

## / Gold Award criteria

### / Promoting healthy eating (meet at least 10)

- C2.1** Avoid using processed meat products
- C2.2** Offer smaller portions of desserts, biscuits and snacks as standard on menus
- C2.3** Half of starchy carbohydrates in their wholegrain/ wholemeal form (75% of bread)
- C3.1** At least 75% of menu items should be healthier
- C3.2** Provide small plates used in buffet lines
- C3.3** Lunch boxes should have fruit as default dessert option
- C3.4** Provide portions of fruit, vegetables or salad with all set menus
- C4.1** Signpost healthier items in canteens, cafes
- C4.2** Have nutritional information available for all menu items, available on request.
- C4.3** Provide calorie (and fat, sugar, salt content) information of food served in buffet lines
- C4.4** Establish an awareness program based around food facts and healthy options
- C5.1** Provide conference organisers with an option to request that there is no promotional marketing of unhealthy food
- C5.2** Avoid sponsorship deals with multinational food & beverage manufacturers
- C5.3** Do not undertake promotional marketing of unhealthy food or food brands anywhere on site
- C6.1** Work with vending machine providers to ensure that at least 75% of products available are healthier
- C11.2** Other activity following negotiation with Healthy Venues

### / Promoting physical activity (meet at least 5)

- C8.1** Provide shower and/or changing facilities for use by delegates
- C8.2** Negotiate access to bike hire for delegates
- C9.1** Negotiate free, or reduced price, access to local fitness facilities
- C9.2** Provide city walking tours for delegates
- C9.3** Develop an App available to promote activity around the town
- C9.4** Work with the local community to provide activity opportunities for delegates
- C10.1** Provide a stretching toolkit to event planners
- C10.2** Provide forms to delegates to track their minutes of physical activity
- C11.1** Explore sponsorship opportunities from exercise equipment manufacturers and have them available on site for delegates to try out
- C11.2** Other activity following negotiation with Healthy Venues

### / Workplace health (meet at least 3)

- C12.1** Hold health and wellness days and events for staff and contractors
- C12.2** Offer staff health insurance
- C12.3** Provide staff with gym passes or discounts for fitness activities
- C12.4** Provide travel loans to staff
- C12.5** Provide staff with pedometers
- C12.6** Take part in corporate fitness events
- C12.7** Provide staff discounts for healthy food options on site
- C12.8** Offer flexible lunch breaks
- C12.9** Provide shower/changing facilities for staff
- C12.10** Cooking classes for staff
- C12.11** Other activity following negotiation with Healthy Venues