

Policy Goal

Sport Waikato will act as a role model to the wider Waikato community by encouraging and modelling healthy food and drink choices in the workplace, at events both run and supported by Sport Waikato, and when present in and engaging with the community.

Scope

This policy applies to all food and drink both externally and internally for:

- Sport Waikato events e.g. Sports Awards
- Events supported by Sport Waikato e.g. Round the Bridges
- Internal Sport Waikato events e.g. staff forums, Sport Waikato Board, management and team meetings
- Content promoted and/or uploaded on all social media platforms
- Fundraising opportunities either promoted and/or used
- Staff purchasing or consuming whilst in uniform and/or Sport Waikato vehicles which are visible to the public
- Tenants and those who hire meeting rooms at Sport Waikato offices.

Items promoted, given away or sold by Sport Waikato employees as part of their work should not challenge this policy.

All internal and external resources distributed or endorsed by Sport Waikato should align with this policy.

The Sport Waikato nutrition team will be available to support staff with achieving the policy criteria.

This policy **should be considered by all staff when food and drinks are:**

- brought to work by staff for their personal consumption e.g. breakfast or lunch
- brought to work by staff to share for personal celebrations such as birthdays or farewells

Rationale

The Moving Waikato 2025 vision is for a healthy, vibrant, physically active and successful sporting region. Sport Waikato is the lead agency in implementing this strategy with its partners. Sport Waikato's Ministry of Health and District Health Board funded programmes work to provide support and education, enabling communities to increase physical activity and make healthy and nutritious food and drink choices for life.

Good nutrition (an adequate, well balanced diet) combined with regular physical activity is a cornerstone of good health (World Health Organisation, 2017). It is therefore part of Sport Waikato's responsibility to not only promote, enable and model physical activity, but also consistent healthy eating practices.

Sport Waikato has an extensive reach and its brand is significantly visible throughout the Waikato region. As a result, it is imperative the directive and actions of the organisation are consistent to create a strong, reputable brand.

Nutrition has a significant impact on health. High energy intake due to excess calories, along with physical inactivity is found to be the main determinant of the obesity epidemic (World Health Organisation, 2017). New Zealand is currently ranked third most obese nation in the developed world (OECD, 2017). In 2016/2017, the New Zealand Health Survey found that around 1 in 3 adults (32%) were obese and a further 34% of adults were overweight. In the same survey 1 in 8 children were found to be obese (12%) and a further 21% of children were overweight (Ministry of Health, 2017). Poor nutrition is also a significant risk factor for non-communicable diseases such as cardiovascular disease, type 2 diabetes and poor dental health.

As employees spend approximately a third of their lives at work, the health, safety and wellbeing of staff is of utmost importance and a primary focus across the organisation. Sport Waikato is in a key position to support its staff to lead a healthy lifestyle by providing an environment that promotes and supports healthy eating, making the healthy choice the easy and positive choice.

Policy Statements

Food and drink promoted, provided and/or sold will meet the Ministry of Health New Zealand Food and Nutrition Guidelines. These are outlined as follows:

1. Enjoy a variety of nutritious food including
 - a. plenty of vegetables and fruit e.g. fruit bowls, vegetable and fruit plates or platters and a variety of vegetable options served at meals
 - b. grainy foods, mostly wholegrain and those naturally high in fibre e.g. wholegrain bread and crackers, wholemeal/bran and fruit muffins
 - c. some low or reduced fat milk and milk products e.g. low-fat milk for tea and coffee.
 - d. some legumes, nuts, seeds, fish and other seafood, eggs, poultry (e.g. chicken) and/or red meat with the fat and skin removed
2. Choose and/or prepare food and drink
 - a. with unsaturated fats e.g. olive, rice bran or vegetable oil
 - b. that are low in salt
 - c. with little or no added sugar.
 - d. that are mostly 'whole' and less processed
3. Make plain water your first choice
 - a. water will always be made available
 - b. naturally flavour water with fruit (berries, watermelon, mandarin, orange, lemon or lime) vegetables (cucumber) and mint
 - c. Sugary drinks e.g. cordial, fruit juice, vegetable juice, fruit drink, sports drinks or fizzy drinks will not be provided
 - d. Where alcohol is provided at workplace social events, Sport Waikato staff must adhere to the Sport Waikato Drug and Alcohol policy
 - e. Where alcohol is provided at workplace social events, Sport Waikato will adhere to the Host Responsibility Guidelines produced by the Health Promotion Agency of New Zealand. Specifically,
 - prevents intoxication
 - does not serve alcohol to minors
 - provides and actively promotes low-alcohol and non-alcoholic alternatives
 - provides and actively promotes substantial food

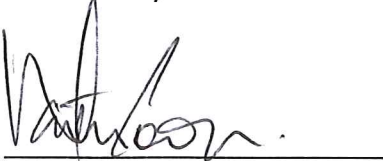
- serves alcohol responsibly or not at all
 - arranges safe transport options
4. Cultural Awareness
- a. Have an awareness and understanding of the Maaori/indigenous approach to growing, preparation and consumption of food e.g. Matariki and Maramataka
 - b. Recognise the significance and tradition that surrounds food within different cultures and religions e.g. Ramadan
5. Where possible and practical, food and drink promoted, provided and/or sold will acknowledge and accommodate upon request, those with special dietary needs.
6. Breastfeeding will be supported in all Sport Waikato settings as it is optimum nutrition for infants.
7. Sport Waikato staff will be supported to make healthy food choices by having access to
- healthy eating messages on the intranet
 - healthy eating publications e.g. Healthy Food Guide
 - nutrition updates as part of professional development
 - support from Active & Well through the Green Prescription programme

Refer to the appendices for more detailed information.

Compliance and Review

The Sport Waikato nutrition team will be responsible for supporting compliance and reviewing the policy annually.

Endorsed by:



Mathew Cooper
Sport Waikato Chief Executive

References

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