

BUNDABERG TOUCH ASSOCIATION

FOOD AND DRINK POLICY



A large number of children, adolescence and adults participate in our clubs events. Bundaberg Touch prides itself on being a healthy club and has a strong potential to effectively communicate healthy eating messages to players and spectators and is in a key position to set an example to the community by offering and promoting healthy food and drinks.

Our club aims to:

- **Limit** the availability and promotion of **unhealthy** food and drink such as, confectionary, deep fried foods and soft drinks; and
- **Increase** the availability and promotion of **healthy** food and drink such as, water, sandwiches, vegetables/salads, fruit and low fat dairy.

Bundaberg Touch is a **Good Sports + Healthy Eating** Club; a number of measures have been put into place to ensure that the club environment encourages and promotes healthy eating. This policy forms part of the framework to ensure that positive changes are maintained and Bundaberg Touch continues to develop a healthy community friendly environment. It is the view of Bundaberg Touch that such an environment will create a positive image that will assist in attracting new members and promote the club and the sport.

Good Sports + Healthy Eating

Bundaberg Touch recognises the important role participating in the Australian Drug Foundation's **Good Sports + Healthy Eating** program has had in supporting positive changes within our club. Our club will continue to actively participate in the program, with the goal of maintaining Level 3 Accreditation and compliance with the accreditation criteria.

It is the responsibility of the Club Committee to ensure progress is made towards maintaining Level 3 Accreditation. This includes:

- Licensing
- Training and Management
- Food and Drink
- Promotion
- Policy

The Club Canteen Convenor will assist achievement and maintenance of Level 3 Accreditation in the following areas:

- Training
- Food and Drink
- Promotion

Licensing

Bundaberg Touch recognises the importance of compliance with Government requirements and the serious implications of non-compliance.

- As Bundaberg Touch provides/ sells foods and drinks we are required to be compliant with the Queensland Government Food Act 2006 and the Australia New Zealand Food Standards Code. The club committee is responsible for ensuring compliance is maintained. Compliance should be reviewed annually. This will be the responsibility of the President.

Training

Bundaberg Touch recognises the importance of safe food handling and storage for the health and safety of our club members and spectators.

- A minimum of two key club volunteers or committee members will have received recent safe food handling training.
- At least one of the trained personnel will be responsible for the maintenance and operation of the canteen.
- Information on safe food handling will be made available to all volunteers involved in preparing and distributing food/ beverages on behalf of the club.
- Relevant safe food handling signage will be displayed in all food preparation and storage areas.

Food and Drink

Bundaberg Touch recognises the importance of good nutrition for the ongoing health and wellbeing of our members and spectators. The following colour coded food classification system is based on the Food for Sport Guidelines.

- Club ensures that at least 50% of their canteen menu items sold are classified as GREEN
- Audit of food and drink items indicates no more than 20% are classified as RED
- RED drinks are sold under the following conditions (must meet all criteria):
 - Make up no more than 50% of total drinks
 - Sold in volumes of 375mL or less
 - Displayed in the lower section of the fridge or away from eye level
- Club uses unsaturated oils, fats and spreads
- The club will actively promote healthier foods through a variety of means in the canteen and wider club environment.
- If junior team snacks are provided to the whole team by a coach or a parent, they will be foods or drinks that fit with the Green category of the Food for Sport Guidelines.

Promotion

Bundaberg Touch recognises that the purchase of food and drink can be heavily influenced through product placement and promotion of food and drink. The following measures will be put in place to promote consistency of message and the sale of healthy food and drinks.

- All Green classified products are promoted clearly including placing at the top of the menu and in the top half of the fridge or at eye level
- Club holds one healthy fundraising activity each year
- Junior team prizes and rewards are consistent with healthy food messages

Hydration

Bundaberg Touch recognises the consequences of dehydration. Due to individual player variation and environmental conditions no single recommendation on the volume of fluid to be consumed is appropriate. The following measure will be put in place to promote good hydration practice.

- The importance of a good fluid intake will be promoted by display of posters within and around the club.
- Water is the best choice. Players will be encouraged to drink water before, during and after games and training.
- Cool fluids will be readily available to all players at games and at training.
- Players will be encouraged to bring their own water bottle to training and games.

Other

- Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.
- The club will make information available to club members and families to promote healthy lifestyles.
- Breaches of the policy will be addressed through the Club Committee.
- Anyone wishing to discuss any aspect of this policy is invited to contact any member of the committee.
- A current copy of the Healthy food and drink policy will be on permanent display in the clubs food service.
- This policy will be reviewed annually.

Reviewed April 2020

