

MINMI WANDERERS SOCCER CLUB INC

ABN 38 086 097 725



HEALTHY FOOD AND DRINK POLICY

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1. HEALTHY FOOD AND DRINK POLICY STATEMENT

This policy outlines Minmi Wanderers Soccer Club's procedures for a healthy approach to providing and/or selling food and drinks to its members, volunteers and visitors. This policy will help to ensure the Club provides and/or sells food and drinks in accordance with food safety principles.

2. RATIONALE

The Club is committed to the Good Sports Healthy Eating program. It recognises the importance of making healthy food and drink choices available for its members and spectators.

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

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

3. FOOD SAFETY

The Club understands it has a responsibility to ensure the food and drink it provides and sells is safe. To reduce the risk of serving unsafe food, the following is required:

- Individuals who regularly prepare and serve food and drinks at the Club canteen and BBQ 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 and BBQ 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.

4. FOOD AND DRINK

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

- At least 50% of food and drinks available are healthy.
- Actively work to reach a menu that features no more than 20% unhealthy food and drinks.
- Unhealthy drinks take up no more than 50% of fridge space and are not displayed prominently.
- Only unsaturated oils, fats and spreads are used.

- Healthy 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 e.g. half-time snacks.

To promote good hydration practices the 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, the Club will:

- Ensure healthy food and drink options are available.

5. FUNDRAISING AND PRIZES

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

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

6. SPONSORSHIP

The Club will seek to use sponsors who promote healthy food or non-food items. Where this is not possible, the Club will seek to negotiate healthy options as part of the sponsorship arrangement.

7. POLICY PROMOTION AND REVIEW

A current copy of the Club's Healthy Food and Drink policy will be available to all members on the Club website. Anyone wishing to discuss the policy can contact a Committee member.

Breaches of this policy will be addressed by the Club Committee.

This policy will be reviewed every two years to ensure that it remains relevant to Club operations and reflects both community expectations and legal requirements.

Approved: 15 July 2019

Review: April 2021