

# HEALTHY FOOD

## EVENT TIP SHEET

To create healthy change in our community the healthy choice has to be the easy choice. An effective way to create healthy change is to ensure your event has healthy food choice options. Ideally this means as many healthy food choice options as there are unhealthy food.

### IN ORDER TO RUN AN EVENT WITH HEALTHY FOOD OPTIONS YOU WILL NEED...

- Buy-in from the event organising committee to ensure commitment to providing healthy foods and drinks.
- To develop clear expectations around the types of food available at the event. Ensure these expectations are effectively communicated to all food providers/stall holders. This may include developing a healthy food and drink statement to be included in all communications.
- Encourage food providers/stall holders to think about the following:
  - Healthier and fresher options, i.e plenty of vegetables and fruit.
  - Dietary options like vegetarian and gluten-free.
  - Portion sizes, and healthy combo options that are competitively priced and promoted.
  - Prepare foods with unsaturated fats, low in salt, no added sugar and less processed.
  - Buy or gather, prepare, cook and store food in ways that keep it safe to eat.
- Make your event water-only (see water-only events tip sheet) if possible provide free water or sell and promote water as the drink of choice.
- Signage and promotion of healthy food and drink options, this may include messaging in event promotional materials such as posters, advertisements, website and facebook material.

### OTHER THINGS THAT MAY BE HELPFUL

Your local public health centre may be able to provide you with resources such as pamphlets and posters that provide information to support your event.

If you would like further information or support to run an event including healthy food options event contact our team at Te Oranganui Iwi Health Authority or the Whanganui District Health Board

**Healthy Families Whanganui**  
Rangitīkei Ruapehu  
[www.healthyfamilieswrr.org.nz](http://www.healthyfamilieswrr.org.nz)  
(06) 349 0007

**Public Health Centre**  
Health Promotion Officer  
Nutrition and Physical Activity  
06 348 1791 extn 7891

