



HEALTHY FOOD AND DRINK POLICY

NIGHTCLIFF SWIMMING CLUB

1. 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.

2. RATIONALE

Nightcliff Swimming 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.

Nightcliff Swimming 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 in the water. 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:

3. 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:

- Food safety information is made available to volunteers preparing and selling food at our club BBQ
- 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.
- Food preparation 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 our club will meet the following requirements:

- At least 30% of food and drinks available are healthy (green*).
- Unhealthy (red*) drinks take up no more than 50% of **[fridge/Esky]** space and are not displayed prominently.
- Only unsaturated oils, fats and spreads are used.



- Healthy (green) foods are actively promoted through a variety of methods in the canteen and wider club environment.
- Food and drinks provided to our swimmers by a coach and/or parent must be healthy (green) e.g. breakfast

To promote good hydration practices our club will:

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

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 via our webpage and handbook.

5. 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.

6. 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 sponsorship.

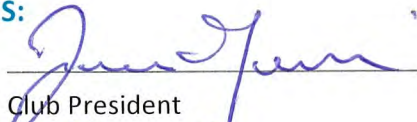
7. POLICY PROMOTION AND IMPLEMENTATION

- A current copy of our club's Healthy food and drink policy will be available to all members on the website/in the club house.
- 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.



SIGNATURES:

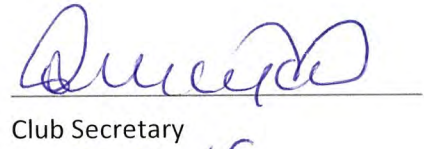
Signed:


Club President

Date:

3-3-18

Signed:


Club Secretary

Date:

3.3.18

Next policy review date is March 2019

***Notes:**

Food and drinks are classified using a traffic light system whereby;

Green food and drinks: have significant nutritional value and contain limited saturated fat, salt and/or sugar.

Amber food and drinks: have some nutritional value, but contain moderate amounts of saturated fat, salt and or/sugar

Red food and drinks: provide limited nutritional value and contain high amounts of either saturated fat, salt and/or sugar.

[The types of food and drinks that fall within these classifications vary across state and territories. Check the following for state/territory guidelines:

ACT: Healthy food and drink choices policy:

<http://www.health.act.gov.au/sites/default/files/Healthy%20Food%20and%20Drink%20Choices%20Policy.pdf>

NSW: Fresh tastes @ school NSW Healthy School Canteen Strategy: <https://education.nsw.gov.au/policy-library/associated-documents/cmpguide2.pdf>

QLD: Food for Sport Guidelines: <https://www.npsr.qld.gov.au/industry-information/clubs/food-sport/guidelines/>

ENQUIRIES REGARDING OUR POLICY:

CONTACT: Ursula Sulatycki-Holloway

PHONE: 0422228535

EMAIL: urshway@hotmail.com

Visit: www.goodsports.com.au for information regarding the Good Sports program.