

# ACT Veterans Athletic Club Inc

## Healthy food choices catering policy

Version:	0.1
Date adopted by committee:	14 December 2011
Proposed by:	Committee
Replaces:	n/a

### *Relevant provisions of the club constitution*

Part I 2.

The objectives of the club shall be to encourage and to promote athletics for men and women 30 years of age and over.

Part III 13. (a) – (d)

The committee

- Will control and manage the affairs of the club;
- Has the power to perform all such acts and do all such things as appear to the committee to be necessary or desirable for the proper management of the affairs of the club.

### *Policy statement*

1. The committee understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. ACTVAC intends to model good nutrition behaviours and provide healthy food choices to its members.
2. Accordingly, the club adopts a healthy food choices catering policy as follows:
  - Where food is available at functions and activities, healthy alternatives (in line with the Australian Dietary Guidelines) will be offered. This includes the provision of foods low in fat, high in fibre and with a substantial fruit and vegetable content.
  - Safe food handling and preparation procedures will be used.
  - ACTVAC will give preference to those food companies/caterers that provide healthy alternatives.
  - This policy will be reviewed annually.
3. In implementing this policy ACTVAC will:
  - Actively promote the healthy choices on offer (for example, have healthy food choices attractively presented and prominently displayed).
  - Ensure that healthy food choices are readily available at all events funded through an ACT Health grant.
  - If alcohol is available, ensure that low alcohol and non-alcoholic beverages (including water) are also available.
  - Ensure that healthy alternatives are competitively priced in relation to less healthy alternatives.
  - Not provide prizes that encourage unhealthy eating.
  - Provide water free of charge.

- Not degrade the natural environment and limit the wasteful use of resources.
- Ensure that appropriate training is available for food service staff who provide food.

This Healthy Choices Catering Policy reflects ACTVAC's commitment to making 'healthy food choices, easy food choices' for our members, as part of the process of becoming a health-promoting organisation.