

Charlton Football Club Healthy Food Choice Policy

The Charlton Football Club is aware that healthy eating is a vital part of good health. We recognize that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Charlton Football Club will ensure that a variety of healthy food choices are available for all Club activities (when applicable). This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in Club activities.

The following strategies were adopted to ensure that a variety of healthy food choices are available at all Centre activities:

• The Charlton Football Club canteen (where applicable) will provide a variety of healthy food choices.

• Healthy food choices will be available at all Charlton Football Club events and functions.

• The enjoyment of healthy eating and the role of food in relation to health will be promoted at the Charlton Football Club activities and in any Charlton Football Club publications.

• Healthy food choices will be displayed more prominently than other foods.

• Healthy food choices will be priced competitively (where applicable).

• The variety of confectionery, potato chips and soft drinks will be limited (where applicable).

• The Charlton Football Club will attempt to introduce at least one new healthy food choice to the Charlton Football Club menu (where applicable), each season.

Adopted: This policy has been adopted by the Charlton Football Club on 4th Feb 2015 (Meeting with MSA).

Review: This policy will be reviewed annually at the Charlton Football Club Annual General Meeting.

