

Guidelines for food vendors

Increasing healthy food and beverage options in Wodonga

Eating a diet high in sugar and fat contributes to levels of obesity. With only half the population eating the recommended amounts of fruit and vegetables, it is no surprise our region is an obesity hotspot. In Wodonga, 60 per cent of people are either overweight or obese. We also consume high levels of soft drink, with one in five people drinking sugary soft drink every day.

Wodonga Council is committed to creating opportunities for the community to be as healthy as possible by offering healthy food and beverage options at all community events.

If you are applying to be a food vendor at a Wodonga Council event, your application will be strengthened if you can demonstrate that you are offering food and beverage options based on one or more of these principles:

1. Healthy
2. Locally grown and sourced
3. Reflects the cultural diversity of Wodonga
4. Affordable
5. Available in children's portions.

Healthier food options are low in sugar, fat and salt and high in fibre and/or plant-based foods such as:

- Corn on the cob (no salt, no butter)
- Fresh fruit and reduced fat yoghurt
- Sushi (avoid deep fried fillings)
- Falafel (not deep fried)
- Turkish bread (preferably wholemeal) with tabouli and low fat tzatziki
- Frozen fruit sticks
- Paella
- Vegetable burgers, vegetable kebabs
- Rice paper rolls with lean meat and/or vegetables
- Vegetables and lean meat wraps or sandwiches
- Fresh fruit and vegetables
- Pita bread pizzas with lean toppings and vegetables
- Baked potatoes with low fat fillings
- Salads
- Healthy barbeque (please see our Healthy BBQ guide)
- Cakes and baked items made with wholemeal flour and where possible un-iced.



Healthier beverage options include:

- Bottled water
- Small 99-100% fruit juice
- Reduced fat flavoured milk and/or smoothies.

These guidelines have been informed by *Healthy Together Victoria Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces*. Please contact Wodonga Council's Community Planning and Wellbeing team if you have any questions about these guidelines by phoning (02) 602 9300.

Resources:

- Australian Dietary Guidelines - Advice about the amount and kinds of foods that we need to eat for health and wellbeing: eatforhealth.gov.au
- Healthy Together Wodonga's *Healthy BBQ Guide*: wodonga.vic.gov.au/community-services/healthy-together-wodonga/news-projects/201510196301105.asp
- The Victorian Healthy Eating Enterprise *Healthy Food Charter*: wodonga.vic.gov.au/community-services/healthy-together-wodonga/images/1209028_Healthy_Food_Charter_web.pdf