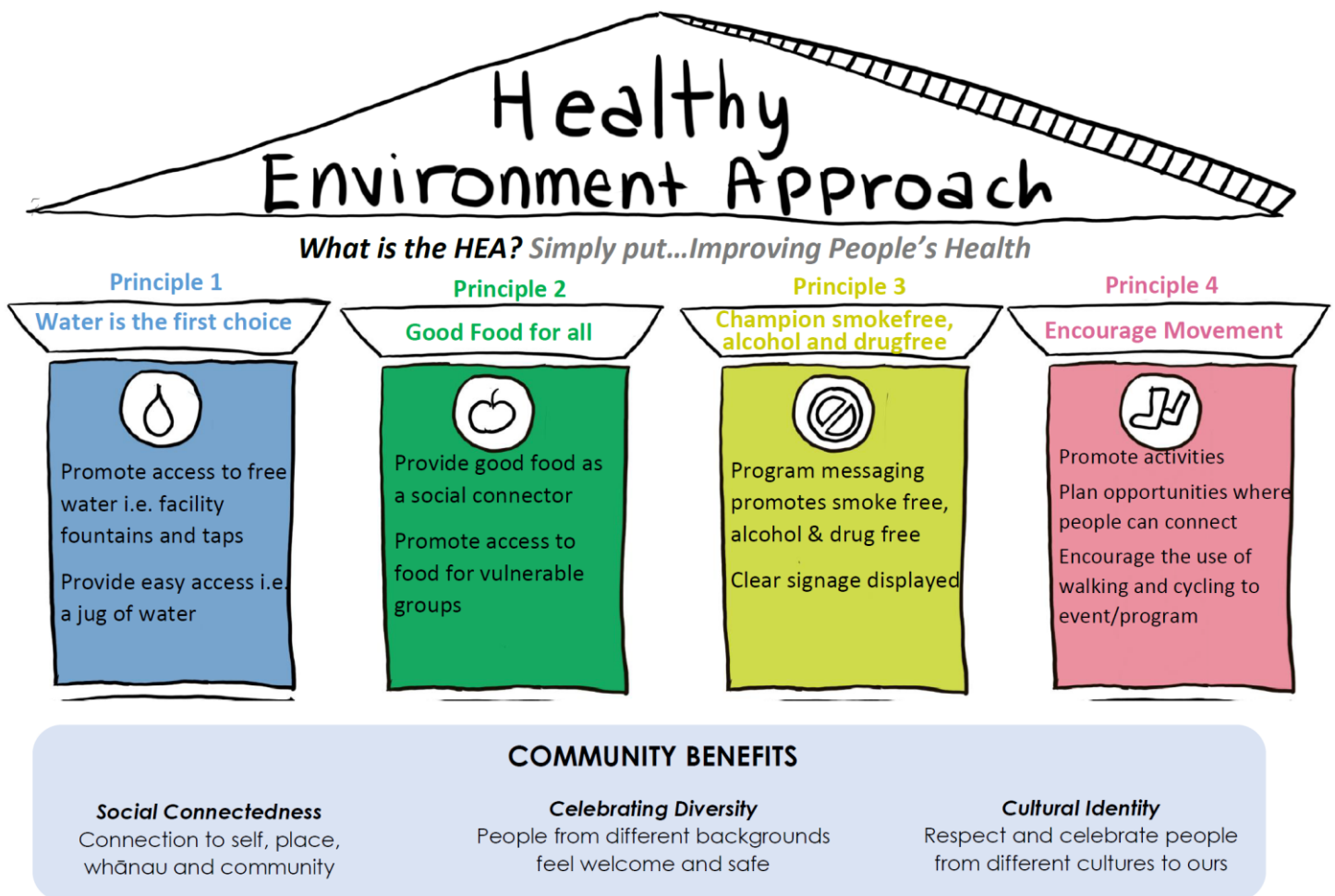


## Healthy Environment Approach

Auckland Council is committed to supporting the health and wellbeing of our whānau and communities. As we have seen in the impact of Covid-19, our wellbeing is a *taonga* that we must value and work together to preserve.

