

OVERVIEW

Nutrition has a vital role in supporting the health and wellbeing of individuals as well as in the prevention and treatment of disease.

Bay of Plenty District Health Board (BOPDHB) demonstrates a commitment to the health and wellbeing of its employees, contractors and visitors by assisting them to eat a healthy balanced diet. To achieve this BOPDHB provides healthy (nutritious) food and beverages at all of its facilities and functions, as well as information about what constitutes a healthy balanced diet.

STANDARDS TO BE MET

1. All food and catering services at any BOPDHB facility or function will comply with this protocol.
2. BOPDHB will provide healthy food and beverages on all sites. This includes, but is not limited to:
 - 2.1 Cafeterias;
 - 2.2 Vending machines;
 - 2.3 Snack boxes;
 - 2.4 BOPDHB hosted meetings and functions.
3. BOPDHB will actively promote and market only healthy food and beverages.
4. BOPDHB nutrition strategies include:
 - 4.1 Ensuring the above standards are included in the annual Health and Safety Plan;
 - 4.2 Developing and implementing an action and evaluation plan;
 - 4.3 Implementing the National Healthy Food and Beverage Environment (HFBE) Guidelines

REFERENCES

- [Ministry of Health. New Zealand Food and Nutrition Guidelines](#)
- [National Healthy Food and Beverage Environment \(HFBE\) Guidelines](#)
- [National District Health Board Food and Drink Environments Network – National Healthy Food and Drink Policy 2016](#)
- [Ministry of Health - Healthy Food and Drink Policy for Organisations 2016](#)

ASSOCIATED DOCUMENTS

- Bay of Plenty District Health Board policy 5.4.9 Workplace Nutrition and Physical Activity
- Bay of Plenty District Health Board policy 5.4.9 protocol 2 Workplace Physical Activity

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