

ARTHURS SEAT Balnarring
Baxter BITTERN BLAIRGOWRIE
Boneo CAPE SCHANCK Crib Point
CARRUM DOWNS Dromana FINGAL
Flinders FRANKSTON Frankston North
Frankston South HASTINGS Langwarrin
MAIN RIDGE McCrae MERRICKS
MERRICKS NORTH Moorooduc
Mornington MT ELIZA Mt Martha
Pearcedale PORTSEA Pt Leo
RED HILL RED HILL SOUTH
Rosebud ROSEBUD WEST RYE
Safety Beach Sandhurst Seaford
SHOREHAM Skye SOMERS Somerville
Sorrento ST ANDREWS BEACH
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Healthy events

A planning resource



Peninsula
Health

Building a **Healthy**
Community, in Partnership

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We acknowledge and pay respect to the traditional people of this region, known as the Myone Buluk of the Boon Wurrung language group of the greater Kulin Nation. We pay our respects to the land this organisation stands on today. We bestow the same courtesy to all other First Peoples, past and present, who now reside in this region.

Your organisation can be a leader by encouraging people to adopt a healthier way of living.

Promoting health at your event

A health promoting event is one where organisers create an environment where healthy choices are the easy choices. Healthy behaviours are promoted and modelled by staff, volunteers and visitors¹.

Even though people often go to events to have a good time and to not worry about health, many health promotion strategies simply protect patrons from harm and increase their enjoyment of your event².

At the beginning of the planning, commitment should be sought from all members on the planning committee that the event promotes health and wellbeing or at the very least minimises potential harms to people's health. Event organisers shouldn't see themselves as the fun police, but rather as community champions.

Promoting the healthy aspects of your event might encourage people to attend who would have otherwise been reluctant. For example, promoting an event as a 'smoke-free event' might encourage non-smokers (who make up roughly 87% of our local community³) to attend with the knowledge that they and their children won't be subject to the harms of second-hand smoke.

Peninsula Health Services

Peninsula Health is the major public healthcare provider in Frankston and the Mornington Peninsula. There are a number of low-cost or free services within Peninsula Health that may be of interest to the community and could be promoted at your event. This could be done by having a dedicated stall for Peninsula Health services or simply making information brochures available to attendees.

Some of the services provided by Peninsula Health that you may be interested in promoting at your event include:

- Aboriginal and Torres Strait Islander Health
- Alcohol and Other Drug Services
- Children's Services
- Counselling
- Dental
- Diabetes Education
- Dietitian
- HARP (Hospital Admission Risk Program)
- Homeless Outreach (M.I Health)
- Men's Behaviour Change Program
- Men's Shed
- Planned Activity Groups
- Physiotherapy
- Podiatry
- Quit Smoking Support Services
- Rehabilitation Services
- Sexual Health
- Youth

To find out about having a Peninsula Health stall or for information and advice contact **1300 665 781**.

¹ Healthy Events Made Easy. 2004. Health Pact ACT.

² Healthy Events Tasmania. A guide for event organisers. 2009. Eat Well Tasmania.

³ Victorian Population Health Survey. 2011. Department of Health Victoria

Healthy Catering Options

By serving healthier food and drinks at your event you can model healthy eating behaviours and promote positive health and nutrition messages to the wider community⁴. Rates of healthy eating are very low with 91% of Mornington Peninsula Shire residents and 94% of Frankston City Council residents not eating the recommended amount of fruits and vegetables⁵.

Appendix 1: Healthier Choices Menu Checklist and **Appendix 2: Healthy Food and Drink Suggestions** can help caterers or food vendors to include healthier options especially if you demand it.

Alternatively, request that they use the traffic light system; 'best choices' are green, 'choose carefully' foods are amber and 'foods to limit' are red. This system is often used in school canteens⁶ and information can be found in **Appendix 3: Healthy Food Choices**.

You can also secure donated fruits and vegetables from SecondBite to give away at your event. Simply contact SecondBite on <http://secondbite.org/receive-food>.

Water

Water is the best drink for health and providing free access will ensure that everyone can benefit from it. If you are providing drinks for sale or free of charge then water is a much better option than soft drinks.

Did you know a regular 600mL bottle of soft drink contains up to 16 teaspoons of sugar? Sugar sweetened drinks, including soft drinks, sports drinks, energy drinks, fruit drinks and cordials are the largest source of added sugar in the Australian diet. Daily rates of soft drink consumption in the catchment are high with 21% of people living in Frankston City Council and 18% of people living in the Mornington Peninsula Shire drinking soft drink everyday⁷.

