

## Option 1: Do not develop a Sugar Sweetened Beverages (SSB) Policy or a Healthy Food Policy

### *What this could mean:*

This means the Council would not develop an SSB nor a Healthy Food policy, and would continue to sell SSBs at Council-owned premises and at functions and meetings. It would not take steps to promote healthy food and beverage consumption at events with which the Council is involved. This option also means the Council would not look to improve access to healthy food for staff, elected representatives and visitors.

### **Advantages**

- Places ownership with agencies, including central government, whose core business is to deliver health-related outcomes
- Would satisfy the Council's resolution to investigate the implications of developing an SSB policy
- Would not create any negative impact on sales related to food and beverages sold at Council-owned premises, events, or functions

### **Disadvantages**

- Lost leadership opportunity for the Council to advocate and educate the community on healthier food and beverage options
- Means the Council would not be taking an arguably reasonable approach to improving health outcomes
- Would not appear to be aligned to the Council's Leading Edge Strategy
- Could be seen as not supporting the work of health agencies and partners

## Option 2: Develop a Sugar Sweetened Beverages Policy

*What this could mean:*

- SSBs would not be sold at Council-owned premises (at present this could mean the Council's main building, the Splash Centre, and cafés located at the Airport and Gonville and Davis libraries)
- Reasonable steps to promote water at Council-owned premises
- Council meetings, functions and workshops could be SSB-free
- The Council could take reasonable steps not to sell SSBs but to promote water at events
- Draft exclusions from this policy include:
  - Hot beverages including coffee, tea or hot chocolate
  - Beverages that are already subject to an age restriction
  - Events and functions that are not funded by the Council
  - Council social housing premises
  - Commercially leased Council-owned premises which are not considered to be Council-associated operations.

### **Advantages**

- Making healthy eating a daily norm and creating environments that make it the easy and affordable choice
- Contributing to improved health outcomes for staff, elected representatives and visitors
- Alignment with the Council's Leading Edge Strategy
- Would not prevent staff, elected members or visitors from bringing their own SSBs

### **Disadvantages**

- Could be seen as infringing on individuals' rights to freely choose what they consume
- Arguably not a core responsibility of the Council and nor is the policy mandated by legislation
- Could marginalise or create stigma for individuals engaging in a one-off treat
- May not successfully deliver healthy community outcomes

### Option 3: Develop a Healthy Food Policy

*What this could mean:*

- An SSB policy would be applied as outlined above (i.e. no SSBs at Council meetings, workshops, events or facilities)
- Healthy food would be defined by New Zealand's *National Healthy Food and Drink Policy*
- Food provided at Council meetings, functions and workshops could be aligned to the New Zealand Healthy Food and Drink Policy (i.e. 55% of food supplied meets "green category items")
- Reasonable steps would be taken by the Council to encourage healthy food options at events with which the Council is involved
- Information dissemination, where appropriate, would support better health outcomes for staff, elected representatives, visitors and the general public
- Healthy fundraising guidelines would be developed for staff

#### **Advantages**

- Same advantages as an SSB Policy
- Would deliver community leadership
- Could potentially reduce health-related costs due to unhealthy food consumption in the district

#### **Disadvantages**

- Same disadvantages as an SSB Policy
- The definition of healthy food may not be consistently applied
- Could possibly impact on Council-operated café sales