



# HUNTER WESTERN HORNETS TOUCH FOOTBALL

## HEALTHY FOOD AND DRINK POLICY

### **PURPOSE**

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

### **RATIONALE**

Hornets Touch 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:

### **FOOD AND DRINK**

Food and drinks provided by our club members for [supper/afternoon tea/half time snacks] will meet the following requirements:

- At least two healthy options will be provided for [supper/afternoon tea]
- Food and drinks provided to junior teams by a coach and/or parent must be healthy (green\*) e.g. half time snacks.

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 (green) food and drink options are available.

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

### **FUNDRAISING AND PRIZES**

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

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

### **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.