

Pearl Coast Gymnastics Club

Healthy food and drink policy

This policy sets out the aims and principles of the food and drinks provided within our venue.

Pearl Coast Gymnastics Club is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Pearl Coast Gymnastics Club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of staff, volunteers, participants and spectators.

Standards for food and drinks

Pearl Coast Gymnastics Club will:

- ensure free drinking water is available at activities or events
- ensure healthy food and drink options are available at all activities or events
- not use unhealthy (red) food/drink (or vouchers for same) as prizes or awards
- ensure that only food and drinks that support our policy are used for fundraising
- ensure that the only food and drink advertising that is displayed supports our healthy food and drink policy
- educate staff, volunteers and customers about our Healthy food and drink policy and our commitment to health and wellbeing.

The Pearl Coast Gymnastics Club Canteen will:

- provide and promote water
- plan a menu using the Fuel to Go & Play® traffic light system, for example:
 - increase the range of healthy food and drinks (green options) e.g. water, vegetables, fruit, lean meat, sushi, soup
 - limit unhealthy food and drinks (red options) e.g. deep fried food, sugary drinks
- ensure that only healthy food and drinks (e.g. green options) are promoted and displayed
- ensure that healthy choices are priced competitively.



Fill the menu

Select carefully

Limit or remove

Training

Pearl Coast Gymnastics Club is committed to preparing healthy safe food and will:

- ensure staff (and volunteers if applicable) complete Fuel to Go & Play® training including [Canteen and Food Service Staff](#) and/or [Club Officials and Stakeholders](#)
- ensure staff and volunteers complete food safety and hygiene training e.g. FoodSafe® Food Handler Training program, or its equivalent
- encourage staff and volunteers to complete All about Allergens online training available free at <https://foodallergytraining.org.au>.

Distribution and review

- A current copy of this policy will be on permanent display in the Pearl Coast Gymnastics Club staff office and at canteens
- A current copy of this policy will be distributed to all Pearl Coast Gymnastics Club staff and members (including committee members as relevant)
- This policy will be reviewed annually.

Endorsement


We the undersigned, hereby certify that this policy was adopted by the Pearl Coast Gymnastics Club

(Insert 8/16/2024
date): _____

Signature: 

Name: Sarah Stribling

Club President

Signature: 

Name: _____

Head of Administration