



# SUGARY DRINKS FACT SHEET

Our organisation is working in partnership with Healthway and Fuel to Go & Play® to provide and promote healthy food and drinks at community events.

As part of our Healthway partnership, it is a requirement that vendors remove sugary drinks from display. Sugary drinks give us lots of energy but don't fill us up or provide the nutrients we need to keep our bodies healthy. Sugary drinks are not required for good health, and may increase the risk of weight gain, heart disease, type 2 diabetes, fatty liver disease and cancer and contribute to tooth erosion and decay.<sup>1-2</sup>

This fact sheet shows examples of drinks suitable to display; drinks that must be removed from display; and simple strategies for vendors to achieve compliance.

## ON DISPLAY



Examples: water (plain, sparkling, with 99% fruit juice), 99% fruit juice <300mL, fruit smoothies, coconut water (no added sugar), coffee, artificially sweetened drinks, 99% fruit juice slushies <300mL

## OFF DISPLAY



Examples: soft drink, slushies, energy drinks, sports drinks, iced tea, 99% fruit juice >300mL, flavoured milk >600 mL, fruit drinks, flavoured mineral waters, **fermented drinks (i.e. kombucha)**, and other drinks containing added sugar.

# STRATEGIES FOR FOOD VENDORS



## REMOVE SUGARY DRINKS FROM THE MENU

- An easy way to ensure compliance is by removing sugary drinks from the menu. Send your list of drinks to WASCA for advice and alternatives to sugary drinks.

## SERVING COUNTER

- It is common practice for vendors to line drinks up along the counter top. Ensure sugary drinks are not included
- Place water in a prominent position
- If sold, sugary drinks may be listed on a menu board; text only, no graphics/ images.



## DISPLAY FRIDGES AND ESKIES

Sugary drinks in a display fridge and esky need to be out of sight. Tips:

- Move sugary drinks to the bottom of the fridge and cover with a poster or paper (ensure the poster does not include graphics/images of sugary drinks)
- Place water in a prominent position e.g. eye level
- Move sugary drinks to the bottom of the esky
- Ensure your esky is covered with a lid so the sugary drinks are out of sight.

## A NOTE ON SLUSHIES

Slushie trucks and slushie machines must use 99% fruit juice concentrate (with no added sugar) with serve sizes **<300 mL** to ensure compliance with this strategy.



1. LiveLighter®.2022."Sugary Drinks". LiveLighter®. <https://livelighter.com.au/learn/sugary-drinks>
2. Better Health Channel. 2018. "Soft drinks, juice and sweet drinks – limit intake". Department of Health Victoria. <https://www.betterhealth.vic.gov.au/health/healthyliving/soft-drinks-juice-and-sweet-drinks-limit-intake>

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