Food Standards Code (2.6.4) caffeinated beverages are not recommended for children, pregnant or breastfeeding women.

Q. Why am I allowed to sell some milk drinks containing sugar, and not others?

A. All drinks are assessed on their nutritional value, using the Victorian Government's Healthy Choices Guidelines. Milk contains calcium, which we need for bone health, but flavoured milk also contains sugar. This is why serving sizes have been limited to 250ml.

Approved Drinks List

Item	Brand	Serving Size
WATER		
Plain water	Any	Any
Plain sparkling water	Any	Any
Plain mineral water	Any	Any
Plain soda water	Any	Any
Sparkling water with a hint of flavour- no added sugar (lime, lemon, berry)	Mount Franklin, Cool Ridge, Woolworths Select.	Any
MILK		
Plain milk- reduced fat	Any reduced fat	Any
Flavoured milk -	Any	250ml max.
Milk alternatives – reduced fat, calcium fortified (such as soy, rice or almond drink)	Any	250ml max.