



Healthy Options WA Food and Nutrition Policy

1. Purpose

The *Healthy Options WA Food and Nutrition Policy* aims to improve the health of staff members and the community visiting WA health entity sites by providing environments that support and model nutritious and healthy eating options. It supports staff members, outpatients and visitors to make healthier choices by promoting and increasing access to affordable and nutritious food and drinks.

The objectives of the policy are to ensure that on all WA health entity premises:

- the majority of food and drinks available for purchase are healthy choices consistent with health promoting initiatives and messages supported by the Department of Health
- unhealthy food and drinks are not promoted or displayed in ways that encourage their consumption, with particular emphasis on minimising their impact on children
- all business catering purchased using WA health entity funds align with health promoting initiatives and messages supported by the Department of Health
- all fundraising initiatives align with health promoting initiatives and messages supported and promoted by the Department of Health.

The following services are outside the scope of this policy:

- hospital inpatient and aged care resident meals
- food and drinks brought in by staff members, patients and visitors for personal consumption.

This policy aligns with the [Western Australian Health Promotion Strategic Framework](#) and the [National Health and Medical Research Council Australian Dietary Guidelines](#).

The policy is a mandatory requirement for Health Service Providers under the *Public Health Policy Framework* pursuant to section 26(2)(c) of the *Health Services Act 2016*.

This policy is a mandatory requirement for the Department of Health pursuant to section 29 of the *Public Sector Management Act 1994*.

2. Applicability

This policy is applicable to WA health entities.

The requirements contained within this policy are applicable to the services purchased from contracted health entities where it is explicitly stated in the contract between the contracted health entity and the State of Western Australia or Health Service Provider. The

State of Western Australia or Health Service Provider contract manager is responsible for ensuring that any obligation to comply with this policy by the contracted health entity is accurately reflected in the relevant contract and managed accordingly.

WA health entities are encouraged to work with institutes and other relevant non-contracted entities that are co-located on their premises to adopt this policy.

3. Policy Requirements

The policy uses a 'traffic light' classification system based on nutrient criteria that support recommendations in the [Australian Dietary Guidelines](#). Under this system all food and drinks are classified as Green, Amber or Red (healthiest to least healthy, respectively) in accordance with *Healthy Options WA: Making Healthy Choices Easier: [How to Classify Food and Drinks Guide](#)*.

WA health entities must ensure that they have local procedures which facilitate adherence to the following minimum requirements:

3.1 Retail outlets and vending machines

The policy is relevant to all retail outlets and vending machines that sell food or drink of any kind on WA health entity premises, including but not limited to:

- cafes and coffee shops
- kiosks
- staff cafeterias and canteens
- ward trolleys and coffee/tea carts
- gift shops, florists, newsagents, pharmacies, convenience stores.

WA health entities must ensure retail outlets and vending machines at their premises comply with the following requirements regarding the offering, displaying, placement and promotion of food and drinks:

3.1.1 Offer

- (i) a minimum of 50% of food and drinks offered must be Green food and drinks
- (ii) Red foods must not make up more than 20% of all items offered
- (iii) the remainder of food and drinks offered may be Amber items
- (iv) Red drinks are not permitted for sale in any retail outlet or vending machine
- (v) a maximum of 25% of all drinks offered may be intensely sweetened drinks.

3.1.2 Display

- (i) Green food and drinks must make up at least 50% of all items on display
- (ii) Red foods must not make up more than 20% of all items on display
- (iii) the remainder may be Amber food and drinks, with no more than 25% of all drinks on display being intensely sweetened drinks.

3.1.3 Placement

Red and Amber items must not be displayed in prominent locations, that is:

- (i) beside or within arm's length of cash registers or the point of sale
- (ii) positioned at the top or middle section of fridges, freezers, shelves, free standing displays, vending machines or any other type of display unit
- (iii) in display units immediately next to entrances or exits to retail outlets
- (iv) on reception desks or tables in waiting areas.

3.1.4 Promotion

- (i) only Green items may be promoted
- (ii) Red and Amber items must not be included in any marketing or promotional activity or material e.g. meal/drink promotion, discount, incentive, vending machine decal.

