



Healthier Vendor Guide

Information Booklet



WHAT IS THE HEALTHIER VENDOR GUIDE?

The Healthier Vendor Guide (HVG) is a go-to-guide for groups, organisations and event planners that are responsible for coordinating the food and drinks offered at an event. It is updated quarterly for summer, autumn, winter and spring.

HVG EDITION	PERIOD	DISTRIBUTION
Summer	December - February	November
Autumn	March - May	February
Winter	June - August	May
Spring	September - November	August

The HVG is produced by the team at Fuel to Go & Play®. Fuel to Go & Play® is a public health initiative of the Western Australian School Canteen Association Inc. a not-for-profit health promotion charity that assists food services to provide and promote healthy choices in schools, workplaces, hospitals and in the community. Fuel to Go & Play® works in partnership with many Healthway sponsored organisations to provide them with advice to increase healthy food and drinks options at events.

WHY?

Local events offer a great opportunity for families and communities to get together for entertainment, increase skills, keep active, network with other people in the area as well as service providers.

Being listed in the HVG is also a great marketing opportunity for your business, as the Guide is used by event organisers throughout Western Australia that receive Healthway funding.

BENEFITS FOR VENDORS

- Being listed in the HVG is a great and FREE marketing opportunity, as vendors listed in the Guide are often preferred providers at many community events throughout WA
- All certified HVG vendors receive a suite of resources that can assist them in promoting their business to event organisers and the community. Resources also include access to the 'Healthier Vendor' logo to use for promotional purposes.

BENEFITS FOR VENDORS

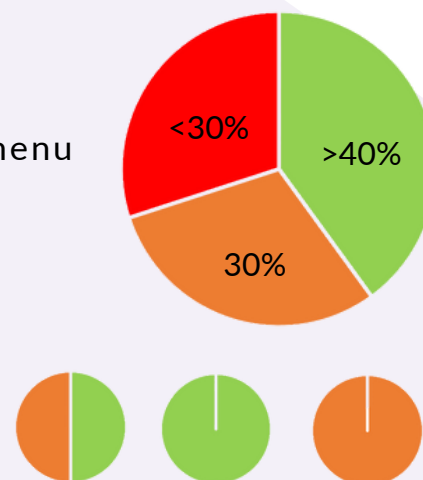
To be included in the HVG, Fuel to Go & Play® determines the suitability of the products on the vendor's menu using the 'Traffic light' system. The 'Traffic light' system is based on the Australian Dietary Guidelines and Department of Health's Healthy Options WA - Food and Nutrition policy. It categorises products as 'green', 'amber', and 'red'. There are two HVG categories:

Food & Beverage Vendor

- Sells predominantly food with some beverages available
- Meets traffic light criteria of >40% 'green' and <30% 'red' menu items.

Beverage Only Vendor

- Only sells beverages (e.g fresh fruit juice)
- Meets traffic light criteria of only 'green' and/or 'amber' beverage items.



TRAFFIC LIGHT SYSTEM

The 'Traffic light' system is based on the Australian Dietary Guidelines. Examples include:

GREEN Fill the menu	AMBER Select carefully	RED Only occasionally
<p>These are the healthiest choices because they are excellent sources of important nutrients and represent one or more of the five food groups needed for optimum health and wellbeing. They are low in saturated fat, added sugar and salt. Fill the menu with mostly green options.</p> <p>Examples include:</p> <ul style="list-style-type: none">» bottle plain/sparkling water» fruit, vegetables and legumes» Breads, pastas and rice» plain milk (300mL or less)» soup and vegetable based meals e.g. pasta and rice.» Lean meat, fish and poultry	<p>These have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can contribute to excess energy intake. These need to be chosen carefully and eaten in moderation.</p> <p>Examples include:</p> <ul style="list-style-type: none">» 99% fruit juice (<300mL)» Artificially flavoured drinks e.g diet drinks (600mL)» small fruit muffins(<60g)» Red meat with visible fat» Dairy free milks with no added calcium	<p>These are energy dense and have little nutritional value. Most are high in saturated fat, added sugar and/or salt and can contribute to excess energy intake. These should only be eaten sometimes and in small amounts.</p> <p>Examples include:</p> <ul style="list-style-type: none">» all deep fried food» soft / energy / sports drinks» chocolates and lollies» iced cakes» premium ice-creams (e.g. chocolate coated).» processed meats (e.g. lean ham & bacon)» sour cream

HOW DO VENDORS APPLY?

STEP 1. Forward a copy of your menu (ALL food and beverages) and photos of your food van to Fuel to Go & Play® for assessing. Ensure you list every item on your menu including all varieties of drinks offered. Fuel to Go & Play® will assess your menu and you will receive a copy of your menu assessment (this takes approximately two weeks).

ELIGIBLE MENU

More than 40% green and less than 30% red

Step 2.

Fuel to Go & Play® will provide you with documentation for you to complete. This includes:

- HVG application form
- Healthier Vendor logo branding guidelines

Upon receipt of all documents, Fuel to Go & Play® will add your business to the next HVG edition. The guide is updated quarterly: Summer; Autumn; Winter; Spring.

You will receive a suite of resources, including the 'Certified Healthier Vendor' magnet

Step 3.

Fuel to Go & Play® will contact you every six-months for your biannual menu re-assessment. If your new menu is not compliant (and you do not wish to make changes) then you will be removed from the HVG.

INELIGIBLE MENU

Less than 40% green and/or more than 30% red

Step 2.

Along with your menu assessment, Fuel to Go & Play® will provide you with a number of suggestions and recommendations to help your menu meet the HVG criteria.

Step 3.

If you are interested in making healthier changes to your menu in order to be included in the HVG please contact Fuel to Go & Play® to discuss or re-submit your menu for assessment.



For more information

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltogether@education.wa.edu.au

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