



Food & Beverage Policy for Vending

for Operational Transport Facilities

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Overview

Purpose:

The purpose of this document is to ensure that Auckland Transport's retail offer in operational facilities:

- demonstrates commitment to the health and wellbeing of customers by providing healthy food and beverage options which support a balanced diet in accordance with the Ministry of Health publications: 'Eating & Activity Guidelines for NZ Adults' and 'New Zealand Food & Nutrition Guidelines'¹.
- acknowledges different cultures, religions and dietary needs by providing a diverse product range

Scope:

This policy applies to Auckland Transport operational facilities/sites catering to the public transport commuter, specifically vending contracts with external food and beverage providers. NB: Policy does not apply to retail offering of Ferry service operators.

Policy

The food and beverage offer:

- should include healthy options that are readily available, competitively priced and in sufficient quantity
- should include a diverse product range acknowledging different cultures, religions and dietary needs
- should set constraints on portion sizes acknowledging journey times on public transport and health benefits as well as considerations to suitable packaging solutions relevant to safe and clean use on public transport modes.
- should include locally sourced products (wherever possible)
- should emphasise healthy options in displays
- is to adhere to the following rules set out in the **RAG** product categories below.

Food and Beverage Categories:

GREEN

Description: These foods are the basis of a healthy diet and includes fruit, vegetables, breads, cereals and grains, reduced fat dairy products, lean meat, fish, chicken, eggs and legumes. They are lower in saturated fats, sugars and added salt. Further details on 'Green Category' product requirements are set out in the following table.

Rules: Products should be emphasised in displays, always be available in sufficient quantities and be competitively priced.

AMBER:

Description: These foods are processed foods and drinks. They have some nutritive value but can contain saturated fats, added sugar or salt. They can contribute to consuming excess energy. Further details on 'Amber Category' product requirements are set out in the following table.

Rules: Products should consider portion sizes and should not dominate available choices on display at the expense of 'Green Category' items.

RED:

Description: These foods are highly processed foods and drinks. They are of poor nutritional value and high in saturated fat, added sugar, salt and/or energy. They can contribute to consuming excess energy. Further details on 'Red Category' product requirements are set out in the following table.

Rules: Products should not be in large portion sizes or dominate available choices on display at the expense of 'Green Category' products. 'Red Category' products should be limited to represent no more than 50% of entire offering on display.

1. The 'Eating & Activity Guidelines for NZ Adults' and 'New Zealand Food & Nutrition Guidelines' referenced refers to the relevant Ministry of Health evidence and advice provided below :
<http://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults>
<http://www.health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines>



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The following categories have been formed by taking reference from:

1. Auckland District Health Board. Healthy Food and Beverage Environment Policy. August 2015.
2. State of Victoria, Department of Health. Healthy Choices: food and drink guidelines for Victorian Public Hospitals. October 2013. www.healthychoices@health.vic.gov.au
3. Department of Health. Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities. Perth, Western Australia: Western Australian Government; April 2009 (amended). www.healthyoptions.health.wa.gov.au
4. Better Vending for Health Guidelines. (Auckland Region). January 2008.

Food & Beverage Type:	GREEN	AMBER	RED
Cold Beverages	Plain water or milk Beverages sweetened with non-nutritive sweeteners Portion sizes: No size restrictions	No added sugar fruit juices and flavoured milk Portion sizes: <350 mls	Sugar sweetened beverages Portion sizes: <600 mls
Pre-packed snacks	<800kj per packet ≤ 1.5g saturated fat/100g ≤ 450mg sodium/100g	<800kj per packet	>800kj per packet Most confectionery products
Breakfast cereals	Wholegrain breakfast cereals with: - Fibre content: 3g per serve - Sugar content <15g/100g E.g. Wheat biscuits, cereal flakes with a variety of grains, bran, untoasted muesli and rolled oats or porridge.	Refined and processed breakfast cereals with: - Fibre content: 3g per serve - Sugar content <30g/100g E.g. Toasted mueslis, flavoured and/or sugar sweetened corn, rice, wheat based cereals.	Refined and processed breakfast cereals with: - Fibre content <3g per serve - Sugar content >30g per serve E.g. Chocolate coated puffs, fruit flavoured sugar loops.
Cereal foods	Wholegrain and high fibre varieties E.g. Wholegrain rice, wholemeal pasta	Refined grains and white varieties E.g. Rice, plain pasta, unflavoured noodles, polenta, couscous and buckwheat.	
Dairy products (and dairy alternatives)	Reduced or low fat milk/soy milk, reduced or low-fat, plain and flavoured yoghurt, low-fat cheese and reduced-fat custard.	Full-fat milk/soy milk, plain and flavoured full-fat yoghurt, cream, full-fat cheese and full-fat custard.	
Sandwiches, mixed meals and ready-to-eat/heat foods	Items prepared using only 'Green Category' ingredients.	Items prepared with one or more 'Amber category' ingredients. E.g. Sandwiches with full fat cheese.	Items prepared with one or more 'Red category' ingredients. E.g. Sushi with deep fried fillings, Pizza slice with processed meats.



