

## HEALTHY FOOD AND DRINK POLICY

### Samford Valley Target Archers

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#### 1. PURPOSE

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

#### 2. RATIONALE

Samford Valley Target Archers 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. The following measures will be implemented:

#### 3. FOOD AND DRINK

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 [e.g. fact sheets, posters, communicate with coaches/parents/players about healthy eating and promoting water as the drink of choice].

#### 4. FUNDRAISING AND PRIZES

To ensure healthy messaging is consistent across all club activities, unless approved by the management committee our club requires that:

- Fundraising activities use healthy (green) foods or non-food items. However an exception is permitted if the fundraiser is a BBQ, where some healthy (green) options are available.
- Junior prizes are healthy (green) food and drinks or non-food items.

## SPONSORSHIP

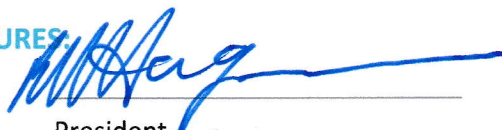
Our club will seek to use sponsors who promote healthy food or non-food items. Where this is not possible, our club will seek to negotiate healthy options as part of our sponsorship arrangement.

## 5. 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.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the management committee.
- This policy will be reviewed at least 5 yearly.

## SIGNATURES

Signed:

A blue ink signature of the President, written over a horizontal line.

President

Date:

17/12/17

Signed:

A blue ink signature of the Secretary, written over a horizontal line.

Secretary

Date:

17/12/17

Next policy review date is 2023.

### \*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-](https://education.nsw.gov.au/policy-library/associated-documents/cmpguide2.pdf)

[library/associated-documents/cmpguide2.pdf](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/>

Visit: [www.goodsports.com.au](http://www.goodsports.com.au) for information regarding the Good Sports program.