

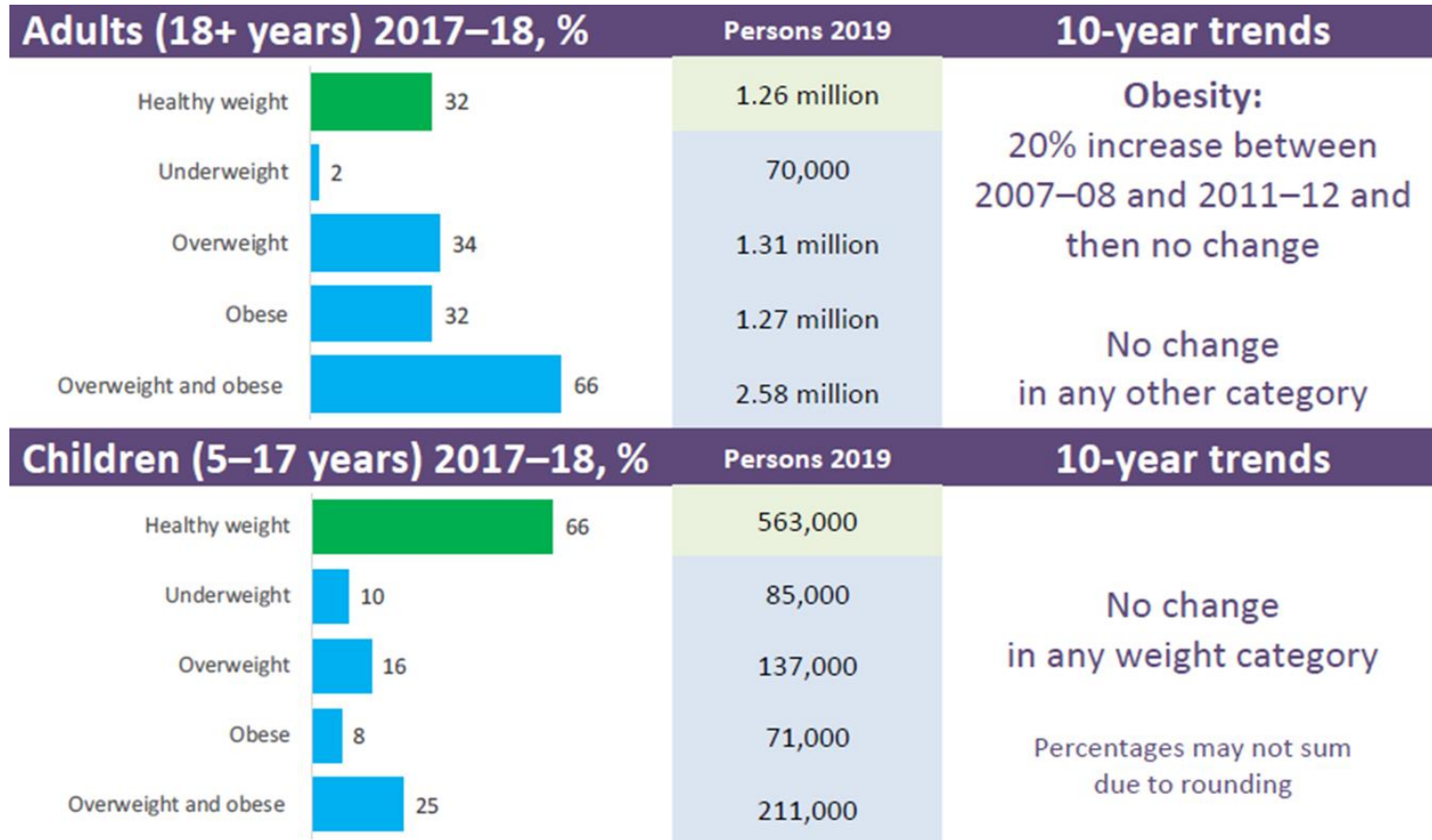


Healthy Drinks

at hospitals from 1 July

[Find out more](#)

...the why



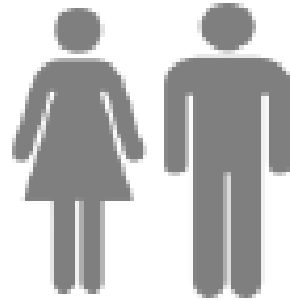
Council of Australian Governments Health Council – National Childhood Obesity Prevention Project



QUEENSLAND GOVERNMENT'S STATEMENT OF OBJECTIVES FOR THE COMMUNITY



...the environment



16 Queensland Hospital and Health Services

94 Facilities selling food and drinks in 397 outlets

87,000 full-time staff and over 5.5 million non-admitted patients and visitor each year





