



## How Metro North uses FoodChecker to make healthier options easy

**The team at Metro North Hospital and Health Service have found their recipe to success by using [FoodChecker](#) to implement the [A Better Choice](#) strategy.**

Health and Wellbeing Queensland's [A Better Choice](#) strategy (ABC) aims to encourage healthier food and drink options in healthcare facilities across the state, including at Metro North Hospital and Health Service (MNHHS).

At MNHHS, Retail Manager, Kobe, leads a team responsible for implementing the ABC strategy.

When the ABC strategy was introduced at the health service, Metro North appointed a dietitian and a chef to assist with its implementation.

Kobe acknowledges the benefits of appointing a dietitian to work alongside their chef, who has the knowledge to adapt recipes as required to conform with healthy food and drink standards.

### How to use FoodChecker

FoodChecker is a free online application set up by the Victorian Government's Healthy Eating Advisory Service. It has been specifically adapted for Queensland users who are implementing ABC.

FoodChecker can be used to assess the nutritional value of the food and drinks in outlets and vending machines according to the ABC strategy. It also provides recommendations, modifications and recipes to help health services meet the ABC requirements.

Kobe recommends identifying a staff champion to lead the implementation of the ABC strategy using FoodChecker.

The Metro North ABC FoodChecker champion is their chef, whose duties include:

- developing and adapting recipes and entering them into FoodChecker to ensure they meet the ABC standards;
- motivating and educating staff and suppliers to provide healthy food and drink options; and
- knowing how to interpret the ABC strategy to classify new recipes and products quickly as they come into the café.

Kobe highlights the importance of knowing how FoodChecker works, being aware of updates which lead to ingredient and classification changes and understanding the ABC nutritional classifications, to make the process as streamlined as possible.

# A Better Choice

Healthy options made easy



## FoodChecker benefits

Kobe believes FoodChecker is a tool that saves time, especially during ABC strategy audits.

MNHHS's chef now inputs all new products, specials and recipes into FoodChecker as they arrive to obtain immediate feedback.

Through the feedback, popular recipes are assessed to make it easier to plan menus and source healthier and affordable products. Staff then pass information onto suppliers to make healthy swaps.

The MNHHS team values the benefits of using FoodChecker to implement the ABC strategy and provide healthier food and drinks for staff and visitors to the hospital and health service.

## FoodChecker tips:

- Identify a FoodChecker champion
- Know everything about the A Better Choice strategy and FoodChecker
- Stay up to date with FoodChecker.

*'FoodChecker initially offered some challenges, but persistence has paid off,'*

Kobe, Retail Manager, MNHHS.



*Healthier options on display at Café Royale, The Royal Brisbane and Women's Hospital*