



## **Promotion of Healthy Food Choices**

**Market House  
14 Market Street  
Lerwick**

A charitable company limited by guarantee registered in Scotland No. 165677  
Registered Office Market House, 14 Market Street, Lerwick, Shetland ZE1 0JP  
Company Secretary Catherine Hughson  
Recognised by the Inland Revenue as a Scottish Charity - No. SCO 17286

## **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