

Colonel Light Gardens Football Club

Policy: HEALTHY FOOD AND DRINK POLICY



POLICY STATEMENT

The Colonel Light Gardens Football Club is committed to providing a safe and healthy environment for players, parents, spectators, members, sponsors and volunteers. Policies have been created to communicate clear expectations to members and guests.

The purpose of this policy is to provide a framework for the elimination or control of all risks associated with the Colonel Light Gardens Football Club's activities.

Policies are intended as guidelines and are subject to change at the sole discretion of Colonel Light Gardens Football Club. Policies have been created in accordance with the SANFL, Play by the Rules, AFL and Good Sports.

PURPOSE

This policy outlines our procedures for a healthy approach to providing and/or selling food and drinks to our members, volunteers and visitors. This policy will help to ensure our club provides and/or sells food and drinks in accordance with food safety principles.

Colonel Light Gardens Football Club is committed to the Good Sports Healthy Eating program. We recognise the importance of making healthy food and drink choices available for our members and spectators.

Colonel Light Gardens Football Club recognises that consumption of healthy food and drink at our club can contribute to good health and well-being and also supports good performance on the field/track/court. The measures outlined in this policy are based on the National Healthy School Canteen Guidelines* and the Australian Dietary Guidelines.

Our club aims to ensure the provision and consumption of safe and healthy food and drink items at our club and its related events and activities. Accordingly, the following measures will be implemented:

GENERAL

1. FOOD SAFETY

Our club understands we have a responsibility to ensure the food and drink we provide and sell is safe. To reduce the risk of serving unsafe food, the following is required:

- Individuals who regularly prepare and serve food and drinks at our club canteen/BBQ/Kitchen are encouraged to have food safety knowledge.
- Food safety information is displayed in the canteen.
- All canteen volunteers are required to read the displayed food safety information before commencing their rostered shift.
- Food and drinks are to be kept and stored at the correct temperature.
- Hands should be thoroughly washed before handling food or drinks and after any activity likely to contaminate the hands.

- **Canteen/BBQ/Kitchen** surfaces and equipment are to be thoroughly cleaned and sanitised after use and rubbish bins regularly emptied.
- Do not handle or prepare food or drinks if you are sick.

2. FOOD AND DRINK

Food and drinks sold or provided by our club will meet the following requirements:

- At least 50% of food and drinks available are healthy (green*).
- Actively work to reach a menu that features no more than 20% unhealthy (red*) food and drinks.
- Unhealthy (red) drinks take up no more than 50% of fridge space and are not displayed prominently.
- Only unsaturated oils, fats and spreads are used.
- Healthy (green) foods are displayed prominently and actively promoted through a variety of methods in the canteen and wider club environment.
- Food and drinks provided to junior teams by a coach and/or parent must be healthy (green) e.g. half time snacks.

To promote good hydration practices our club will:

- Promote water as the drink of choice.
- Encourage players to drink water before, during and after games and training.
- Encourage players to bring their own water bottle to training and games.

For functions, activities and special events where food and drinks are provided, our club will:

- Ensure healthy (green) food and drink options are available.

Our club will regularly promote healthy eating messages to club members and parents through team app, newsletter and our website.

3. FUNDRAISING AND PRIZES

To ensure healthy messaging is consistent across all club activities, our club requires that:

- Fundraising activities use only healthy (green) foods or non-food items. However an exception is permitted if the fundraiser is a BBQ, where some healthy (green) options must be available.
- Junior prizes are healthy (green) food and drinks or non-food items.

4. SPONSORSHIP

Our club will seek to use sponsors who promote healthy food or non-food items. Where this is not possible, our club will seek to negotiate healthy options as part of our arrangement with the kitchen management.

5. POLICY PROMOTION AND IMPLEMENTATION

- A current copy of our club's Healthy food and drink policy will be available to all members on the team app and our website.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the club committee.
- This policy will be reviewed annually.

POLICY REVIEW

This policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.

Approved: Club President, Dean Van Kempen

Signature:



Adopted: 24/07/2019

To be reviewed: 24/07/2020

Source: www.goodsports.com.au