



UNSW
SYDNEY

IN PARTNERSHIP WITH



The George Institute
for Global Health

UNSW Good Food Charter



The graphic features a yellow background with a white fingerprint-like pattern of concentric, wavy lines. The text 'UNSW Good Food Charter Overview' is prominently displayed in the upper left quadrant.

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Good Food Charter Overview

1. UNSW Good Food Charter objective

The food we consume daily is one of the most crucial determinants of our health and wellbeing. UNSW is striving to be Australia's top tertiary institution in education, thought leadership, and social engagement, and as such has a responsibility to ensure our campus environment is designed to optimise healthy dietary choices as the default choice for students and staff. To achieve this positive change, we are bringing the University community together around a well-defined common purpose and a set of principles on which to build our Good Food environment. The UNSW Food Charter encompasses a set of principles to enable and encourage the UNSW community of staff, students, retailers, and catering services to select healthier food and drink options. These principles can also be applied to all UNSW campuses, including UNSW Canberra and our affiliated partners.

The Food Charter is collectively developed by UNSW Health Promotion Unit, UNSW Wellbeing, The George Institute for Global Health, UNSW Estate Management and Arc Student Life. The principles of the Charter are guided by scientific evidence on how dietary choices are shaped by environmental factors such as food pricing, availability, and promotion. The Charter adopts elements from similar initiatives already implemented in other top global universities and local public institutions such as NSW Health facilities. Importantly, the Charter reflects student and staff feedback on the most significant changes they would like to see made to the campus food environment based on research conducted in a survey in 2021. The UNSW Food Charter principles are based on the findings from this research and recommendations from the Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework.

2. UNSW Good Food Charter principles

The Food Charter comprises five key principles relating to what the food environment on campus should offer the UNSW community: healthy food and drinks, affordable food and drinks, ethical and sustainable food and drinks, a variety of food and drinks, and access to a nutrition education on campus. The principles are summarised in Table 1.

Further information on The Good Food Charter Implementation is outlined in The Good Food Charter Implementation Procedures

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Good Food Charter Principles

Healthy



- UNSW food environment is in line with NSW Health facilities
- Everyday food and drinks are prominent on retail shelves
- Use healthy alternatives as the default, e.g., wholegrain bread, brown rice
- Offer smaller portions of occasional food and drinks
- Eliminate sugar-sweetened drinks
- Free water always available
- Everyday food and drinks are provided at catered events
- Marketing and promotion of Everyday food and drinks only
- Everyday food and drinks account for the majority of what is for sale

Ethical & Sustainable



- Contribute to the UN Sustainable Development Goals - in particular SDG 3 and SDG 12.
- Use ethically sourced ingredients
- Purchase local and seasonal fresh produce whenever possible
- Plastic free dining and where possible eliminate single use free.
- Reduce food waste
- Aim to use Fair trade products (e.g. coffee, tea and chocolate)
- Reduce red meat offerings

Variety



- Various dietary requirements are catered for
- Small and large portion sizes are available
- Diversity of cuisines are available
- Vegan and vegetarian options are available

Affordable



- Everyone has a basic right to access nutritious food
- Use seasonal ingredients in meals
- \$5 – \$10 Healthy Meal Deal offered daily