To truly have an impact on the health and wellbeing of our whānau and communities, we need to work together to create a positive culture change, where health and wellbeing is “just how we do things”.

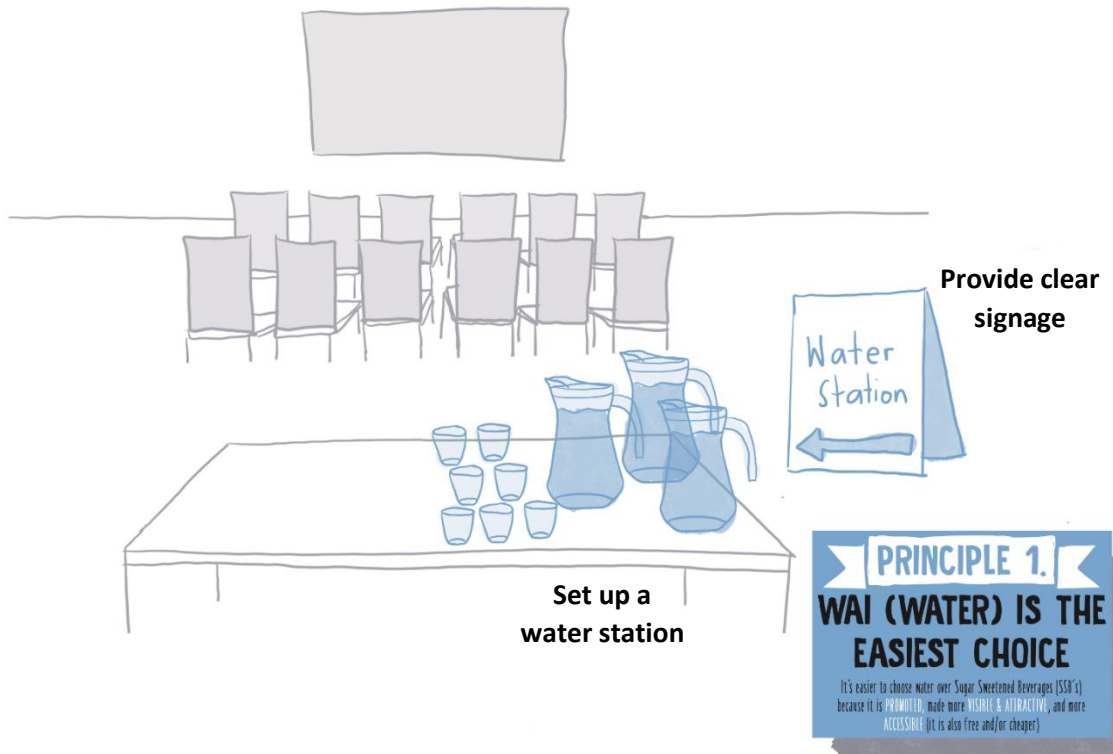
A key way we are doing this is to encourage the Healthy Environment Approach [HEA] to be applied in all our community facilities. The following pages provide an outline of the HEA, and some practical examples of how the HEA principles can be applied in different contexts: cafeteria, event, and workshop/drop-in/community meeting.



