

## Making healthy food the easy choice



Visitors and staff enjoy the fresh fruit on offer daily in Hutt Hospital's Hub cafeteria.

Hutt Hospital's Hub Cafeteria chef, Steven Day, (left) is struggling to keep up with the demand for salad dishes since the cafeteria introduced new menus for visitors and staff to help make healthy foods the easy choice.

Steven says innovative recipes have been introduced with salads a focus. "The high demand is a sure sign that customers are enjoying them."



and fruit juice with no added sugar will still be available. You still buy hot beverages like coffee and tea. "Staff and visitors realise that DHBs are the main health care

lives. It's about making it easy for everyone – staff, patients and visitors – to do so while on our premises."

He says patients who have been admitted to hospital will still have meals made to meet their specific health needs to help them recover.

Staff, visitors and patients are still able to bring in their own food or drink for lunches, snacks and gifts.

The healthy food and beverage guidelines are also rolling out across Capital & Coast, and Wairarapa DHBs and are in keeping with the Ministry of Health Food and Nutrition guidelines.

Large portions of baked products will be coming off the menu at Hutt Hospital's cafés this month, joining deep fried food and large sized sugary drinks which are already menu choices of the past.

Hutt Valley District Health Board is working steadily towards the final phase of meeting its healthy food and beverage guidelines for food and cold drinks sold at its

cafés and vending machines.

Designed to support both staff and visitors' health and wellbeing, the guidelines are a way to set a good example and support people in making healthy food choices in the face of growing obesity levels across the country.

The coming weeks at the hospital's Hub Cafeteria, Café Stat and coffee cart will see a downsizing of portions for baked products – such

as muffins, cakes, biscuits, scones, pastry-based food, slices and desserts. There will also be a greater use of healthier ingredients in the baked products, such as fruit, oats, and unsaturated fats.

Water and milk are the main offerings on sale in the cafés and in vending machines. Smaller sized flavoured milks,

providers in our regions," explains Peter Gush, Service Manager for Regional Public Health.

"As such we have a responsibility to lead by example, and encourage and support healthy lifestyle choices, especially eating habits, for the communities we serve.

"This goes beyond encouraging people to make healthy choices in their day-to-day-

## Have you signed up to the fruit and vege co-op?



Above: Hayley Horne, dietitian from Te Awakairangi Health Network, at the Naenae Fruit and Vege Co-op hub: "This is a fantastic service which makes quality, healthy, fruit and vegetables available at a very low cost."

You can join over one thousand Hutt Valley families now eating healthier and reducing their shopping bill, thanks to our local fruit and vege co-op, which is making fruit and vegetables affordable.

Hayley Horne, dietitian at Te Awakairangi Health Network, highly recommends the fruit and vege bags, particularly for families.

"The bags provide enough for a medium family, they are different each week and they come with recipes for using the vegetables. You can buy more than one pack and

you don't have to order every week."

To get the delivery you need to register with the co-op by filling out a registration form and paying \$10 to \$12 in advance per week for your bag (depending on the area where you live).

Packs are available for pickup from your local co-ordinator every Tuesday.

The co-op is run out of seven hub locations in the Wellington region by several community organisations in partnership with Regional Public Health. Around 1,200 Hutt Valley families are

getting bags each week which amounts to around 4-5 tonne of produce.

For more information or a registration form contact your local Fruit and Vege Co-op Coordinator go to [teahn.org.nz/fruitandvege](http://teahn.org.nz/fruitandvege)

### HVDHB meetings open to the public

Friday, 21 October 2016  
Hospital Advisory Committee (HAC) 9.00 am,  
HVDHB Board 1.00 pm.  
Boardroom, Pilmuir House,  
Hutt Hospital campus,  
High Street, Lower Hutt



Virginia Hope | John Terris | David Ogden | Sandra Greig | Ken Laban | Wayne Guppy | Katy Austin | Yvette Grace | David Bassett | Peter Douglas