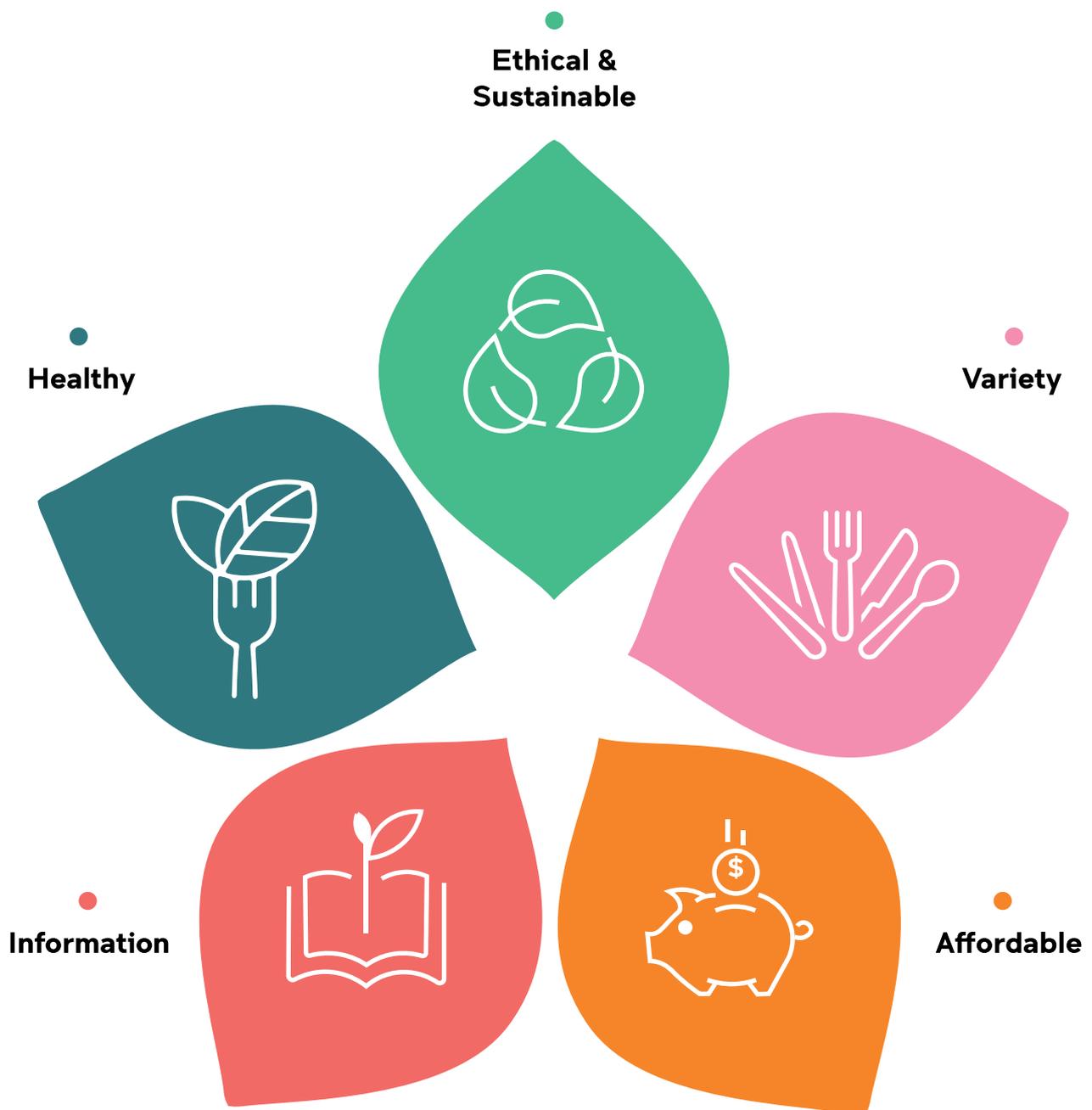
Information



- Easy access to nutritional information
- Education through campus events
- Nutritional profile displayed on pre-packed products and menus clearly display meals that are gluten free, dairy free, vegetarian and vegan

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Good Food Charter Northern Star



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Project Timeline & Vendor Recognition

Phase 1 - Bronze Award

★ Prerequisites for Bronze Award	Comments
✓ Sugar-sweetened drinks out of sight	Sugar-sweetened drinks can still be sold but must be below eyesight on the lower shelves and not advertised or promoted.
✓ Everyday foods and drinks placed prominently	Everyday foods and drinks on display around the till and at eye level in display units, e.g., fridges.
✓ Promotional activities for Everyday foods and drinks only	Marketing, discounts, and meal deals must be for Everyday foods and drinks, and not Occasional Foods or Drinks.

Phase 2 - Silver Award

★ Prerequisites for Silver Award	Comments
✓ Everyday foods and drinks $\geq 50\%$ of offerings	Everyday foods and drinks must account for at least 50% of products for sale.
✓ Value pricing (\$5-10 meals) of Everyday foods	At least one \$5-10 meal of Everyday foods is offered.
✓ Sugar-sweetened drinks account for $< 20\%$ of drinks available for sale	Sugar-sweetened drinks account for less than 20% of drinks available for sale. They must remain on the lower shelves and out of sight.

Phase 2 - Gold Award

★ Prerequisites for Gold Award	Comments
✓ No sugar-sweetened drinks are available for sale.	100% juices and flavoured milks are allowed, however health star rating ≥ 3.5 and portion size limits apply.
✓ Everyday foods and drinks $\geq 75\%$ of offerings	Everyday foods and drinks must account for at least 75% of products for sale.
✓ Some packaged foods and drinks must have a health star rating of ≥ 3.5	Refer to the Australian Guide to Healthy Eating on the next page.

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Australian Guide to Healthy Eating

Figure 1. The Australian Guide to Healthy Eating is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day 6.

1. Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties

2. Vegetables and
legumes/beans

3. Fruit

4. Milk, yogurt, cheese
and/or alternatives,
mostly reduced fat

5. Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans

Use small amounts



Only sometimes and in small amounts





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Definitions for Portion Sizes and Quality

What are Everyday Foods?

These are meals, snacks and drinks made from food in the five food groups and have a Health Star rating (front-of-pack labelling system) of 3.5 stars and above:

1. Grains
2. vegetables/legumes/beans,
3. Lean meats/poultry/fish/eggs/tofu/nuts/seeds
4. Milk/Yoghurt/Cheese
5. Fruit

Examples of Maximum Portion Sizes in Everyday Foods are:

- packaged ready-to-eat meals (450g)
- muesli and snack bars (50g)
- dried fruit (50g)
- lightly salted or flavoured popcorn, legumes, nuts and seeds (50g)
- fruit/vegetable juice (400ml)
- flavoured milk, milkshakes/smoothies, liquid breakfast drinks and coffee (500ml)

What are Occasional Foods?

These are meals, snacks and drinks which are high in saturated fat, sugars and/or salt and have little nutritional value. The Health Star Rating does not need to be applied but maximum portion limits are used instead:

- Pies
- Chips
- Sweet muffins
- Confectionary
- Sugary drinks

What is a Meal?

A meal is a quantity of food such that it would constitute a main course in a multiple-course dining experience. It is a reasonably large amount of food which completely satisfies appetite.