

Indigenous Australian Workplace Catering Guidelines.

Reach – Queensland

Focus Area-Indigenous

Status-Current

Evaluation –No

Overview

Nutrition promotion in the workplace has been recognised as an important parameter to increase employees' productivity, reduce their number of sick days per year and improve the overall health of employees. The Catering Guidelines were developed for the Queensland Aboriginal and Islander Health Council (QAIHC) and its member services to help improve the provision of and access to healthy food at catered work functions and meetings.

A community development approach was implemented, whereby communication and consultation with stakeholders was paramount. Findings suggest a high proportion of staff will support the guidelines once implemented, therefore it can be assumed that a reduction in unhealthy food ordered and provided through workplace catering will be well received.

The Catering guidelines have been designed so that each service can adapt the QAIHC guidelines to suit their own needs. An implementation plan has been developed that includes evaluation processes and a 12 month post implementation survey developed to report on outcomes.

They are currently being introduced to the Community Controlled Health Services and QAIHC member services.

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Links

View Website- [Queensland Aboriginal and Islander Health Council \(QAIHC\)](#)