3.2 Business catering

All food and drink purchased for business catering using WA health entity funds must comply with the following requirements:

- (i) a minimum of 50% of items offered must be Green food and drinks
- (ii) the remainder may be Amber food and drinks, with no more than 25% of all drinks offered being intensely sweetened drinks
- (iii) no Red food or drinks are permitted.

Upon written request and at the discretion of the Chief Executive of a Health Service Provider or the Director General of the Department of Health, select events may be granted exemption from part 3.2 (iii) of this policy however, no more than 20% of food and drink provided may be Red. All requests for exemption including the purpose of the select event and reason for exemption must be recorded by the WA health entity in accordance with the [State Records Act 2000](#) and be made available to the Population and Preventive Health Directorate, Department of Health when requested for audit purposes.

3.3 Fundraising initiatives

All fundraising initiatives that provide food or drink on WA health entity premises must comply with the following:

- (i) a minimum of 50% of items offered must be Green food and drinks
- (ii) the remainder may be Amber food and drinks, with no more than 25% of all drinks offered being intensely sweetened drinks
- (iii) no Red food or drinks are permitted.

This includes but is not limited to fundraising through social clubs, events, drives, or raffles that involve the provision of food or drink on WA health entity premises.

Food, drinks or meals (including vouchers) provided as prizes or through sponsorships must also comply with these requirements.

Upon written request and at the discretion of the Chief Executive of a Health Service Provider or the Director General of the Department of Health, select events may be granted exemption from part 3.3 (iii) of this policy however, no more than 20% of food and drink provided may be Red. All requests for exemption including the purpose of the select event and reason for exemption must be recorded by the WA health entity in accordance with the [State Records Act 2000](#) and be made available to the Population and Preventive Health Directorate, Department of Health when requested for audit purposes.

4. Compliance Monitoring

Health Service Providers are responsible for ensuring compliance with this policy. The Population and Preventive Health Directorate is responsible for monitoring and reporting Department of Health compliance with the policy requirements.

The Population and Preventive Health Directorate, on behalf of the System Manager, will monitor compliance with this policy. WA health entities must report the following information (for the period 1 July to 30 June) using the Healthy Options WA Food and Nutrition Policy Annual Reporting Form by 1 October, on an annual basis:

- compliance strategies implemented
- compliance monitoring activities
- overall compliance for each of the policy requirements
- local improvements with compliance
- challenges in local policy implementation.

The System Manager may also conduct periodic compliance audits of WA health entities. Health Service Providers are required to participate in and assist the System Manager with these audits.

5. Related Documents

The following documents are mandatory pursuant to this policy:

- Healthy Options WA: Making Healthy Choices Easier: [How to Classify Food and Drinks Guide](#) (PDF format)
- Healthy Options WA: Making Healthy Choices Easier: [How to Classify Food and Drinks Guide](#) (Excel format)
- [Healthy Options WA Food and Nutrition Policy Annual Reporting Form \(PDF format\)](#)

6. Supporting Information

The following information is not mandatory but informs and/or supports the implementation of this policy:

- [Request for Exemption for Select Business Catering or Fundraising Event](#)
- [Healthy Options WA Food and Nutrition Policy website](#)

7. Definitions

The following definition(s) are relevant to this policy.

Term	Definition
Amber food and drinks	These food and drinks should be chosen carefully and eaten in moderation. They provide some nutritional value but may contain moderate amounts of saturated fat, and/or added sugar, and/or salt, and can contribute to excess energy intake.
Intensely sweetened drinks	These include any drinks with added non-nutritive sweeteners from artificial or natural sources (excluding dairy-based and dairy-free milk drinks). These are often labelled 'diet', 'low-joule', 'no sugar', 'sugar-free', or 'low sugar'.
Business catering	Food and drink catering that is purchased using WA health entity funds, not including inpatient or aged care resident catering.
Display	Means the product is visible to the consumer. Display relates to the total number of times an item is observable