*Not all Groups and Services deliver things like food, drink or movement.*

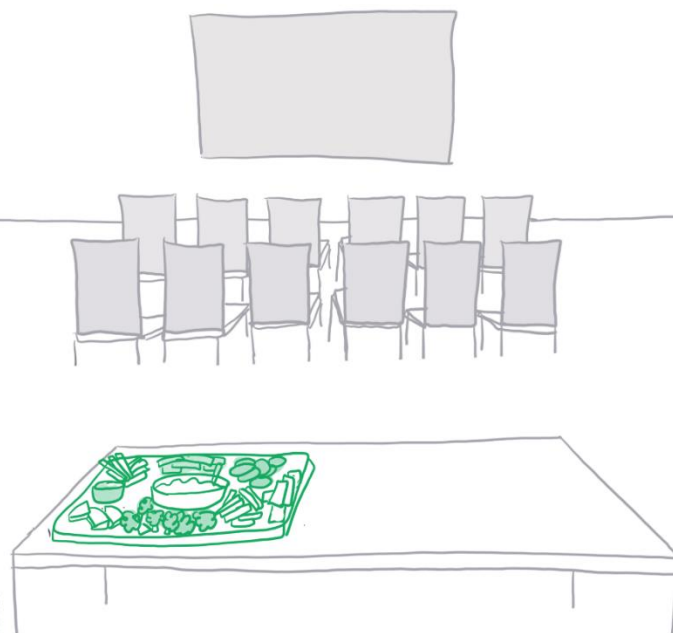
*If you aspire to shift attitudes to normalize a culture change towards improving people's health, CONSIDER APPLYING 1 OR MORE OF THE PRINCIPLES*

# Ideal Healthy Environment Approach for a Workshop, Drop-In Group or Community Meeting



Provide good kai options such as:

- Fruit/vege platter
- Salad bar
- Popcorn & nuts
- Wholegrain bread club sandwiches



**PRINCIPLE 2.**  
**GOOD KAI (FOOD)  
FOR ALL**  
Kai (food) is nutritious, inclusive, accessible, affordable, celebrated and sustainable

For more food and drink ideas click on the link below:

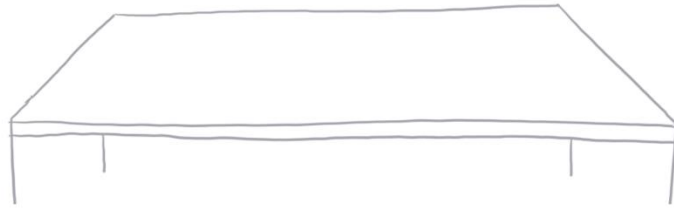
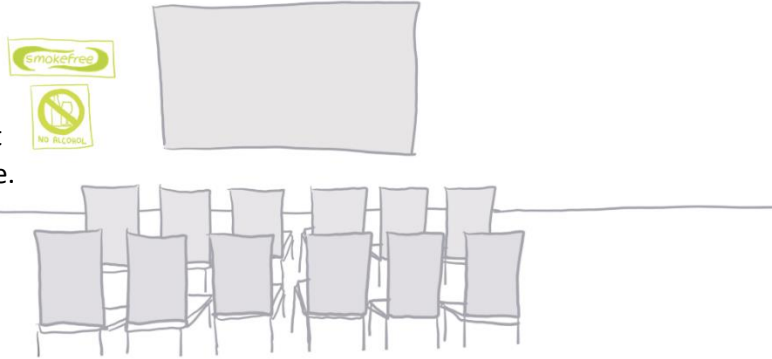
<https://static1.squarespace.com/static/5cf74c8f2829e20001db724f/t/5faa281f3511d8442badce50/1604986914286/Food-Drink-Catering-Guidelines+%28Bronze+Silver+Gold%29.pdf>

**PRINCIPLE 3.**  
**CHAMPION SMOKEFREE,  
ALCOHOL & DRUG FREE**  
Our community champions and leaders continue to promote  
smokefree, alcohol free & drug free (where appropriate)

**Put up signage**

Signage should be used to make it clear that the venue is Smoke Free.

