

Healthy Choices Policy



MISSION STATEMENT

Healesville Tennis Club:

- Understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing.
- Is committed to creating a supportive environment for healthy food choices.
- Recognises that good nutrition underpins a healthy lifestyle.

POLICY

It is the Healesville Tennis Club's aim to make healthy eating an available choice to its members and visitors, identifying that healthy eating across all ages supports and promotes the benefits of engaging in sport.

The Healesville Tennis Club is committed to setting a good example within the community by promoting and offering healthy food options, and will always endeavour to:

- ensure the club environment is supportive of healthy lifestyles including healthy eating
- support government and non-government initiatives such as guidelines for sporting and recreational facilities in regards to health eating
- make healthy food an easy option at all activities where food and beverages are made available to club members and visitors
- promote the drinking of water as the first and best choice
- ensure coaches and convenors promote healthy food and beverage consumption as an integral part of performing well in sporting endeavours

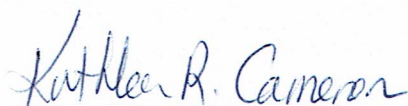
STRATEGIES:

- Any catering will provide healthy options which are low in fat, sugar and salt and high in fibre, e.g. fresh fruit, vegetable pieces served with hummus or salsa, wholegrain sandwiches with low fat fillings, salads, mixed nuts.
- Plenty of water will always be provided.
- Safe and clean food storage and preparation facilities will be provided.

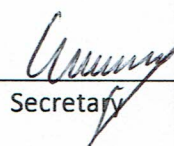
POLICY REVIEW:

This policy will be reviewed annually to ensure it remains relevant to the club and reflects both community expectations and guidelines for sporting bodies in relation to health eating.

Signed:



President



Secretary

Date:

8 October 2018

Next policy review date:

December 2019