



Promotion of Healthy Food Choices

**Market House
14 Market Street
Lerwick**

A charitable company limited by guarantee registered in Scotland No. 165677
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Company Secretary Catherine Hughson
Recognised by the Inland Revenue as a Scottish Charity - No. SCO 17286

Voluntary Action Shetland

PROMOTION OF HEALTHY FOOD CHOICES

STATEMENT OF INTENT

Voluntary Action Shetland is committed to providing information and advice on healthy eating.

VAS recognises that a poor diet can be attributed to high intakes of fatty, sugary and salty foods and a low intake of vegetables, fruit, and starchy carbohydrates such as breads, cereals, pasta, rice and potatoes.

VAS will ensure that

- information on healthy eating will be available in the resource library
- healthy recipe information will be displayed on notice boards in the staff kitchen areas
- a no smoking policy will be implemented
- cereal bowls and cutlery will be available to staff to provide the opportunity to have breakfast at work
- a vegetarian/fruit/healthy option is provided when ordering outside catering for Market House meetings and functions
- information is provided on local food outlets that supply healthy choices and will allow employees to fax food orders to these outlets for healthy food orders e.g. COPE.
- a cooled water dispenser is available for staff and visitors
- suitable facilities are provided for breast feeding mothers

This policy has been developed in consultation with staff members of VAS.