



Taste 4 Health and Taste 4 Health Kids

PARTICIPANT'S KIT

Glen Eira City Council's *Taste 4 Health* and *Taste 4 Health Kids* nutrition programs reward local food businesses who take responsibility for the health of their customers by offering healthier food choices. Both programs are open to Glen Eira restaurants, cafés and takeaway food outlets, which have achieved a Five-Star food safety rating.

The assessment criteria have been developed in partnership with dietitians from Connect Health & Community and are based on the *Australian Dietary Guidelines*.

A Council environmental health officer will invite eligible businesses to participate in the nutrition programs following the completion of the annual 5-star food safety assessment. The proprietor or food safety supervisor of the business will need to provide evidence and examples demonstrating the healthy initiatives implemented within the business.

Those businesses meeting the minimum criteria will be awarded and will receive promotional support by Council including:

- A certificate and window sticker to display in their shop.
- Inclusion in Glen Eira City Council's *Safe Food Guide* located on Council's website.

How to participate

If you would like to participate in Council's *Taste 4 Health* and *Taste 4 Health Kids* programs, complete and return the registration form to Council's Public Health Unit. An environmental health officer will then arrange a time to complete the assessment with you.

Useful websites

The following websites may be useful for further nutritional information:

Eat for Health

www.eatforhealth.gov.au

Healthy Kids Menu initiative

www.healthykidsmenu.com.au

Heart Foundation

www.heartfoundation.org.au

Nutrition Australia

www.nutritionaustralia.org

Better Health Channel

www.betterhealth.vic.gov.au

Unpack the Salt

www.unpackthesalt.com.au

BENTLEIGH | BENTLEIGH EAST | BRIGHTON EAST | CARNEGIE | CAULFIELD | ELSTERNWICK
GARDENVALE | GLEN HUNTLY | MCKINNON | MURRUMBEENA | ORMOND | ST KILDA EAST

Taste 4 Health assessment criteria

A minimum number of criteria must be met in each of the four assessment categories below.

Fat

A minimum of 50 per cent applicable criteria must be met.

1. Use healthier fats when cooking food such as polyunsaturated and monounsaturated oils.
2. Use healthier oils when preparing dressings and select healthier spreads such as avocado and nut butter or have the option to go without.
3. Choose low fat cooking methods such as grilling, dry-roasting, steaming or stir-frying.
4. Remove skin from poultry and visible fat from meat.
5. Offer alternatives to fried food.
6. Offer reduced fat varieties of dairy.

Salt

A minimum of two healthy initiatives required.

1. Use fresh herbs, spices, lemon or lime juice instead of salt.
2. Do not automatically add salt onto prepared food.
3. Have saltshakers available only upon request.
4. Use pantry goods that are low in salt.

Sugar

A minimum of two healthy initiatives required.

1. Offer smaller serving sizes, for desserts and sweet menu options.
2. Offer dessert items that use ingredients with less processed sugar such as fresh fruit, vegetables, dark chocolate, yoghurts, nuts and wholegrains.
3. Offer diet soft drinks or other low sugar drink alternatives.
4. Offer free water or have it available for customers to help themselves.

Fibre

A minimum of 50 per cent applicable criteria must be met.

1. Provide wholegrain options in your menu such as whole meal pasta and brown rice.
2. Offer whole meal, multigrain or rye options for your bread and baked goods selection.
3. Include more meals with legumes.
4. Provide fresh salads and/or vegetables as a side dish or entrée.
5. Leave edible skins on fruit and vegetables.
6. Offer a low-fat prepared protein with vegetables and/or fresh salad as a main meal.

Taste 4 Health Kids assessment criteria

Businesses must have a kid's menu or offer smaller portions for kids that meets the following criteria in addition to meeting the Taste 4 Health criteria to receive an award.

1. At least two items on the menu are prepared with low fat cooking techniques.
2. Fruit juice with no added sugar available up to 250ml size or up to 375ml plain or flavoured reduced fat milk.
3. Offer healthy alternatives or substitutes for fried food items on menu.
4. Offer a minimum ½ cup of fresh salad and/or vegetables with at least two of the menu items.