Baked goods (scones, muffins, cakes, slices, savoury items, pastries, biscuits etc).		Small in size	Medium to large in size
Breads	All wholegrain breads with: -Fibre content: >3.3g/100g E.g. Multigrain, wholemeal, rye, hi-fibre, plain corn and rice cakes or crispbreads.	All white breads/specialty breads with: - Fibre content: <3.3g/100g E.g. White bread, focaccias, pita, Lebanese tortillas, Turkish breads, flavoured corn and rice cakes or crisp breads.	
Ice creams, milk-based iced confectionery and dairy deserts		Some uncoated milk-based ice-creams, smoothies, frozen yoghurts and mousses with: - Energy content: ≤600kj per serve - Saturated fat content: ≤3g per serve	Some chocolate/icing coated and premium ice-creams. Some uncoated milk-based ice-creams, smoothies, frozen yoghurts and mousses which have: - Energy content: >600kj per serve - Saturated fat content: >3g per serve
Ice-blocks and fruit based ice confectionery		Some ice-blocks, sorbet, water-or-fruit-based ice confectionery, smoothies and ice crushes with: - Energy content: ≤600kj per serve - Saturated fat content: ≤3g per serve	Some ice-blocks, sorbet, water-or-fruit-based ice confectionery, smoothies and ice crushes with: - Energy content: >600kj per serve - Saturated fat content: >3g per serve
Deep fried foods			All
Fats and oils	Mono or poly-unsaturated spreads, oil sprays and vegetable oils. E.g. Canola, olive, rice bran, sunflower, soya bean, flaxseed, peanut or sesame. Use in small amounts.	Saturated fats and oils. E.g. Butter, lard, palm oil, coconut cream. Use in small amounts	
Legumes	All forms of dried and prepared beans and peas. E.g. Baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, split peas, bean curd and tofu.		



Meat, fish, poultry, eggs.	Lean meats such as chicken, turkey, beef, pork, lamb and veal with visible fat and skin removed. All fresh and plain frozen fish. Tuna, salmon, sardines canned in spring water with no added salt. Eggs. No processed meats.	Processed meats with: - Serving size ≤50g - Energy content: ≤900kj/100g - Saturated fat content: ≤3g/100g - Sodium content: ≤700mg/100g E.g. Ham, luncheon meats, saveloys, frankfurters, salami, pastrami, corned beef, bacon and processed chicken meat.	Processed meats with: - Serving size >50g - Energy content: >900kj/100g - Saturated fat content: >3g/100g - Sodium content: <700mg/100g E.g. Ham, luncheon meats, saveloys, frankfurters, salami, pastrami, corned beef, bacon and processed chicken meat.
Nuts and seeds	All plain, unsalted, unroasted nuts and seeds. Serving size: ≤50g	All plain/salted/sugared/roasted nuts and seeds. Serving size: ≤50g	All plain/salted/sugared/roasted nuts and seeds. Serving size: >50g
Spreads, sauces, condiments and dressings	Reduced fat/sugar/salt varieties of table spreads/margarine/nut butters/salad dressings/mayonnaise. Vegetable based sauces and spreads, hummus, yeast and vegetable extracts, mustard. Use in small amounts.	Regular varieties of table spreads/margarine/nut butters/salad dressings/mayonnaise, butter and cream. Use in small amounts.	
Vegetables	All fresh, frozen, sodium reduced canned and dried plain vegetables		