

/ 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 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