**Soft Drink
For Sale**

\$2.00 per can

chips - \$1.00

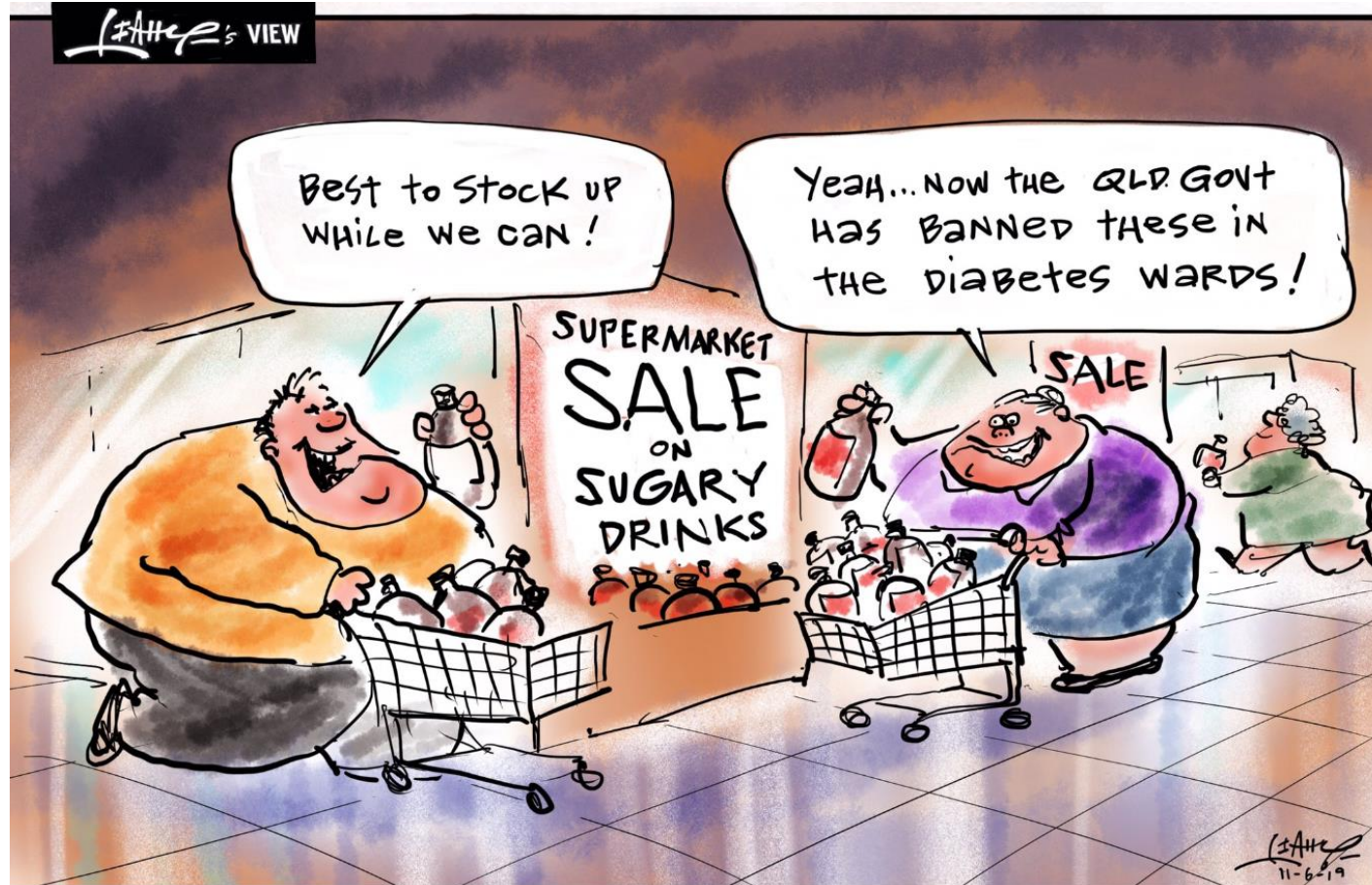
See Staff



... change isn't easy

- *“Soft drink ban not the answer to obesity crisis”*
- *“Drink ban a ‘big fat’ cover-up”*
- *“Token bans do not improve health”*
- *“Sweet drink clampdown”*
- *“Lot to swallow”*
- *“Last drinks”*

...media coverage...





