Having a commitment to provide and promote healthy foods and drinks in your club's policies will:

- show your club is committed to promoting good health
- help make sure your efforts in supporting healthy eating are long term and sustainable
- incorporate healthy eating into your club's culture
- ensure healthy eating is promoted across the whole club
- provide clear direction and support to everyone involved in making healthy changes.

Purpose:

Many Victorians participate in sport, and many more are involved as spectators, supporters, volunteers and sponsors. Sport club's reach a substantial proportion of the population and are well placed to support individuals and communities seeking a healthier way of living.

One-third of the burden of disease can be prevented. An analysis of the combined effects of thirteen dietary risk factors (such as, high sodium and sweetened beverage intake and low fruit, vegetable and fibre intake) found that they make up 7% of preventable disease burden.

It is important to reinforce the need for greater access to healthy foods and drinks in our sports club community.

Definitions:

Healthy eating = Healthy eating is eating a wide variety of foods from the five food groups each day. These are:

- fruit
- vegetables and legumes/beans
- grain (cereal) foods, mostly wholegrain
- milk, yoghurt, cheese and/or alternatives
- lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.

Healthy eating also means eating in a way that is socially, culturally and developmentally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.

Nutrition = the process of providing or obtaining the food necessary for health and growth.

Discretionary choices = 'Discretionary choices' are foods and drinks that are high in saturated fat, added sugar and salt or a combination of these. They typically have very little nutritional value and are often processed and packaged. Examples of these foods are chocolate, confectionary, jelly, sweet biscuits, high fat savoury biscuits, chips, doughnuts, high sugar/high fat cakes and slices, cream, ice cream, hot chips and other deep fried foods and pastry-based foods (pies, sausage rolls and pasties), fast food and takeaway foods, soft drinks, fruit drinks, cordial, sports drinks, energy drinks and flavoured mineral water.

Healthy Choices Guidelines = Healthy Choices is a framework for improving availability and promotion of healthier foods and drinks in community settings.

Traffic light system = The Healthy choices: food and drink classification guide uses a traffic light system to classify foods and drinks as: GREEN – best choices, AMBER – choose carefully, RED – limit.



Club policy- healthy food and drinks

Officer Cit y Soccer Club recognises the importance of healthy eating in promoting health and wellbeing and is committed to supporting club members, officials, families and visitors to make healthy food and drink choices.

Officer Cit y Soccer Club will:

- Assess the food and beverages offered at the canteen once a season using the Healthy Choices guidelines
- Assess food and beverage options once a season using the Healthy Choices guidelines
- Promote and prominently display healthy food and beverages choices
- Encourage club members involved in meal preparation or canteen sales to complete Healthy Eating Advisory Service (HEAS) online Point of Sale staff training
- Promote healthy food and beverage information and messaging at and around the club
- Not actively seek sponsorship, rewards or incentives from organisations that promote unhealthy options
- Encourage club leaders to role model and champion healthy food and beverage behaviours
- Not promote unhealthy food and beverage choices in fundraising

Approved date:

C lub member: C heree Appledore

Review date: 10/07/2025

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