



Dear GVPCP Member Agency,

I am pleased to provide you with a copy of the **Healthy Catering Choices Policy & Procedure Toolkit** which has been developed by Goulburn Valley Primary Care Partnership's Healthy Weight Working Group.

The workplace environment has a significant influence on the health related behaviours of staff. Workplaces host a number of events which can determine what staff can consume during this time. On many of these occasions the food available to staff is generally of poor nutritional value. This can lead to dehydration, tiredness, and loss of concentration which ultimately affects the performance levels of staff. Exposure to an environment which limits people's food and beverage choices is contributing the obesity epidemic.

The Healthy Catering Choices Policy & Procedure Toolkit is designed to ensure that workplaces offer healthy beverage and food choices to staff, volunteers, visitors and guests. The toolkit provides workplaces with valuable information regarding:

- Culturally appropriate catering,
- Information for people with special dietary requirements (gluten free diet, vegetarians & vegans),
- Label reading on a gluten free diet,
- Who to contact for local support.

Included with the toolkit is a CDROM which contains an electronic copy of the toolkit as well as additional resources to help provide healthy choices in the workplace.

If you would like more information regarding this policy & procedure toolkit please contact Nicole Gray at Goulburn Valley Primary Care Partnership on (03) 58 233 283 or hpgvpcp@gvchs.com.au

Yours Truly,

Nicole Gray
Health Promotion Worker