If your venue does not have easy access to drinking water, you may want to consider booking a 'Hydration Station' from South East Water. The Hydration Station provides accessible drinking water from a large trailer-sized fountain for a quick drink or to top up water bottles.

It can be booked by phoning **9552 3873** or by going online at <http://southeastwater.com.au/NewsEvents/Pages/HydrationStation.aspx>.

⁴ Healthier Choices: Guidelines for serving healthier foods at local council meetings, functions and events. Cancer Council NSW.

⁵ Department of Health 2014. *Victorian Population Health Survey 2011–12, survey findings*. State Government of Victoria, Melbourne

⁶ Guidelines for healthy foods and drinks supplied in school canteens. 2014. Australian Government Department of Health.

⁷ Department of Health 2014. *Victorian Population Health Survey 2011–12, survey findings*. State Government of Victoria, Melbourne

Tobacco, Alcohol and Other Drugs

Providing a smoke-free venue protects the health and wellbeing of all of your attendees. The harms of second-hand smoke have been well documented and are more severe for children⁸.

Reforms to the *Tobacco Act 1987* have required that the following areas be maintained as smoke-free:

- patrolled beaches
- outdoor public children's playground equipment
- skate parks
- sporting venues during organised under-age sporting events
- outdoor areas within public swimming pool complexes
- within the grounds of, and within 4 metres of entrances to childcare centres, kindergartens, preschools, primary and secondary schools
- within 4 metres of the entrances to children's indoor play centres, public hospitals, community health centres and Victorian Government buildings

If your venue does not have existing smoke-free signage, you can print the A4 poster in **Appendix 4: Smoke Free Poster** or from this website:

<https://www2.health.vic.gov.au/Api/downloadmedia/%7BAC85EE5C-A22A-46F5-8D05-5B2E9241DDB3%7D>

It is possible to have enjoyable events without alcohol. Adult guests might appreciate a refreshing drink that doesn't give them cause for worry about being over the limit when they drive home and teenagers won't be tempted to attempt to purchase alcohol at your events. You do however need to consider events where people may attempt to bring in their own alcohol, especially events on weekends or after hours. Having a strategy in place such as security, bag checks and the ability to remove attendees who do bring their own alcohol will help keep the event safe and enjoyable for all.

If your venue does not have existing alcohol-free signage, you can print the A4 poster in **Appendix 5: Alcohol Free Poster**.

If you do plan to have alcohol available at the event, remember that alcohol is a social drug that affects people in different ways. To minimize potential harm, ensure all staff practice responsible service of alcohol and ensure you have informed the local police of the event taking place.

You may want to promote your event as smoke free and/or alcohol-free and/or drug-free so that the event may be more appealing to families.

Active Transport Options

Encouraging active transport to and from your event not only promotes health and wellbeing, it also helps reduce traffic congestion and improves safety by having fewer cars in and around your event venue.

⁸ www.quit.org.au/about/frequently-asked-questions/faqs-passive-smoking/effects-children.html

Roughly 1.3% of Australian adults rely on motorised mobility scooters as a source of transport and surprisingly 51% of scooter users are under 60 years old⁹. Providing an electricity socket for event attendees to use to recharge their scooters effectively doubles the distance those attendees are able to travel. If this is advertised on your promotional material, you may attract people to your event that would otherwise be unable to attend.

When advertising your event, include information about how the venue can be accessed by public transport. Public transport information is available at <https://ptv.vic.gov.au/>. An example of how you can advertise public transport options is shown below:

Peopleville Community Festival

18th May, 10AM – 6PM

457 Main St, Peopleville (can be accessed by bus routes 785 and 756)

Sun Protection

Sun protection is important all year round. UV levels can be high in winter even when the weather appears overcast or cloudy. To check the daily UV level, visit <http://www.sunsmart.com.au/>.

If your event is outdoors, you may want to consider providing marquees and/or sunscreen for event attendees. If you do not have a budget to purchase sunscreen, consider approaching a local supermarket or pharmacy and ask them to donate some for your event in return for sponsorship.

You could consider purchasing caps with your logo as part of your promotional strategy.

More Information

For further information and support, email healthpromotion@phcn.vic.gov.au.

⁹ Mobility scooter usage and safety survey report. 2012. Australian Competition and Consumer Commission.

Healthy events checklist

The following checklist outlines how your event could be more health promoting. There is no ‘pass’ or ‘fail’ assessment: simply consider each of the following points when planning your event and take on as many as you think would work.