ON THE 'RED LIST'

- All soft drinks, cordials, iced teas, energy drinks, sports drinks and flavoured water with added sugar
- All fruit drinks that contain less than 99% juice
- Coffees and hot chocolates with added cream or over 500ml (regular sizes are OK)
- All milkshakes made with ice cream
- Juice in bottles bigger than 300ml
- Full-fat flavoured milk over 375ml
- Lite flavoured milk over 500ml
- Skim milkshakes, smoothies or ice coffee over 500ml - but with no more than 20ml of syrup or "a level tablespoon of powder", and no added
- Diet soft drinks, cordials, iced tea, sports drinks and



Soft drink ban not the answer to obesity crisis

WHILE there is no reliable figure that identifies how much public money has been spent raising awareness about the dangers of obesity in recent years, there is no doubt that it would be in the vicinity of tens of millions of dollars.

Yet figures clearly indicate that these campaigns have not been effective enough to convince Australians to curb their unhealthy eating habits and spend more time being active.

The Australian Bureau of Statistics' National Health Survey for 2017-18, which was released earlier this year, showed that 67 per cent of men and women in Australia are either overweight or obese.

That is a staggering two out of every three adults or roughly 12.5 million people. This is up from 63.4 per cent in 2014-15.

Arguably worse were the survey's findings that showed we are passing on our bad behaviour to our children.

Almost one in four children aged between five and 17 years old are now classified as either overweight or obese.

to a veritable tsunami of people with health problems hitting our hospital system, many at a very early age.

These include, but are not limited to, heart disease and stroke, high blood pressure, diabetes and cancer.

And precisely what is not needed for this serious issue are tokenistic and nanny state-style responses from administrators that only warp the central message about moderation while achieving nothing when it comes to permanently changing people's attitudes towards their own lifestyle.

Unfortunately, that is exactly what Queensland Health has done with its "Healthier Drinks" edict.

The decree from health's top mandarin Michael Walsh seeks to ban the sale of soft drinks and fruit drinks that contain less than 99 per cent juice, coffees and hot chocolate with added cream and milkshakes made with ice-cream.

Mr Walsh waxes on with two pages of limitations on drinks before finishing on a moralising soap box about how "Queensland Health has a responsibility

to open franchises in health facilities and it is the right move to restrict what is available to children at tuckshops when their parents aren't there to help them make wise decisions.

However, the Queensland Health ban is just a manifest of meddling that distorts what should be the central aim of any message about tackling obesity. That message should be about convincing people to make the right choices for themselves and their children and making it clear that we should all get to know our own bodies and moderate our consumption accordingly.

It is not surprising that this move comes from an administration that has repeatedly demonstrated a penchant for intervention and social engineering.

But this Orwellian incursion will achieve nothing for those obese people presenting to hospitals with problems. Queensland doesn't need its bureaucrats to become consumption censors. They need to be provided with the appropriate messages while making the path to a healthy lifestyle as simple

CW Hospital and Health moves to sugar-free soft drinks

ALL DRINKS sold at Central West Hospital and Health Service facilities will be sugar-free or of healthier options from July 1.

According to Central West Health Chief Executive, Jane Hancock, a program has been introduced over the past few months to oversee the implementation of Queensland Health's Healthier Drinks at Healthcare Facilities directive.

The directive will become mandatory for all health services from July 1, and aims to ensure any drinks sold, promoted and advertised at their facilities are only healthier drinks.

"As health service providers, it is up to us to show the way forward to a healthier future by example," Ms Hancock said.

"As a result of this

program, patients and visiting families and friends, as well as employees, will have access to healthy drink options at vending machines to be installed at all Central West Health facilities."

The five new vending machines will be installed at Longreach Hospital waiting room area; Barcaldine Multi-purpose Health Service outpatient waiting room area; Blackall Hospital waiting room area; Alpha, in the MPHS inpatients area (with signage to direct people from the waiting room to the vending machine); and Winton MPHS waiting room area.

"The machines will offer healthy options such as sugar-free soft drink, sparkling water, kombucha and high-protein breakfast drinks," she added.

Ms Hancock said

these would be recognisable brands that people were used to, including Kirks, Remedy Kombucha, Samitarium, Mount Franklin and Coca-Cola.

Ms Hancock said the 2018 Queensland Chief Health Officer's Report showed that 36 per cent of people in the Central West self-reported as having an unhealthy weight, including children aged between five and 17 years.

"So, it's important for us as a health service to model behaviours that promote healthier eating and drinking options to our residents," she said.

"We have been working closely over the past few months with key stakeholders from Central West community health consumer groups, health industry organisations and with-

in the organisation to

develop the Healthier Drinks initiative program.

"We also recruited a project officer to ensure delivery of key project

activities under the program.

