

M Dental Healthy Nutritional/Catering policy

Policy goal

M Dental recognise and value the importance of healthy eating in promoting people's health and wellbeing, and we encourage and support our staff, clients and visitors to make healthy eating choices.

Rationale

M Dental is in a key position to encourage and support a healthy lifestyle for our staff and clients by promoting healthier food and drink choices.

Workplace environments that support health can significantly contribute to improved health and wellbeing of their workforce and clients through education, advice and being proactive within its own food choices.

This policy applies to all food and drinks served or available at M Dental internal and external meetings, (including workshops and training) where catering is provided for staff, clients and visitors.

It does not apply to food and drinks brought from home by staff for their personal use, or to share for personal celebrations such as birthdays or farewells.

Nutrition standards

All catering provided at M Dental will reflect the foods and drinks recommended by the Ministry of Health Food and Nutrition Guidelines.

Development and implementation

This policy has been developed by M Dental and is guided by healthy eating recommendations and workplace healthy catering policy guidelines from government and health authorities.

- Policy implementation will commence on 1st August 2013

M Dental directors will be responsible for implementing and reviewing this workplace healthy nutritional/catering policy.

Communication

M Dental staff and directors will be responsible for actively promoting this policy and healthy eating practices.

- All staff members of M Dental will be made aware of the workplace healthy nutritional/catering policy.
- This policy will be included in staff information and induction packs.

Monitoring and review

- All staff will be responsible for monitoring of this policy.
- This policy will be reviewed annually.