



# Choice As EVENTS

Our community takes pride in their health and wellbeing. By doing your best to provide a healthy experience at your event you are creating a more vibrant event experience and promoting a healthier future for the community.

## Here's a list of things to consider when planning an event:

1

### CONSIDER NEW MENU OPTIONS

- Explore healthier and fresher options.
- Think about including dietary options like vegetarian and gluten-free.
- Look at portion sizes, and have healthy combo options that are priced the same, or less than, unhealthy options.
- Sell and promote water as the drink of choice.
- Use the [Food & Beverage Subcontractors Agreement Generic Template](#) for Events as a guide.
- If having a sausage sizzle fundraiser use the [Choice As Sizzle guide](#).

2

### INTEGRATE FITNESS

Think of fun and fresh ways to mix fitness into your event:

- Have an active session, or optional fitness experiences throughout the event for children to choose from
- Move to groove, interactive games and demonstrations from local clubs, (make sure the music is energetic but also family friendly)
- A walking trail encourages kids to take a walk around the grounds
- Consider using an event space such as parks or gardens with playgrounds.
- For fun ideas for families to be active, check out [this site](#).

3

### MAKE YOUR EVENT SMOKEFREE

You can play a big part in promoting smokefree outdoor areas. Contact the smokefree officers at Public Health South (03) 211 0900.

[www.healthyfamiliesinvercargill.org.nz](http://www.healthyfamiliesinvercargill.org.nz)



## 4 BE ALCOHOLWISE

Does alcohol need to be served at your event? Make the event the focus, rather than drinking. If there are families involved in your event then it should be alcohol free. Where facilities are licensed to provide alcohol at events they should not be provided in excessive quantities and should be served in accordance with the Sale and Supply of Alcohol Act 2012. Ensure that there are defined areas for alcohol consumption and discourage irresponsible promotions which lead to rapid consumption of alcohol. Contact the [Invercargill District Licensing Committee](#).

## 5 FAMILY FACILITIES

- Breastfeeding facilities, change tables and changing areas
- Sunscreen and shaded areas
- Toilet facilities and first aid
- Safety, lighting, accessibility, free transport, traffic management and risk management plans
- Consider the environment ([waste management](#))

## 6 INCLUDE THE CHOICE AS FACTOR

- Encourage posts about healthy habits during your event with your event hashtag, or have your guests check into healthy activities or healthy booths at your event.
- Give out [prizes](#) that align with health messages.
- Have a Choice As Family Zone with:
  - Healthy cooking demonstrations
  - Bicycle safety demonstrations
  - Check It Out stations. Volunteers at this station provide families with information about living a healthy life and link them to resources available within the community
  - Picnic areas
  - Farm fresh booth
  - Water and snack stations (i.e. orange slices, low-fat yogurt with berries, etc. for kids to fuel-up)
  - Use champions as great role models to help promote health messages
  - Signage promoting healthy messages
  - Promotion and advertising. Be aware of the powerful effect this has on children

**Everyone who goes to an event is busy and trying to soak up as much of the experience as possible, but that doesn't mean their health should suffer.**

**Do your best as the event planner to have some healthier options and create a Choice As Event.**

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