

# General Healthier Food & Drink Principles



Plenty of fruits and vegetables.



Where possible, choose grainy foods that are wholegrain or wholemeal.



Food and drink are mostly minimally processed and prepared in ways that minimize sugar, fat and salt.



A range of portion sizes are available and promoted.



Water is the most available and cheapest drink option.



Diet/zero sugar drinks make up less than 45% of all drink options.



Limit snack food choices.



Limit deep fried and confectionary options available for sale.



Bakery items are less than 1/3 of total food options available.

**THE VISION: OUR SPACES  
ENABLE AND PROMOTE  
ACTIVE, HEALTHY &  
FLOURISHING COMMUNITIES**

**For more information,  
please visit**

**[www.fndc.govt.nz](http://www.fndc.govt.nz)**

**and search  
“food premises”**

# Nourishing our community

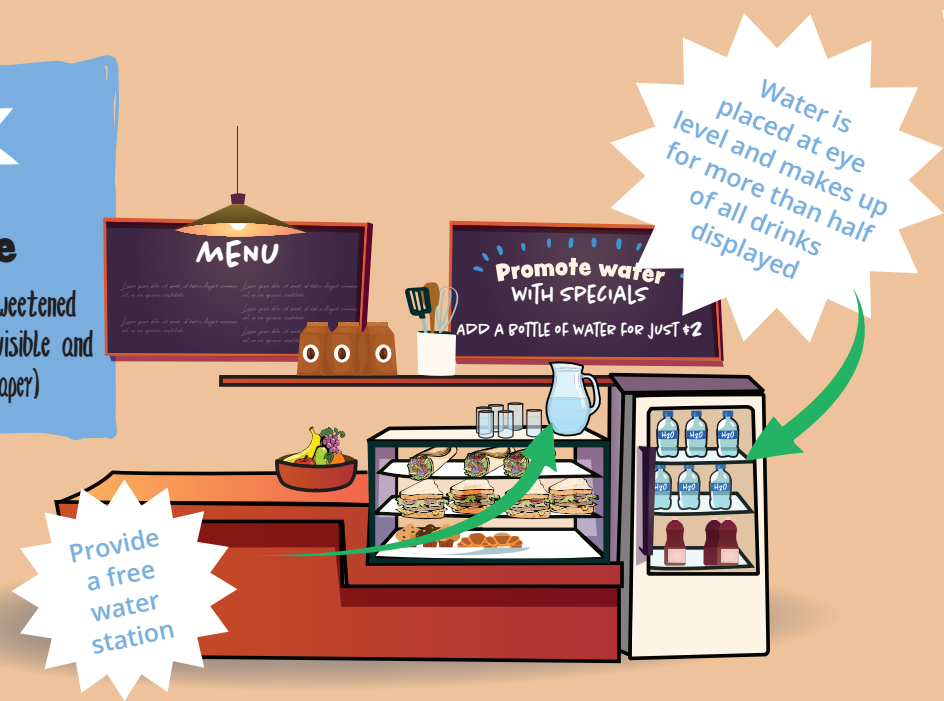


**A guide for  
food businesses**

# The Northland Councils have partnered with Healthy Families Far North to think about how we care for communities through our built environments.

This guide will help food businesses to consider the way they promote wai (water) over sugary beverages by making wai more visible, attractive, and accessible. The guide will also help businesses think about the type of kai (food) they offer and ways they can promote kai, which is healthier, nutritious, affordable, and sustainable.

**PRINCIPLE 1.**  
**Wai (water) is the easiest choice**  
It's easier to choose water over sugar-sweetened beverages when it is promoted, made more visible and accessible (it is also free and/or cheaper)



Menu items are minimally processed and contain lots of fruit and vegetables and reflect local culture

Bowl of fruit promoted at café till

**PRINCIPLE 2.**  
**Good kai (food) for all**  
Kai (food) is nutritious, inclusive, accessible, celebrated and sustainable



Healthier items are placed at eye level