"We are very excited now to be implementing this program to promote and provide healthier

choices for Central West residents in our hospitals.

"As a health service, we see ourselves as role models when it comes

to leading healthy lifestyles and want the community to be aware that making healthy lifestyle choices has far-reaching benefits."

Stay safe while staying warm this winter

TEMPERATURES are currently plummeting to zero and below in some parts of Queensland, and Queenslanders have been dragging-out their electric blankets, heaters and other appliances to warm themselves up.

Heating appliances are fantastic for keeping warm during the cooler months, but damage and their misuse can also cause serious safety risks.

Ergon's Safety Adviser, Kevin Hore, says keeping warm should never come at the expense of you and your family's safety, and he offered a few tips to minimise the risk of fire and electrical shocks.

"Most of us store heating appliances at the back of cupboards or

in the garage over summer, and there's always the chance of being damaged without you knowing," Kevin said.

"So before plugging them into the power socket, you should always check their cords and casing for obvious damage.

"If any damage is found, the only safe course of action is to have it repaired by a qualified technician or simply throw it away."

Kevin said even if the heating appliance is in perfect working order, it is still vital to ensure they were used safely and never left unattended.

"Electric heaters are very energy intensive, and people should always be aware of their lo-

cation before switching them on," he said.

"It is important to never run a heater near anything flammable, such as curtains and furniture, and to ensure it is never left alone or in a place children or pets can easily knock them over, causing a serious fire risk.

"Similarly, running heaters in a bathroom presents a danger of electric shock by bringing together two highly incompatible elements of electricity and water.

"However, when using any electrical appliance, a little common sense will always go a long way to providing a safe environment for you and your loved ones this winter."



...Health Service Directive on Healthier Drinks

FINAL

NEW RESOURCE

Round one consultation - DRAFT

Healthier drinks at healthcare facilities

Mandatory requirements

Hospital and Health Services shall:

Water and milk

- ensure water is the drink of choice wherever drinks are available
- ensure free drinking water is readily available, promoted and accessible throughout facilities
- ensure reduced-fat milk is the default option wherever drinks including milk are available

Healthier drinks availability

- ensure any drinks available from vending machines, retail outlets and for sale or provided through other sources are only healthier drinks
- ensure any drinks provided through catering are only healthier drinks
- ensure any drinks used in fundraising activities are only healthier drinks

Unhealthy drinks

- ensure there is no sale, provision, promotion and advertising of unhealthy drinks by 30 June 2019

Health Service Directive

Directive # QH-HSD-049:2019
Effective Date: 01 July 2019
Review Date: 30 June 2022
Supersedes: Nil

Healthier Drinks at Healthcare Facilities

Purpose

This Health Service Directive directs Hospital and Health Services to ensure that any drinks sold, provided, promoted and advertised at their facilities are only healthier drinks. This will establish Hospital and Health Services as places where patients, staff and visitors are supported to make choices that promote health and wellbeing.

Scope

This Health Service Directive applies to all Hospital and Health Services.

This Health Service Directive does not apply to:

- In-patient, residential and aged-care meals; and
- Drinks that patients, staff and visitors bring from outside the facility for their own personal consumption.

Principles

- **Leadership** – healthcare providers have a responsibility to lead the way in modelling environments that support healthier choices.
- **Quality** – to support the delivery of health services that promote health and wellbeing.
- **Consistency** – consistency in the sale, provision, promotion and advertising of healthier drinks across Hospital and Health Services.
- **Alignment** – with the Australian Dietary Guidelines that recommend drinking plenty of water, and limiting intake of drinks containing added sugars such as soft drinks, cordials, fruit drinks, vitamin waters, energy and sports drinks.

Queensland Health

A Better Choice Drinks Classification Guide for Queensland Health facilities

A *Better Choice* is a strategy based on the Australian Dietary Guidelines¹ and uses a traffic light classification system to categorise foods and drinks as **GREEN**, **AMBER** or **RED**. The strategy aims to improve the availability and promotion of healthier food and drinks in Queensland government facilities, workplaces and other community settings. Providing better access to choices which support healthy lifestyles will benefit the workforce and the wider Queensland community.

This Guide classifies drinks based on the traffic light system (refer to Tables 1 and 2):

- Healthier drinks – **GREEN** or **AMBER**
- Unhealthy drinks – **RED**

For Hospital and Health Services, the purpose of this Guide is to support implementation requirements in accordance with the Health Service Directive - *Healthier Drinks at Healthcare Facilities* (Directive: Healthier Drinks), which ensures any drinks sold, provided, promoted and advertised at their facilities are only healthier drinks. Scope and mandatory requirements of the Directive: Healthier Drinks are included in this Guide (refer to page 2) and definitions of terms are included at Appendix 1 (refer to pages 8-9). For further details and thorough understanding, the Directive: Healthier Drinks should be read in conjunction with this Guide.

