

WORKPLACE FOOD AND NUTRITION

POLICY STATEMENT

The Bay of Plenty District Health Board (BOPDHB) is committed to supporting the Toi Ora (health and wellbeing) of its workforce and visitors and their whānau and healthy eating plays an essential part. Unhealthy diets is the major contributing risk factors to preventable chronic diseases including diabetes, cancer, and heart disease. Unhealthy diets are a symptom of inequities in income, food security, food choices and access to land and safe drinking water. Māori are more likely to experience these inequities. Inequities for Māori are a breach of Article 3 of Te Tiriti o Waitangi.

To fulfill our health and safety obligations, our Tiriti obligations and our obligations to ensure equity in health outcomes, it is important BOPDHB provides supportive environments, practices, and information which encourage and facilitate optimal nutrition for staff and visitors and their whānau. BOPDHB commitment also extends to the Toi Ora of our environment; we will demonstrate internal and external leadership in environmentally sustainable practice, with food, water, and waste being three of the 10 key environmental sustainability priorities. The WHO Global Nutrition Report highlights the effectiveness of healthy food policies as part of a multi-level, holistic package of actions to support a healthy food system, planetary health and population health.

BOPDHB is a Tiriti led DHB. Through Te Toi Ahorangi we are pursuing an authentic Tiriti relationship. Achieving equity in health outcomes is a part of an authentic Tiriti relationship. Te Toi Ahorangi commits BOPDHB to Toi Ora. Toi Ora allows all people in the Bay of Plenty to achieve their aspirations for wellbeing, to become flourishing descendants of Toi. Toi Ora is achieved in practices that implement He Pou Oranga Tangata Whenua. Food has a greater significance than just physical nourishment; it can enhance or diminish Mana Atua, the importance of food in spiritual and religious practices, Mana Moana and Mana Whenua, our relationships with our environment, Mana Tupuna, our relationships with traditions and cultural practices and Mana Tangata, the centrality of food in building relationship with each other.

These relationships are enhanced in He Pou Oranga Tangata Whenua where our policies and processes for workplace food and nutrition are grounded in the values of the following Pou Oranga:

Manaakitanga – behavior that enhances the mana of other people, for example catering food for guests who have travelled long distances for a hui (meeting) and ensuring our visitors and whānau who use BOPDHB services are well fed with healthy and nutritious food.

Rangatiratanga – the attributes of positive leadership and sovereignty, for example food sovereignty where focus is placed on food for people, building peoples' food knowledge and skills, and valuing and supporting local, sustainable food production and consumption. As a Tiriti partner this also commits us to partnering with whānau, hapū, iwi and kaupapa Māori partners in decisions on workplace food and nutrition.

Wairuatanga – the spiritual and religious significance of food to multiple cultures, intimately connected to the environment, maunga, awa, moana, marae and the maintenance of tapu and noa associated with these relationships, for example the whakanoa process of hakari following the pōwhiri .

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Kaitiakitanga – caring for our people and planet, for example purchasing and serving healthy, sustainably grown food, eliminating and minimising food waste and food packaging. This includes actively protecting and advocating for traditional and heritage foods.

SCOPE

The Policy applies to all BOPDHB facilities / sites, contractors and staff, including:

- All food and drink provided by, or able to be purchased from any retailer, caterer, vending machine, snack box or volunteer service on BOPDHB premises for consumption by staff and visitors and their whānau
- Any gifts, rewards and incentives offered to staff, guest speakers and / or formal visitors on behalf of BOPDHB if it has food and/or drinks
- Any fundraising
- All health service providers contracted by the DHB
- All catering for BOPDHB meetings, functions, and events (both on and off-site)

EXCLUSIONS

While the provision and consumption of healthy food and drink options is strongly encouraged this policy excludes:

- Food and drink brought into BOPDHB facilities by employees or visitors and their whānau for their own consumption although the DHB encourages employees and visitors and their whānau to refer to the provisions of this policy when preparing their own food.
- Self-catered shared meals both on and off site although the DHB encourages employees and visitors and their whānau to refer to the provisions of this policy when preparing their own food.
- Gifts from families / whānau to staff.
- Gifts, rewards and incentives that are self-funded.
- Inpatient meal services.

REFERENCES

- [Ministry of Health New Zealand Food and Nutrition Guidelines](#)
- [Ministry of Health National District Health Board Healthy Food and Drink Policy](#)
- [Development Initiatives, 2018. 2018 Global Nutrition Report: Shining a light to spur action on nutrition. Bristol, UK: Development Initiatives](#)

ASSOCIATED DOCUMENTS

- Bay of Plenty District Health Board policy 5.4.9 protocol 1 Workplace Food & Nutrition Standards

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