For free resources click [HERE](#)



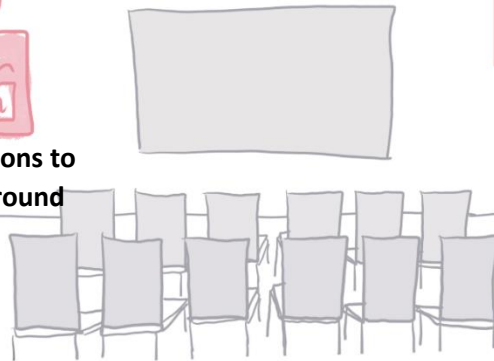
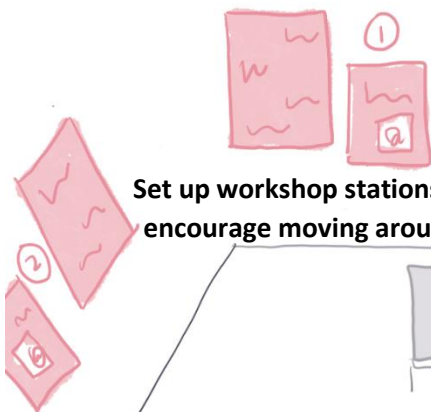
Instructions to access venue includes all travel options e.g. bus, walkway, bike path



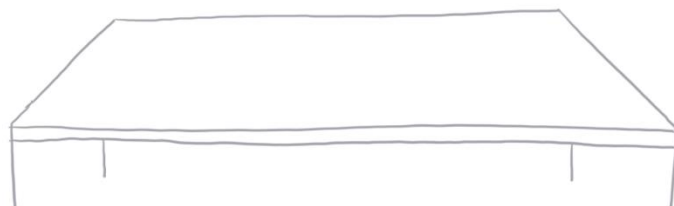
**PRINCIPLE 4.**  
**ENCOURAGE MOVEMENT**  
We look for ways to nudge people to walk, cycle, play, and dance instead of driving or sitting

Provide bike racks

Set up workshop stations to encourage moving around



Tall tables to encourage standing



# Ideal Healthy Environment Approach for an Event



**PRINCIPLE 1.**  
**WAI (WATER) IS THE EASIEST CHOICE**  
It's easier to choose water over Sugar Sweetened Beverages (SSB's) because it is PROMOTED, more visible & ATTRACTIVE, and more ACCESSIBLE (it is also free and/or cheaper)



**PRINCIPLE 2.**  
**GOOD KAI (FOOD) FOR ALL**  
Kai (Food) is nutritious, inclusive, accessible, affordable, celebrated and sustainable

- Fruit and vege platter
- Popcorn instead of chips
- Appropriate portion size

For more food and drink ideas click on the link(s) below:

**PRINCIPLE 3.**  
**CHAMPION SMOKEFREE,  
 ALCOHOL & DRUG FREE**  
Our community champions and leaders continue to promote  
 smokefree, alcohol free & drug free (where appropriate)



**Put up signage**



Signage should be used to make it clear that the event is  
 Smoke Free. **For free resources click [HERE](#)**



**Meet with event MC, staff &  
 volunteers to provide tips for  
 example:**

Public announcements to  
 remind patrons that it is a  
 Smoke Free event.

**For more tips, click [HERE](#)**



Some events require an 'Alcohol Special Licence'.  
**For more info, click [HERE](#)**



**PRINCIPLE 4.**  
**ENCOURAGE  
 MOVEMENT**  
We look for ways to nudge people to walk, cycle, play, and  
 dance instead of driving or sitting