This Guide is also applicable for use by the Department of Health to support the sale, provision, promotion and advertising of only healthier drinks.

¹ National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.



Queensland
Government

Effective From: 01 July 2019
Health Service Directive # QH-HSD-049:2019

Page 1 of 8

Printed copies are uncontrolled

...examples of HHS communications



HEALTHIER DRINKS AT HEALTHCARE FACILITIES

Drinks available at all Queensland Health Facilities change from **Monday 1st July**

Patients, staff and visitors are supported by our organisation to make choices that promote health and wellbeing.

DRINKS NO LONGER AVAILABLE



Drinks no longer available include those with:

- Added sugar
- Cream and ice-cream
- Flavoured milks, juice and artificially sweetened drinks (in larger sizes)

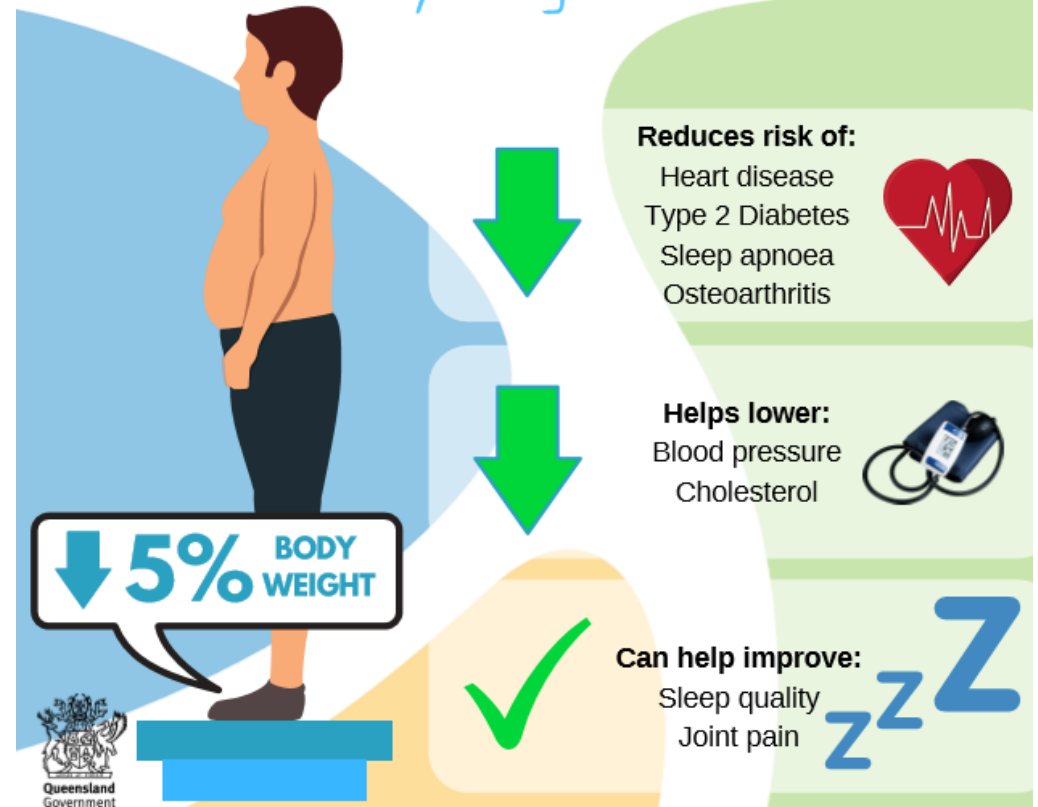
These restrictions also apply to:

- Catering prepared within and served within our facilities
- Drinks available for staff purchase in lunchrooms & on hospital grounds

These restrictions do not apply to drinks brought into our facilities by patients and visitors or staff.

MANAGE YOUR WEIGHT TO MANAGE HEALTH

Losing just 5% of your body weight can:



Reduces risk of:

Heart disease
Type 2 Diabetes
Sleep apnoea
Osteoarthritis



Helps lower:

Blood pressure
Cholesterol



Can help improve:

Sleep quality
Joint pain



WE ARE A HEALTH SERVICE

we need to set a good example
for EVERYONE



WEIGHING UP YOUR OPTIONS



You wouldn't eat
21 teaspoons of sugar...

so why would
you drink it?



