**HEALTHY FOOD AND DRINK POLICY
BOYANUP HOCKEY CLUB**

1. **PURPOSE**

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

1. **RATIONALE**

**Boyanup Hockey 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 field. The following measures will be implemented:

1. **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 food and drink options are available.

Our club will regularly promote healthy eating messages to club members and parents.

1. **FUNDRAISING AND PRIZES**

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

* Fundraising activities use only healthy foods or non-food items. However an exception is permitted if the fundraiser is a BBQ, where some healthy options must be available.
* Junior prizes are healthy 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 arrangements.

1. **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 club committee.
* This policy will be reviewed annually.

**SIGNATURES:**

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| --- | --- | --- | --- |
| Signed:  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Signed:  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Club President |  | Club Secretary |
| Date:  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date:  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Next policy review date is **July 2021**

\*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 for state/territory guidelines:]**

**ENQUIRIES REGARDING OUR POLICY:**

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