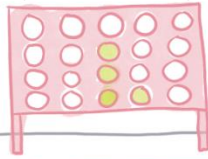


**Activities for play  
 (kids & adults)**

**Dancefloor to  
 get people  
 moving**

**Tall tables to  
 encourage  
 standing**

**Provide a  
 bike rack**

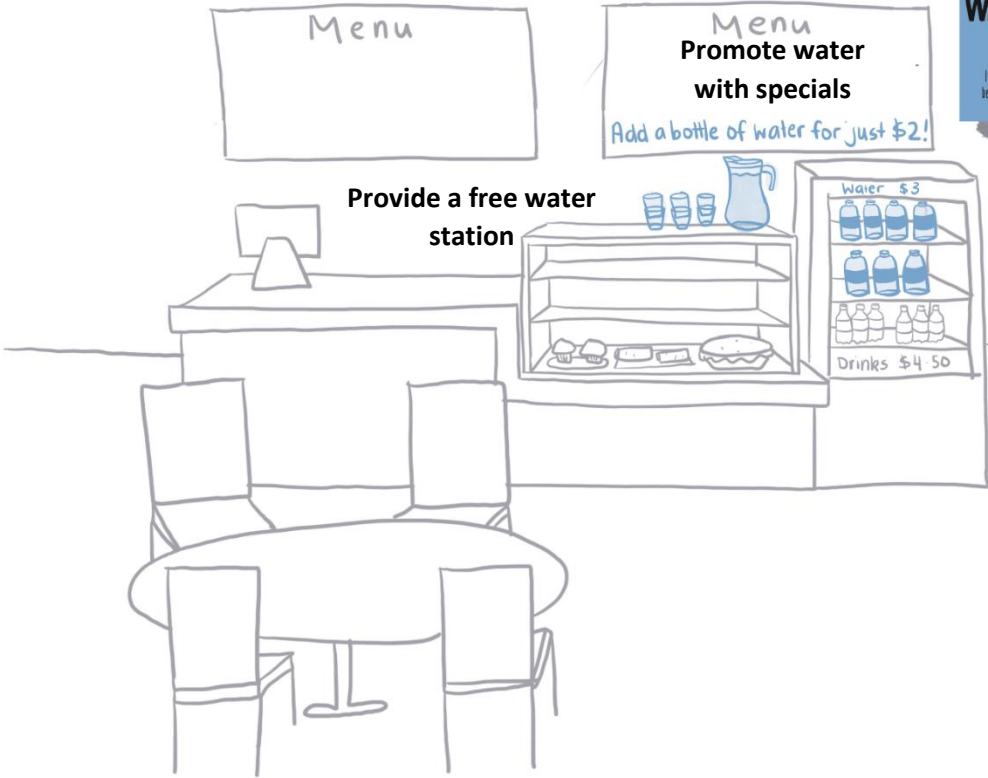


**Instructions to access  
 venue includes all travel  
 options e.g. bus,  
 walkway, bike path**



# Ideal Healthy Environment Approach for a Cafeteria

**PRINCIPLE 1.**  
**WAI (WATER) IS THE EASIEST CHOICE**  
It's easier to choose water over Sugar-Sweetened Beverages (SSB's) because it is PROMOTED, made more VISIBLE & ATTRACTIVE, and more ACCESSIBLE (it is also free and/or cheaper)