500mL of energy drink
contains up to
21 teaspoons of free sugar

VS



Plain sparkling water
has
zero sugar

The recommended daily intake
of free sugars for adults is

6–12 teaspoons

Healthier drinks at healthcare facilities

Healthcare facilities play an important role in promoting the health and well-being of patients, staff and visitors. Queensland Health is leading by example by creating a supportive environment for healthy drinks and food.



The Australian Dietary Guidelines recommend:

- drink plenty of water
- limiting intake of drinks containing added sugars such as sugar-sweetened soft drinks and cordials, fruity drinks, vitamin water, energy and sport drinks
- Limiting intake of drinks containing added salt



Happier. Healthier. Mackay.



Healthier drinks

Healthier drinks are those with no added sugar.

These include:

- unsweetened water (including still, sparkling, mineral, flavoured)
- unflavoured milk
- vegetable juice (unsweetened)
- fruit juice (99-100% juice, unsweetened) – serve size of up to 300ml
- artificially-sweetened soft drinks – serve size of up to 600ml
- hot drinks without additional cream, syrups or confectionery

Some drinks that contain added sugar still have some nutritional value when consumed in smaller amounts.

These include:

- flavoured milks – serve size of up to 500ml
- other milk-based drinks (eg milkshakes, smoothies) without added cream, ice-cream or confectionary – serve size of up to 500ml

Happier. Healthier. Mackay.

Less healthy drinks

Less healthy drinks have no or minimal nutritional value and when frequently consumed, increase the risk of weight gain and dental decay. Less healthy drinks include sugar-sweetened drinks such as:

- soft drinks and flavoured mineral waters (includes bottled, canned, post-mix, frozen)
- fruit drinks (less than 99% juice) including frozen varieties
- flavoured milks and other milk-based drinks (eg milkshakes, smoothies) without added cream, ice cream or confectionary – serve of more than 500ml
- other milk-based cold beverages with added cream, ice cream and/or confectionery
- cordials
- energy drinks
- sports drinks
- iced teas
- flavoured waters with added sugar
- hot drinks with added cream, syrups or confectionary
- Large sizes of at least 99% juice (more than 300ml) and artificially sweetened drinks (more than 600ml) are also less healthy choices



Move to promote healthier choices

WBHHS will launch an initiative to discontinue the sale of sugary drinks at all its locations including hospital cafes, mobile food services and vending machines from next month.

The move follows a collaboration among the Wide Bay Hospital and Health Board, Executive and staff including Clinical Directors and dietitians, with the transition taking place from April 6 – in time for World Health Day on April 7.

In an announcement to staff, Board Chair Peta Jamieson said she was proud the Board had chosen to comply 100% with the Department of Health's "Healthier Drinks at Healthcare facilities" and "Healthy Food and Drink Supply" guidelines.

"As a health service, we not only provide great care but are also advocates to do the best we can to promote healthy

choices – and leading by example starts with us," Peta said.

"While I appreciate this will take some adjustment in a region that has high incidences of diabetes, cancer and other chronic illnesses linked to lifestyle choices, I believe this is a crucial and positive change we have made for our communities.

“We see this as an important first step in helping to strengthen the quality and nutritional value of food and drinks supplied on our premises, as we continue our journey to improve the overall health of the community we serve.

"I believe in some time we will look back and reflect on another great step we have made together to bring about real health

change for our community.”

Executive Director of Acute Hospital and Community Services Debbie Carroll said WBHHS was in talks with its stakeholders and suppliers to implement the changeover, which would affect a number of drinks currently on sale.

"WBHHS facilities will transition to supply only drinks with no added sugar that comply with the Queensland Healthier Drinks guidelines, including unsweetened water, unflavoured milk, some fruit and vegetable juices, and hot drinks without added cream, syrup or confectionary," Debbie said.

"Less healthy drinks will be removed, including soft drinks, energy drinks, sports drinks, iced teas and cordials, although some drinks such as flavoured milks may be available in small portion sizes.

"Our cafes will also work to provide some extra healthy food and drink options.”

You wouldn't eat
16 teaspoons of sugar...

so why would
you drink it?



The recommended daily intake of
free sugars for adults is

6-12 teaspoons

600mL soft drink contains 65 grams/16 teaspoons of free sugar

Welcome to West Moreton Health

We want to make a healthy
choice an easy choice



That is why we are introducing a healthy change to vending machines. We will be replacing foods that are high in sugar, saturated fat and salt with healthier options.

Together, we can create a healthier, happier West Moreton community.

For more information contact Andrea.Cruickshank@health.qld.gov.au

Things you won't hear
your doctor saying...

Do you want fries with that?

