

Healthy Eating Policy

BALLARAT YCW HARRIERS HEALTHY EATING POLICY

Rationale

This Policy provides the basis for a balanced and responsible approach to healthy food choices at Ballarat YCW Harriers events and activities. This in turn will provide an opportunity to be a positive influence on younger club members and make the club a safe and healthy place for families to play and enjoy athletics.

This Policy will help to ensure the club:

- Meets its duty of care in relation to the health and safety of our members and others who attend our club and events.
- Upholds the reputation of the club, sponsors, partners and *Good Sports*.
- Understands the risks associated with unhealthy food choices and our role in minimising this risk.

Accordingly, and to ensure the aims of the club are upheld and that healthy food options are available and promoted at the club, the following Policy requirements will apply.

Food choices

- Healthy food and drink options will be promoted to club members and patrons

Food preparation and service

- There will always be at least one food handling qualified person on duty when food is being prepared and served.
- Everyone involved in food preparation and service will be required to read the *Food Safety Workbook*.
- Safe food handling signs will be displayed in all areas where food is prepared and served.
- A copy of the *Food Safety Workbook* will be kept where food is prepared and served.

Non-compliance

- All club committee members will enforce this Policy.
- Any non-compliance will be handled according to the following process:
 - The Policy will be explained to the person/people concerned, specifically identifying the section of Policy not being complied with.
 - Continued non-compliance with the Policy will be handled by at least two committee members who will use their discretion as to the action taken. This may include asking the person/people to leave the facilities or function.

Policy promotion

- The club will promote the Healthy eating policy regularly via:
 - club website, club newsletters, social media
- The club will provide information on healthy food choices to club members.

Policy review

This Policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.

Date	Version	Initials	Comments
18/08/2014	1	KD	Initial Policy Approved

Next policy review date is January 2015