



HEALTHY FOOD AND DRINK POLICY

Mountain Creek Netball Club

1. PURPOSE

This policy outlines our club's philosophy regarding healthy eating.

2. RATIONALE

Mountain Creek Netball Club is committed to the Good Sports Healthy Eating program. We recognise the importance of consuming healthy food and drink for good health and well-being and supporting good performance on the court. The following measures will be implemented:

3. FOOD AND DRINK

Food and drinks provided by our club members for [supper/afternoon tea/quarter time/half time snacks] will meet the following requirement:

- Food and drinks provided to junior teams by a coach and/or parent must be healthy (green*) 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 (green*) food and drink options are available.

Our club will regularly promote healthy eating messages to club members and parents by the following means:

- a. through facebook posts,
- b. via the club eNewsletter,
- c. Including information on the club website, and
- d. via Team App.

4. FUNDRAISING AND PRIZES

To ensure healthy messaging is consistent across all club activities, our club will ensure 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 other options will be made available.
- Junior prizes are healthy (green*) food and drinks or non-food items.




5. 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 arrangement.


6. POLICY PROMOTION AND IMPLEMENTATION

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

7. SIGNATURES:

Signed: 
Club President

Date: 15/06/17

Signed: 
Club Secretary

Date: 15/12/17

Next policy review date is 2018 Annual General Meeting (November 2018)

*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:

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

8. ENQUIRIES REGARDING OUR POLICY:

CONTACT: Club President

PHONE: 0413 394 904

EMAIL: mcncpresident1@gmail.com

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