

Healthy and sustainable food policy

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Outline of presentation

- Why a policy?
- Contents
- Timescale/what next?

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Why a policy?

- Evidence
 - NICE (2010, 2012)
 - Nuffield Bioethics (2007)
 - Fair Society, Healthy Lives, IHE, (2010)

Policy context

- Healthy Lives, Healthy People, (2010), DH
- Public Health Outcomes Framework (2013/16), DH

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Why a policy?

- CVD and Healthy Weight frameworks (2014), DCC
- Sustainable Local Food Strategy, 2014-20, Food Durham
- Internal discussion after vending machine procurement exercise

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Contents

- Based on Sustain's Good Food at Work (2015) four principles
 - Helping staff to eat healthy and sustainable food.
 - Ensuring internal/external catering is focused on sustainable and healthy food.
 - Communicating the message (staff, clients, Councillors, other businesses).
 - Embed good food into practice

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Contents –cont'd

Seven principles of Good Food

1. Aiming to be waste free
2. Eating better and less meat and dairy
3. Buying local, seasonal and environmentally friendly food.
4. Choosing fairtrade certified products.
5. Selecting fish only from sustainable sources

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Contents – cont'd

6. Getting the balance right

7. Growing our own and bringing rest from
a wide range of outlets

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Timescales

1. Draft policy – written and shared with DCC officers, July-August 2016
2. Reports to Management Teams, August- October 2016
3. Sign off and launch late autumn 2016

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