Event:			
Date:		Location:	

1. Promoting health at your event

- Everyone involved with planning the event understands that the event aims to be as healthy as possible.
- Everyone involved with planning the event understands the actions below are being used to promote health and wellbeing at the event.
- There are presentations or stall holders at the event that encourage people to take part in health and wellbeing activities.
- The event is promoted as a ‘healthy event’.

2. Peninsula Health services

- Peninsula Health or other health services have been invited to be involved with the event.

3. Healthy catering /food vendor options

- Caterers or food vendors have been asked to consider the Healthier Choices Menu checklist **(see Appendix 1)**
- Caterers or food vendors have been encouraged to provide food from the Healthy Food and Drink Suggestions **(see Appendix 2)**
- Caterers or food vendors have been provided with the ‘Healthy Food Choices’ information sheet **(see Appendix 3)** on food categories and asked to limit the amount of ‘red’ foods available and promote ‘green’ foods (e.g. with highly visible product placement or food/drink deals).
- SecondBite is providing free fruit and vegetables at the event.

4. Water

- Access to free water is available to everyone at the event.
- A “Hydration Station” has been booked from South East Water.
- Water bottles are provided as giveaways.

5. Tobacco, alcohol and other drugs

- The event is smoke-free.
- The venue has adequate smoke-free signage or if not, signs will be posted at our event (**see Appendix 4**).
- The event is alcohol-free
- The venue has adequate alcohol-free signage or if not, signs will be posted at our event (**see Appendix 5**).

6. Active transport options

- The venue has electrical sockets that can be made available as mobility scooter recharge points.
- The venue has bike racks/storage to encourage people to ride their bikes.
- Public transport information is included on event promotions.
- The location of scooter recharge points, bike racks and public transport has been included on the venue/event map.

7. Sun protection

- Sunscreen is provided for event attendees.
- Event staff/volunteers working outdoors are provided with or encouraged to bring their own hats and sun protective clothing.
- There are adequate areas in the shade for people to seek relief from the sun.

Appendix 1: Healthier Choices Menu Checklist¹⁰

Healthier Choices Menu Checklist (Section 1 of 2)		Tick
Check that the menu offers		
Variety	A wide range of nutritious foods from each of the food groups are offered	<input type="checkbox"/>
	A variety of plant foods are available eg. vegetables, fruit, legumes, bread, rice and pasta	<input type="checkbox"/>
Fruit and vegetables	Vegetables and fruit should be in most of the menu items	<input type="checkbox"/>
	Fruit is offered either fresh, canned (in natural juice) or dried	<input type="checkbox"/>
	Salads and vegetables are available and fruit offered with dessert	<input type="checkbox"/>
	Vegetarian items are available	<input type="checkbox"/>
Breads and cereals	A variety of breads or rolls are offered - wholemeal, wholegrain, rye, high-fibre white eg. pita, Lebanese, Turkish, focaccia or raisin bread. Other examples include pasta, rice, couscous, noodles, crisp bread and water crackers	<input type="checkbox"/>
	At breakfasts, high-fibre or wholegrain breakfast cereals are preferred	<input type="checkbox"/>
Lean meat / poultry / fish	Lean meats, skinless chicken, fish (fresh or tinned), eggs or legumes are available	<input type="checkbox"/>
	Processed meats are kept to a minimum e.g. sausages, salami, ham, bacon and frankfurts	<input type="checkbox"/>
Dairy products	Reduced fat dairy products should be used in preference to full fat products e.g: • Milk: Offer reduced fat, full fat milk and soy milk (correctly labelled) with tea and coffee	<input type="checkbox"/>
	• Yoghurt: Low fat fruit yoghurts can be offered as snacks or desserts and natural yoghurt instead of cream	<input type="checkbox"/>
	• Cheese: cottage and ricotta cheese are both suitable options	<input type="checkbox"/>

¹⁰ Adapted from 'Healthier Choices': Guidelines for Serving Healthier Foods at Local Council Meetings, Functions and Events, Cancer Council NSW.