**We want to be part of a shift towards a
healthier, happier West Moreton community**

As health professions we need to lead by example
and help make a healthy choice an easy choice.

Stay tuned for a healthy change to food available
at our vending machines, coffee carts and the café.

For more information contact Andrea.Cruickshank@health.qld.gov.au

 *Caring Better Together*





Better drink choices to quench your thirst

Choose mostly **green**
and some **amber** drinks

Healthier Choices

Gold Coast Health is leading by example, offering healthier drink choices for our patients, visitors and staff.

We are now promoting “green” category drinks, limiting “amber” items and phasing out “red” category products that are nutrient-poor and lack nutritional value.

Make **smarter drink choices.**



Tell us what you think about us leading this change by emailing healthyGCH@health.qld.gov.au

Did you know **red** drinks (like soft drinks) can contain up to **11 teaspoons of added sugar?**

For better drink choices choose mostly **green** drinks and **amber** drinks occasionally.



A red choice

250mL soft drink
500 kilojoules
Minimal nutritional benefits
Added sugar








Choose **green** drinks.
They're a healthier choice.

A green choice







250mL milk
700 kilojoules
Protein
Calcium
Vitamin D
Riboflavin
Niacin
Phosphorus
Vitamin B12
Natural sugars

Eat out the **ABC** way

EATING TWO TAKEAWAY MEALS A WEEK CAN RESULT IN 13 KG WEIGHT GAIN IN ONE YEAR.* BE PROACTIVE TO MAKE A BETTER CHOICE (ABC).

 SKIM MILK COFFEE		 FULL FAT AND SYRUPS e.g. vanilla latte	 WATER AND LOW-FAT MILK VARIETIES		 SOFT DRINKS AND SUGARY FRUIT DRINKS
 LOW-FAT BREAKFAST e.g. poached eggs with grilled tomato, fresh spinach/avocado		 FULL BREAKFAST e.g. fried eggs, bacon, sausages, hash brown	 ENTREE-SIZED MEALS		 MAIN MEALS THAT ARE TOO BIG
 LEAVE FOOD ON YOUR PLATE		 EAT EVERYTHING ON YOUR PLATE	 GRILLED, STEAMED, OVEN-BAKED, STIR-FRIED AND LOTS OF VEGIES		 DEEP-FRIED WITH LITTLE OR NO VEGIES
 100% SALAD ON THE SIDE		 FRIES OR CHIPS ON THE SIDE	 ORDER FROM THE MENU		 ALL-YOU-CAN-EAT/ BUFFET
 SMALL DESSERT OR SHARE WITH A FRIEND		 FULL SIZE OR LARGE DESSERT	 TOMATO-BASED SAUCES		 CREAM OR CHEESE-BASED SAUCES

ENABLING A BETTER CHOICE:

-  Ask what's in the dish and how it is cooked
-  Ask if the dish can be grilled
-  Ask for dressing/ sauces on the side
-  Ask for healthier sides i.e. salad instead of chips
-  Split a meal with a friend
-  Choose dishes that are mostly vegetables

*LiveLighter: facts about junk food

enabling a **better choice**



Quick lunch ideas

IF SKIPPING LUNCH IS A TRIGGER FOR "PICK ME UP" SNACKS, IT'S TIME TO GET ORGANISED WITH A LUNCH STRATEGY!

Whether you bring your lunch to work, buy grab-and-go options, or eat lunch out, these tips will help you make a better choice. You'll always create an inspiring and tasty lunch when you follow these four steps.

1 LOAD UP ON VEGETABLES

Choose salad as a main or side (without creamy dressing); add extra salad to sandwiches, wraps, rolls; vegetable toppings on crackers; vegetables with dip.

⌚ Eat at least 2-3 serves of your 5 serves at lunch each day (1 cup of raw or 1/2 cup of cooked vegetables is 1 serve).



2 ADD SOME GRAINS

Choose wholegrain, wholemeal, high-fibre or gluten-free options to provide energy. Avoid items that include pastry as they are high in energy and fat!

⌚ The size of your fist is a good estimate of the amount you need.



3 ADD SOME PROTEIN

Lean meat/vegetarian alternatives (e.g. tofu, tempe) are essential for growth and repair and help you feel full. Avoid deep-fried or crumbed options as they are high in energy and fat!

⌚ All you need is about 65-100g (size of your palm).



4 ADD EXTRA FLAVOUR

Be adventurous! Add extra flavour with herbs, nuts/seeds, fruit, olives, sun-dried tomatoes, low-fat dairy/dairy alternatives (e.g. low-fat cheese/ plain yoghurt), lemon/lime juice, mustard, low-fat mayonnaise.

