



goodSPORTS™ + Healthy Eating

food
for Sport

Brisbane Women's Hockey Association

Food and Drink Policy

A large number of children, adolescents and adults participate in our associations events. Brisbane Women's Hockey Association prides itself on being a healthy association and has a strong potential to effectively communicate healthy eating messages to players and spectators and is in a key position to set an example to the community by offering and promoting healthy food and drinks.

Our association aims to:

- **Limit** the availability and promotion of **unhealthy** food and drink such as, confectionary, deep fried foods and soft drinks; and
- **Increase** the availability and promotion of **healthy** food and drink such as, water, sandwiches, vegetables/salads, fruit and low fat dairy.

Brisbane Women's Hockey Association is a **Good Sports + Healthy Eating** Association, a number of measures have been put into place to ensure that the association environment encourages and promotes healthy eating. This policy forms part of the framework to ensure that positive changes are maintained and Brisbane Women's Hockey Association continues to develop a healthy community friendly environment. It is the view of Brisbane Women's Hockey Association that such an environment will create a positive image that will assist in attracting new members and promote the association and the sport.

1. GOOD SPORTS + HEALTHY EATING

Brisbane Women's Hockey Association recognises the important role participating in the Australian Drug Foundation's **Good Sports + Healthy Eating** Program has had in supporting positive changes within our association. Our association will continue to actively participate in the program, with the goal of maintaining Level 3 Accreditation and compliance with the accreditation criteria.

It is the responsibility of the Association Committee to ensure progress is made towards maintaining Level 3 Accreditation, this includes:

- Licensing
- Training and Management
- Food and Drink
- Promotion
- Policy

The Association Canteen Convenor will assist achievement and maintenance of Level 3 Accreditation in the following areas:

- Training
- Food and Drink
- Promotion



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2. LICENSING

Brisbane Women's Hockey Association recognises the importance of compliance with Government requirements and the serious implications of non-compliance.

We are currently not required to hold a Food Licence but we comply with all food safety requirements.

3. TRAINING

Brisbane Women's Hockey Association recognises the importance of safe food handling and storage for the health and safety of our association members and spectators.

- A minimum of two key association volunteers or committee members will have received recent safe food handling training.
- At least one of the trained personnel will be responsible for the maintenance and operation of the canteen.
- Information on safe food handling will be made available to all volunteers involved in preparing and distributing food/ beverages on behalf of the association.
- Relevant safe food handling signage will be displayed in all food preparation and storage areas.

4. FOOD AND DRINK

Brisbane Women's Hockey Association recognises the importance of good nutrition for the ongoing health and wellbeing of our members and spectators. The following colour coded food classification system is based on the Food for Sport Guidelines.

- The association will make available through the canteen at least nine choices from the Green category of the Food for Sport Guidelines
- The canteen menu will consist of no more than 20% of meal and snack items that fit with the Red category of the Food for Sport Guidelines.
- At least 50% of the canteen drink fridge will be stocked with products that fit within the Green and Amber categories of the Food for Sport Guidelines.
- Where possible drinks that fit within the Red category of the Food for Sport Guidelines will be sold in volumes of 375ml or less.
- The association will actively promote healthier foods through a variety of means in the canteen and wider association environment.
- If junior team snacks are provide to the whole team by a coach or a parent, they will be foods or drinks that fit with the Green category of the Food for Sport Guidelines.



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5. PROMOTION

Brisbane Women's Hockey Association recognises that the purchase of food and drink can be heavily influenced through product placement and promotion of food and drink. The following measures will be put in place to promote consistency of message and the sale of healthy food and drinks.

- All Green classified products are promoted clearly including placing at the top of the menu and in the top half of the fridge or at eye level
- If the Association holds any fundraising activities at least one will be a healthy fundraising activity
- Junior team prizes and rewards are consistent with healthy food messages

6. HYDRATION

Brisbane Women's Hockey Association recognises the consequences of dehydration. Due to individual player variation and environmental conditions no single recommendation on the volume of fluid to be consumed is appropriate. The following measure will be put in place to promote good hydration practice.

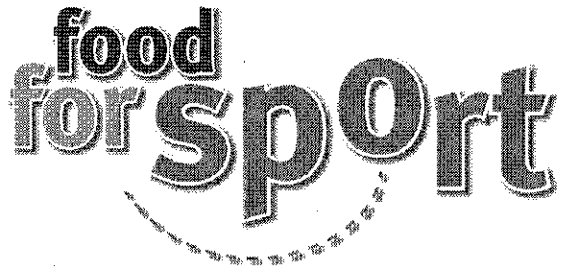
- The importance of a good fluid intake will be promoted by display of posters within and around the association.
- Water is the best choice. Players will be encouraged to drink water before, during and after games and training.
- Cool fluids will be readily available to all players at games and at training.
- Players will be encouraged to bring their own water bottle to training and games.

7. OTHER

- Adult players, coaches and association members are expected to set appropriate examples and act as role models for junior association members.
- The association will make information available to association members and families to promote healthy lifestyles.
- Breaches of the policy will be addressed through the Association Association Committee.
- Anyone wishing to discuss any aspect of this policy is invited to contact any member of the committee.
- A current copy of the Healthy food and drink policy will be on permanent display in the associations food service.
- This policy will be reviewed annually.

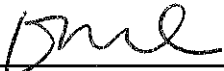


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8. ENDORSEMENT

We the undersigned, hereby certify that this policy was adopted by the Brisbane Women's Hockey Association.



President

10/6/2014
Date



Secretary

10/6/2014
Date