Healthier Choices Menu Checklist (Section 2 of 2)	
Check that the menu offers	Tick
Fats and oils	Poly or mono-unsaturated oils e.g. olive, canola, sunflower, peanut used in food preparation <input type="checkbox"/>
	Poly or mono-unsaturated margarines e.g. olive, canola, sunflower should be used instead of butter <input type="checkbox"/>
Food preparation	Healthy food preparation methods used e.g. steaming, stir-frying, microwaving, light grilling, oven baking or poaching <input type="checkbox"/>
Beverages	Water: still, sparkling, soda or mineral (unflavoured) <input type="checkbox"/>
	100% fruit juices <input type="checkbox"/>
	Fruit cocktails or fruit punch <input type="checkbox"/>
	Tea: herbal, green or black <input type="checkbox"/>
	Coffee: instant or filtered <input type="checkbox"/>

Appendix 2: Healthy Food and Drink Suggestions¹¹

Healthy Food and Drink Suggestions	
BREAKFAST	
Fruit	<p>Fruit platters – fresh, tinned (natural juice) or dried</p> <p>100% fruit juice (no added sugar)</p> <p>Fruit smoothies (made with reduced fat milk and yoghurt)</p>
Breads	<p>Provide a range of breads – wholemeal, wholegrain, rye, sour dough and high-fibre white</p> <p>Small low fat bran or wholemeal muffins – plain or fruit</p>
Breakfast cereals	<p>Wholegrain or high fibre cereals (e.g. wheat breakfast biscuits, porridge, bran flakes or natural untoasted muesli)</p> <p>Serve with reduced fat milk, soy milk and reduced fat yoghurt</p>
Cooked breakfast	<p>Pancakes, piklets, waffles or scones topped with sliced fruit (e.g. banana, strawberries, etc.) and reduced fat yoghurt</p> <p>Eggs – scrambled, poached, boiled or omelettes</p> <p>Savoury tomatoes, baked beans, fish cakes (grilled or baked), creamed corn, onion and mushrooms, bubble and squeak (potato and vegetables)</p>
Toast toppers (can also be used on bread rolls, English muffins or crumpets)	<p>Tomato and finely chopped onion</p> <p>Mushrooms</p> <p>Creamed corn</p> <p>Spinach</p> <p>Peanut butter</p> <p>Spaghetti – reduced salt</p> <p>Baked beans – reduced salt</p> <p>Reduced fat cheese (eg. cheddar, cream cheese, cottage or ricotta cheese)</p>

¹¹ Adapted from 'Healthier Choices': Guidelines for Serving Healthier Foods at Local Council Meetings, Functions and Events, Cancer Council NSW.

MORNING / AFTERNOON TEA	
Slices, cakes and scones	<p>Fruit buns or bread</p> <p>Fruit slice, cake or pikelets (preferably wholemeal)</p> <p>Scones with 100% fruit spread</p> <p>Fruit or savoury muffins (preferably wholemeal)</p> <p>Vegetable slice</p>
Fruit and vegetables	<p>Seasonal fruit platters - whole, sliced and cut fruit (including canned)</p> <p>Seasonal fruit kebabs with reduced fat yoghurt or passionfruit sauce</p> <p>Dried fruit (eg. apricots, dates, figs, prunes, apple, sultanas) and mixed unsalted nuts (eg. almonds, peanuts, walnuts or cashews)</p> <p>Vegetable sticks or pieces with dips (see dips section below)</p> <p>Vegetable kebabs with dipping sauce (see healthy dipping sauces below)</p> <p>Stuffed vegetables (eg. cherry tomatoes, mushrooms or zucchini)</p>
Sandwiches and biscuits	<p>Finger sandwiches or wraps (see lunch and dinner section)</p> <p>Savoury biscuits (eg. water crackers or salt reduced crisp breads) with toppings (eg. cottage cheese, light cream cheese, tuna, sliced tomato, avocado or other vegetables)</p>
Dips	<p>Vegetable-based dips (e.g. hommus, tzatziki, eggplant or beetroot)</p> <p>Use reduced fat cream cheese or reduced fat yoghurt as bases</p> <p>Flavour dips with herbs and spices (eg. garlic, chilli, basil or coriander)</p> <p>Serve dips with crackers, raw vegetable sticks or sliced French bread stick</p>
Cheese platters	<p>Offer reduced fat cheeses (e.g. reduced fat tasty, fetta, cottage, or ricotta cheese)</p> <p>Serve with crackers or sliced French bread stick</p>
Other	<p>Sushi, California or rice paper rolls with dipping sauce</p> <p>Reduced fat and reduced salt pretzels</p> <p>Homemade popcorn (made with no butter or salt)</p>

