

HEALTHY FOOD AND DRINK POLICY

Washington Park Cricket 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

Washington Park Cricket 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.

Washington Park Cricket 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. 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:

- The club shall maintain a current Certificate of Registration of Food Premises in accordance with the requirements of the city of Glen Eira Public Health unit, and be subject to annual inspections by the Coordinator of Public Health.
- Individuals who regularly prepare and serve food and drinks at our club canteen and BBQs are encouraged to have food safety training.
- 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 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:

- Only the following prescribed foods shall be sold from the canteen: fresh fruit, salad rolls and sandwiches, sausages and hamburgers, hot dogs and steamed dim sims.
- The club will limit the sale of pies and sausage rolls, and will not sell deep fried foods.
- The club will promote healthy non-alcoholic drink choices, including bottled water, low salt/sugar softdrinks, mineral water, fruit juices, cordials and sport drinks.
- Only unsaturated oils, fats and spreads are used.
- Healthy foods are displayed prominently and actively promoted in the canteen and wider club environment.
- Food and drinks provided to junior teams by a coach and/or parent must include healthy options 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 food and drink options are available.

5. FUNDRAISING AND PRIZES

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

- Fundraising activities include healthy foods or non-food items. However an exception is permitted if the fundraiser is a BBQ.
- Junior prizes are healthy food and drinks or non-food items.

6. SPONSORSHIP

Our club will seek to use sponsors who promote healthy food or non-food items.

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 and club newsletter.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the club committee.

8. POLICY REVIEW

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



SIGNATURES:

Signed: Chris Gorrie
Club President

Date: May 2020

Signed: Andrew Kindred
Club Secretary

Date: May 2020

Next policy review date is May 2022.

ENQUIRIES REGARDING OUR POLICY:

CONTACT: Andrew Kindred

EMAIL: washingtonparkcc@gmail.com

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