/ Silver Award criteria

Meet all bronze and silver criteria and commit to working towards Gold

/ Promoting healthy eating

B2.1 Ensure that no more than 25% of meat-based menu items use processed meat
B2.2 Ensure that at least half of the vegetarian options on each menu are made without cheese or dairy
B2.3 Provide the option for smaller portions of desserts, biscuits and snacks to be made available
B3.1 Ensure that at least 50% of menu items on offer are ‘healthier’
B3.2 Ensure that at least 50% of all drinks on offer are low-sugar or no-sugar
B3.3 Ensure that healthy options are available at the equivalent price of less healthy options
B3.4 Provide the option for any starchy carbohydrates to be replaced with their wholegrain form
B3.5 Position salad and vegetables first in buffet lines as standard
B3.6 Provide dressings and condiments separately to the dishes
B3.7 List healthy options before less healthy options on menus
B3.8 Make low sugar / low fat dairy the default option
B3.9 Include at least one vegetable or salad side dish with all set menus
B3.10 Offer small serving sizes and/or low-alcohol options when alcohol is served
B4.1 Signpost healthier items on menus
B4.2 Signpost healthier items available in buffet lines
B4.3 Actively promote your healthy menus/options
B5.1 Provide water and fruit as default items in meal deals or lunch boxes available at onsite canteens, cafes and restaurants
B5.2 Always offer a healthier option to planners which is the same (or lower) price as the alternative

/ Promoting physical activity

B7.1 Provide ample and secure bike racks at the venue
B8.1 Provide signage promoting the benefits of reducing sedentary behaviour
B8.2 Provide signage promoting standing applause, hourly stretching breaks and standing space in meeting rooms
B8.3 Provide clear signage for stairs and promote their use
B8.4 Promote outside areas for guests to take breaks
B9.1 Promote the location of community recreation facilities
B9.2 Provide route maps for running/jogging/walking
B10.1 Work with event planners to include physical activity as part of their program
B10.2 Offer the event planners the option to shut down escalators or elevators between specific times

/ Workplace health

B12.1 Arrange health and wellness days for staff to promote the benefits of healthy eating and physical activity
B12.2 Encourage staff to take regular active breaks

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