LUNCH / DINNER	
Sandwiches and wraps	<p>Offer a variety of different breads</p> <p>Offer a variety of different fillings and aim for approximately 70% vegetarian</p> <p>Salad items and/or vegetables (lightly grilled or roasted)</p> <p>Lean meat (eg. roast beef, lean skinless chicken or turkey)</p> <p>Fish – tinned tuna, salmon or sardines (in springwater)</p> <p>Egg</p> <p>Reduced fat tasty cheese</p> <p>Healthy spreads (eg. avocado, hummus, low fat mayonnaise, low fat cottage, ricotta or cream cheese, mustard, chutney, pesto or salsa)</p>
Soups	<p>Vegetable-based soups, broths or consommés</p> <p>Soups containing legumes (eg. red kidney beans, lentils, split peas, chick peas)</p>
Salads and vegetables	<p>Offer vegetables with all meals or menu items</p> <p>Serve dressings separately</p> <p>Prepare dressings using ingredients such as poly- or mon-unsaturated oils, balsamic vinegar, lemon juice, herbs and spices</p>
Meat dishes	<p>Use lean meat and trim visible fat from meat and skin from poultry</p> <p>Select a healthy cooking method (eg. pan-fry, oven bake, stir-fry, boil, lightly grill, microwave, steam or poach)</p> <p>Avoid processed meats as most are high in fat and salt (eg. sausages, salami, frankfurts, kabana, devon, strassburg, mortadella, bacon and ham)</p>
Hot food	<p>Skinless chicken, seafood or lean meat pieces, skewers or balls with dipping sauce</p> <p>Baked filo pastry triangles with vegetable fillings (eg. spinach and ricotta cheese). Brush sheets of filo pastry lightly with oil or reduced fat milk and bake in the oven</p> <p>Chunky potato skins – brush lightly with oil and bake in the oven</p> <p>Pita bread pizza slices topped with vegetables, lean meat and reduced fat mozzarella</p> <p>Vegetable frittata</p> <p>Mini quiches with lean meat and vegetables</p> <p>Corn on the cob</p> <p>Small baked potatoes with a reduced fat topping</p> <p>Brushetta with diced tomatoes or mushrooms</p> <p>Healthy dipping sauces – tomato salsa, mango chutney, chilli and ginger or satay</p>

Appendix 3: Healthy food choices¹²

 <p>Green – GO FOR IT They should be eaten regularly every day.</p>	 <p>Amber – SOMETIMES FOODS They should be eaten occasionally.</p>	 <p>Red – BEST TO AVOID If eaten too frequently they can lead to poor health</p>
<p>Bread (white, wholemeal, high-fibre white, rye)</p> <p>Pasta (wholemeal is a healthier choice)</p> <p>High-fibre breakfast cereals</p> <p>Vegetables (fresh, frozen or canned)</p> <p>Fresh, frozen fruit</p> <p>Canned fruit (in natural juices – with no added sugar)</p> <p>Lean meat (cut the fat off red meat)</p> <p>Poultry (skin off)</p> <p>Fish (not fried)</p> <p>Eggs (not fried)</p> <p>Beans, lentils, chickpeas</p> <p>Reduced-fat milk, cheese and yoghurt</p> <p>Plain water (tap, mineral, sparkling with no added sugar)</p> <p>Unsalted nuts (peanuts, cashews, almonds, walnuts)</p> <p>Plain Popcorn</p>	<p>Focaccia bread</p> <p>Pickled Vegetables</p> <p>Dried fruit</p> <p>Canned fruit in syrup or with added sugar</p> <p>Meat (cuts which contain larger amounts of fats)</p> <p>Poultry (with skin on)</p> <p>Regular fat milk, cheese and yoghurt.</p> <p>Fruit Juice (with no added sugar)</p> <p>Vegemite spread</p> <p>Sugar free soft drink</p> <p>Butter</p> <p>Margarines (made from olive, peanut, sesame, canola oil)</p> <p>Salted or roasted nuts (almonds, peanuts, pistachios)</p>	<p>Croissants</p> <p>Biscuits, cakes and pastries</p> <p>Sugary cereals</p> <p>Hot potato chips and potato cakes ,potato crisps</p> <p>Onion rings</p> <p>Banana chips</p> <p>Processed meats (salami, ham, bacon)</p> <p>Battered and fried fish and other seafood.</p> <p>Large flavoured milks</p> <p>Full fat ice cream and frozen yoghurt</p> <p>Cream</p> <p>Full sugar soft drinks</p> <p>Energy drinks</p> <p>Confectionary (lollies and chocolates)</p> <p>Take away food</p> <p>Deep fried food</p> <p>Popcorn (with salt and butter or other flavourings)</p> <p>Sweet spreads (honey, marmalade)</p> <p>Jams with added sugar</p>

¹² Adapted from ‘Healthy choices: food and drink classification guide, Department of Health, 2014

Appendix 4: Smoke Free Poster

NO SMOKING



Quitline.
137848



PENALTIES APPLY Tobacco Act 1987

Appendix 5: Alcohol Free Poster



**ALCOHOL
FREE ZONE**