



Healthy Food Guidelines frequently asked questions and answers

Common questions and answers

Q How do the new guidelines differ from what we did previously?

A They are very similar to the previous guidelines. We have simply tweaked them to bring them into line with the DHB Healthy Food and Drink Policy. The main changes you might notice are smaller portions or treat foods and more fruit and vegetable based foods available. Sauces high in fat or salt are either omitted or substituted for healthier versions and served on the side.

Q Can I order food from any caterer I like, or am I restricted to the HPA-approved caterers?

A There are lots of options for catering. So far we have healthy menus from Wellington Catering Ltd, Dusted and Delicious and Blue Carrot. We are also working with additional caterers to adapt their menus. Other options include Eat My Lunch and you can also order food from the supermarket. To keep things simple, we have done all the hard work for you and have checked the menus of our key caterers to make sure they are fully in line. If there are other caterers you think are particularly good please contact Donna Harding. Catering order forms and menus are available on the HUB, food can be ordered from Donna's team.

Q Won't it become boring just ordering food from a restricted list of caterers?

A No. There are plenty of options to choose from and we have developed lots of practical resources to support you and your teams to provide a variety of healthy kai.

Q What will happen if the menus from the preferred caterers change?

A We will liaise with the caterers to update menus and will ensure any menu changes are in line with our healthy food guidelines.

Q If I am travelling for work and I am eating in a remote area or late at night and order unhealthy food (eg, from McDonald's), will HPA reimburse the cost?

A Yes. We do encourage all staff to purchase healthy options when away on business for HPA - there are usually healthy options available in hotels, local restaurants, cafes, or local supermarkets. If, however, you are in a position where fast food or less healthy food is the only available option, HPA will reimburse the cost.

Q Will I be able to buy Coca-Cola or other high-sugar drinks when away on business and then claim back the cost?

A Yes. Although HPA does not support the consumption of high-sugar drinks such as Coca-Cola, and would encourage staff to consume drinks that are in line with the healthy food and drink policy (including water or hot drinks such as tea or coffee), sugary drinks are not banned and will be reimbursed.

Q Can we have cakes or slices when catering for meetings?

A Yes, treat foods such as cakes and slices are included in the menu options. However, the portions are smaller and we would encourage you to also offer fruit at meetings.

Q Are sweeteners and sugar available for tea and coffee at meetings?

A There is sugar available in the kitchens for those who like a little sweetness in their hot drinks. If sweeteners are the preferred option we would encourage people to bring their own.

Q Will I be able to drink dark blue top milk in the office?

A Yes. Dark-blue milk will continue to be provided in the HPA kitchens, along with reduced-fat varieties of milk.

Q Will Milo still be available in the HPA kitchens?

A Yes. Milo will still be available in the HPA kitchens, however it is good to be aware that this is a high-sugar drink. Lower sugar options for hot drinks include tea and coffee.

Q Can we offer fruit juice as an alternative drink?

A No. Fruit juice is high in sugar. Offer water at meetings – jugs and glasses are available in the kitchens on each level of HPA offices.

Q Can I serve butter with muffins and scones?

A Yes, however, butter is high in saturated fats and is discouraged. If butter is served it should be in small portions (less than 10g). Soft margarine is a better option.

Q Will the food I bring for my lunch that has been prepared at home, or purchased by me personally, be checked?

A Definitely not. Any food you bring in from home for your lunch, and any food you buy yourself for your own consumption, will not be checked by HPA.

Q Am I going to be monitored when I bring in food that I have paid for or baked myself for an internal afternoon tea?

A No. Any food you bring in from home for afternoon tea, and any food you buy yourself to share with colleagues, will not be checked by HPA.

Q Can I bring in chocolate to sell as a fundraiser for my child's school?

A We would encourage you to raise funds with non-food fundraisers, such as soaps or candles, rather than chocolates. If you do wish to sell chocolate to work colleagues, please do not have this on display.

Q If my team is organising part sponsorship of a conference, how can I encourage healthy food to be served at the event?

A HPA has developed guidelines for healthy catering to be promoted to conference organisers.

Q Does HPA now require that all conferences we sponsor, or part sponsor, align with the healthy food guidelines?

A Ideally yes, however, we accept that it is not possible to fully control food served at events that are not organised by HPA. We have a fact sheet on catering for conferences that can be shared with conference organisers.

Q If I am organising a photo shoot for work, or need to provide catering at a community event, or focus group or seminar, and the supplier is providing the food, how can I ensure this is healthy?

A We have developed a series of fact sheets to provide advice and information on healthy food when catering for a photo shoot, community event, focus group or seminar. When contracting with research providers it can be stipulated as part of the contract that all food provided must be in line with the healthy catering guidelines.

For more

Find these resources on the [Manaaki at Mahi resource page](#) on [Wellplace.nz](#)