	in the whole retail outlet or vending machine.
Green food and drinks	These food and drinks are part of a healthy diet, are the healthiest options, and should be eaten every day. They are an excellent source of key nutrients and are needed for optimum health and wellbeing. They include one or more of the five food groups defined by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating . Food and drinks classified as Green are generally lower in energy, saturated fat, added sugar, and/or added salt, and higher in fibre.
Offer	Means offered for sale or available for purchase in all retail settings; relates to the total range and number of different types of food and drink options made available at any one time.
Placement	Refers to product location, accessibility, and visibility to the consumer. For example, products placed at eye level are more likely to be seen and selected by consumers.
Promotion	Refers to the marketing of food and drinks to encourage purchasing, examples include, but are not limited to: • 'meal deals', discounts, special offers, or incentives • static or digital marketing material displays master-branding i.e. use of any visible promotional or advertising materials such as vending machine skins/decals.
Red food	Red foods are typically high in energy, saturated fat, added sugar and/or salt. They should be eaten only sometimes and in small amounts. According to the Australian Dietary Guidelines they are not an essential part of a healthy dietary pattern or a part of the five food groups.
Red drinks	These are sugar sweetened drinks (drinks to which sugar has been added) that have low or no nutritional value, including but not limited to: • drinks with added sucrose (commonly referred to as sugar), fructose, glucose, honey, fruit sugary syrups and deionised fruit juices • carbonated soft drinks, energy and sports drinks, flavoured mineral waters, cordials, fruit drinks, vegetable drinks, and iced teas with added sugar, and some flavoured milks.
Staff member	For the purposes of this policy, staff member means a person a) employed in a Health Service Provider by an employing authority pursuant to the <i>Health Services Act 2016</i> and includes: (i) the chief executive of the Health Service Provider (ii) a health executive employed in the Health

	Service Provider (iii) a person employed in the Health Service Provider under section 140 of the <i>Health Services Act 2016</i> (iv) a person seconded to the Health Service Provider under section 136 or 142 of the <i>Health Services Act 2016</i>. b) a person engaged under a contract for services by a Health Service Provider pursuant to the <i>Health Services Act 2016</i> c) employed in the Department of Health by or under an employing authority pursuant to the Public Sector Management Act 1994.
WA health entities	WA health entities include: (i) health service providers as established by an order made under section 32 (1)(b) of the <i>Health Services Act 2016</i>. (ii) Department of Health as an administrative division of the State of Western Australia pursuant to section 35 of the <i>Public Sector Management Act 1994</i>.

8. Policy Contact

Enquiries relating to this policy may be directed to:

Title: Manager

Directorate: Population and Preventative Health

Email: HealthyOptions@health.wa.gov.au

9. Document Control

Version	Published date	Review date	Amendment(s)
MP 0142/20	30 September 2020 Effective from 1 February 2021	February 2024	Original version
MP 0142/20 v.1.0	5 July 2021	February 2024	Amendments as listed below.
Related document: <i>Making Healthy Choices Easier: How to Classify Food and Drink Guide</i> amended to clarify the classification of specific products.			
MP 0142/20 v.2.0	14 November 2022	February 2024	Amendment as listed below.
Related document: <i>Making Healthy Choices Easier: How to Classify Food and Drink Guide</i> amended for clarity.			
MP 0142/20 v.3.0	9 September 2025	September 2028	Policy review and amendments as listed below.
- Purpose section: refined scope and objectives to reflect policy frameworks governance. - Applicability section: inclusion of contracted health entities statement and removal of			

previous references to contracted health entities.

- Policy Requirements section: reworded to reinforce and clarify compliance requirements.
- Compliance monitoring section: amended to align with mandatory policy governance requirements.
- Related Documents section: inclusion of the *Healthy Options WA Food and Nutrition Policy Annual Reporting Form* and updated policy wording.
- Supporting Information document: title amended to “Request to Exemption for Select Business Catering or Fundraising Event” and minor amendments.
- Definitions section: removed contracted health entity and updated ‘WA health entities’ ‘staff member’, ‘intensely sweetened drinks’ and ‘Red drinks’ definitions.
- Policy contact amended to Manager Population and Preventive Health Directorate to accurately reflect policy ownership.
- Related and supporting documents: Chronic Disease Prevention name changed to Population and Preventive Health to reflect recent changes to the name of the Directorate.

Note: Mandatory policies that exceed the scheduled review date will continue to remain in effect.

10. Approval

Approval by	Nicole O’Keefe Assistant Director General, Strategy and Governance Division, Department of Health
Approval date	15 September 2020

This document can be made available in alternative formats on request for a person with a disability.

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