

HEALTHY CHOICES AT REDHS CAFÉ



Rochester & Elmore District Health Service are leading the way in the Healthier Campaspe initiative to implement the Healthy Choices guidelines with great results.

90% of customers believe they have made healthier choices as a result of the changes and 65% of customers are using the cafe more often. (Staff Survey 2018)



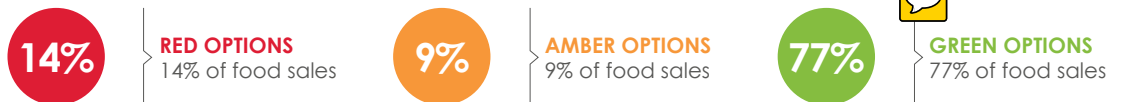
FROM 2015 TO 2017 THE FOLLOWING CHANGES WERE MADE IN THE CAFE:



IN 2017 ALL SUGAR SWEETENED SOFT DRINKS WERE REMOVED FROM THE CAFE RESULTING IN:

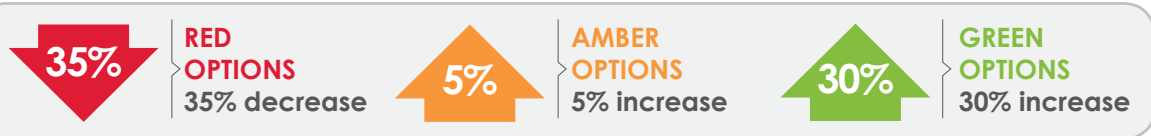


IN RESPONSE TO MENU CHANGES FOOD SALES **HAVE RESULTED IN:**

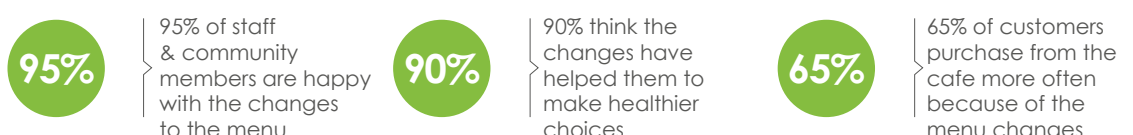


SUPPORTING HEALTHY DECISION MAKING

OVERALL THE CHANGES HAVE RESULTED IN:



SATISFACTION WITH THE MENU CHANGES:



RED	AMBER	GREEN
LIMIT CONSUMPTION	CHOOSE CAREFULLY	BEST CHOICE

Includes sugar-sweetened drinks (soft drinks, iced teas and sports drinks), juices with <96% fruit, all juices >300mL, energy drinks, flavoured mineral waters and all milk-based drinks >300mL.

This infographic has been adapted from Alfred Health's research on using behavioural insights to influence healthy choices.

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