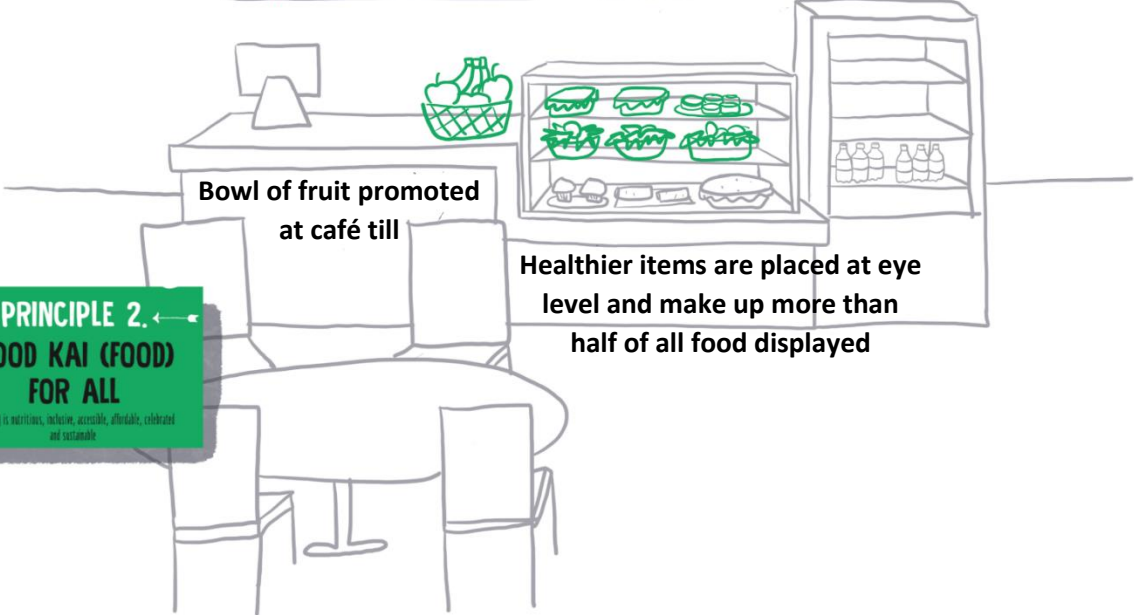


Water is placed at eye level and makes up more than half of all drinks displayed

Menu items are mostly containing lots of fruit/vegetables, minimally processed, and reflects the cultures of the community

Menu	
Piece of Fruit	\$1.50
Big Breakfast w/ Salad	\$10
Vegetable Frittata	\$5
Luscious Pie w/ Salad	\$7

Menu  
 Ensure portion sizes are appropriate



Healthier items are placed at eye level and make up more than half of all food displayed

**PRINCIPLE 2.**  
**GOOD KAI (FOOD) FOR ALL**  
Kai (Food) is nutritious, inclusive, accessible, affordable, celebrated and sustainable

For more food and drink ideas click on the link(s) below:

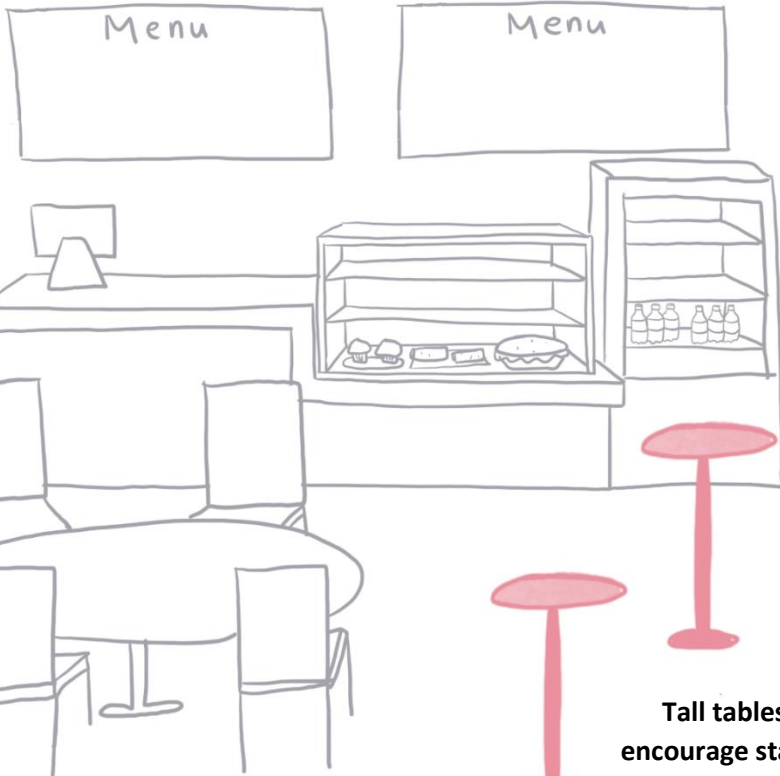
**PRINCIPLE 3.**  
**CHAMPION SMOKEFREE,  
ALCOHOL & DRUG FREE**  
Our community champions and leaders continue to promote smokefree, alcohol free & drug free (where appropriate)



**Put up signage**

Signage should be used to make it clear that the cafeteria is Smoke Free.

For free resources click [HERE](#)



  
**Put up posters promoting community movement programmes**

**PRINCIPLE 4.**  
**ENCOURAGE MOVEMENT**  
We look for ways to nudge people to walk, cycle, play, and dance instead of driving or sitting

**Tall tables to encourage standing**