

Celebrate the 'wins'



Without even realising it, your community venue may already be kicking goals when it comes to creating a healthier food service. It's important to acknowledge and celebrate progress towards creating a healthier community venue – no matter how big or small! We like to call progress 'wins'.

This quick wins checklist helps you track your progress and provides ideas and tips for new wins! Simply tick each box that applies to your food service. The boxes that you don't tick can provide ideas for the future.

Water

Water is a winner in community venues. Whether it's freely available in water fountains or bottled water sold in the cafés or vending machines, it's important that water is promoted as the drink of choice.



- Free tap water is available (e.g. water bubblers, jugs etc.)
- Bottled water is available
- Bottled water is cold and at room temperature
- Still and sparkling water is available
- Meal deals and combos are served with water as the standard option
- Water is placed in a prominent position in the fridge or vending machine e.g. eye level

Other drinks

- Fruit juice is at least 99% fruit and served in small sizes (250mL or less)
- Reduced fat plain milk is available
- Reduced fat flavoured milk is available (300mL or less)
- Reduced fat plain milk is used as standard in tea or coffee

Dairy products

- Reduced fat dairy products are used in all menu items (e.g. milk, cheese, yoghurt - sold on their own and/or in recipes)

Core food items

- Vegetables are always available (e.g. salads, vegetables and dips)
- Fruit is always available (e.g. whole fruit, fruit salad, frozen fruit)
- Small serves of plain nuts are available
- A variety of healthy food items are available (e.g. sandwiches, rolls, wraps, sushi, rice paper rolls, salads, vegetable kebabs, hot vegetable-based meals etc.)
- Lean meat is used (e.g. skinfree chicken, roast beef with fat trimmed, fish served grilled or tinned in springwater)
- Wholegrain breads and cereals are used most of the time (rather than white varieties)



Discretionary items

Confectionery (e.g. lollies and chocolates):

- Only small serves available (e.g. 15g or less)
- Only offer a limited variety (e.g. options reduced to the most popular 1-2 varieties only)
- Not on display (i.e. still available, but not visible)
- Removed from the menu completely.

Salty snacks (e.g. potato chips, crisps etc.):

- Only small serves available (e.g. 28g or less)
- Only offer a limited variety (e.g. options reduced to the most popular 1-2 varieties only)
- Not on display (i.e. still available, but not visible)
- Removed from the menu completely.

Discretionary items

Sweet snacks (e.g. cakes, muffins, biscuits etc.):

- Only small serves available
- Only uniced, fruit based cakes and muffins are available (e.g. apple muffins instead of choc chip) or varieties from the Star Choice™ Buyer's Guide
- Only offer a limited variety (e.g. cake of the day).

Savoury pastry items:

- Only offer 'amber' reduced/salt varieties (see Star Choice™ Buyer's Guide)
- Remove 'red' pastries from display
- Remove 'red' pastries from the menu completely and offer 'amber' alternatives instead.

Sugary drinks

- Not on display
- Only offer a limited variety (e.g. options reduced to the most popular 1-2 varieties only)
- Removed from the menu completely
- Replaced with artificially sweetened varieties
- Small serves only.

Take home messages:

- **Make small, gradual changes - they're more likely to be accepted by your customers and staff**
- **Celebrate the small 'wins' - any progress is a positive step towards a healthier community venue!**