⌚ A thumb's worth is all you need!



DON'T FORGET:



REHYDRATE! with tap water



STOP BEING A STATISTIC! More than 93% of Australian's don't eat enough vegetables. Eat more vegetables.



START A TREND! Brush your teeth at work.



Rethink your drink

NEED TO PUT ON 6.5KG*? DIDN'T THINK SO.

Did you know one can of sugary drink a day can lead to 6.5kg weight gain in a year? Nobody needs to increase their risk of obesity, type 2 diabetes, heart disease, kidney disease, stroke, certain cancers or osteoporosis!

TAP WATER IS ALWAYS THE BEST CHOICE. DRINKING AT LEAST 2L A DAY:



HELPS CONTROLS CALORIES



GIVES YOUR BRAIN A BOOST



HELPS YOUR SKIN LOOK GOOD



KEEPS YOU REGULAR



ENERGISES YOUR MUSCLES

SOME FACTS ABOUT SUGARY DRINKS:



SOFT DRINK (600ml)
16 tsp sugar



SPORTS DRINK (750ml)
15 tsp sugar



ENERGY DRINK (500ml)
13 tsp sugar



ICED COFFEE/CHOC (600ml)
13 tsp sugar



FLAVOURED MILK (300ml)
7 tsp sugar



FRUIT DRINK (250ml)
6.5 tsp sugar



ICED TEA (500ml)
6.5 tsp sugar



VITAMIN WATER (500ml)
6.5 tsp sugar



CORDIAL (250ml)
4 tsp sugar

REMEMBER:



It takes six oranges to make just one glass of juice. Whole fruit is higher in fibre and more filling.



Sugar and acid levels in diet drinks can cause tooth decay and erosion.

*Source: Australian National Sugar Industry, 2013



Benefits of staying hydrated



DON'T WAIT TO REHYDRATE

- Drink plain tap water anytime
- Drink water when you first wake up
- Add flavour with citrus, fruit or invest in a filter
- Splurge on a fancy water bottle
- Drink a glass after you visit the bathroom
- Dining out? Tap water is the best choice, but sparkling water is a better choice to sugary drinks

SIGNS YOU NEED WATER

- Cannot think or concentrate
- Tired and fatigued
- Dark-coloured urine
- Headaches
- Dry mouth
- Bad breath
- Feeling hungry



Craving a snack?

SNACKING WHEN WE'RE NOT HUNGRY MAKES IT DIFFICULT TO MAINTAIN A HEALTHY WEIGHT. BEFORE YOU REACH FOR A SNACK, ASK YOURSELF:



AM I HUNGRY?



AM I THIRSTY?

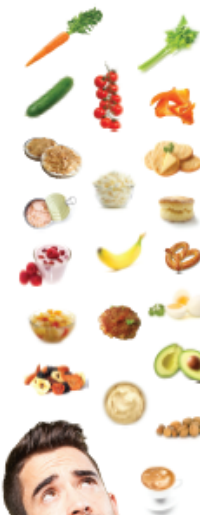


AM I SNACKING BECAUSE I FEEL UPSET, BORED, STRESSED OR ANGRY?

REMEMBER: FOOD IS FUEL NOT THERAPY

WHAT'S A GREAT SNACK CHOICE?

Make a better choice and keep your energy levels steady and your mind alert with these options:



- ✓ 1 medium carrot/celery stick
- ✓ cucumber slices with 60g hummus
- ✓ 1 cup cherry tomatoes
- ✓ ½ medium potato/sweet potato cut into chips with 7g olive oil
- ✓ 1 vegetable fritter
- ✓ 30g natural nut snack pack mix (dry-roasted, unsalted)
- ✓ 2 rice cakes with 2 tsp nut butter (no added salt or sugar)
- ✓ ¼ cup crackers with 40g low-fat tasty cheese or ½ cup ricotta/cottage cheese
- ✓ ¼ cup brown rice crackers, ¼ cup avocado
- ✓ 95g tuna in spring water
- ✓ 1 small packet air-popped popcorn
- ✓ 25g lightly salted pretzels
- ✓ 1 small scone (35g) with 1 tsp margarine
- ✓ 200g low-fat greek yoghurt
- ✓ 1 medium banana
- ✓ 30g dried fruit
- ✓ 1 cup diced/canned fruit in natural juice (no added sugar)
- ✓ 2 hard-boiled eggs
- ✓ 300ml skinny flat white



*How much
sugar?*

Can of cola



= 10 tsp sugar





To help you make healthier choices, we only sell drinks with no added sugar.



Hungry? Our food outlets are now selling a greater ranager of healthy foods for your enjoyment.

