



HEALTHY EATING POLICY

Umina Surf Life Saving Club Inc.
Policy U5.05

05 / 11 / 2016

Umina SLSC Healthy Eating Policy

Rationale

This Policy provides the basis for a balanced and responsible approach to healthy food choices at Umina Surf Life Saving Club events and activities. This in turn will provide an opportunity to be a positive influence on younger club members and make the club a safe and healthy place for families to play and enjoy [insert sport here].

This Policy will help to ensure the club:

- Meets its duty of care in relation to the health and safety of our members and others who attend our club and events.
- Upholds the reputation of the club, sponsors, partners and *Good Sports*.
- Understands the risks associated with unhealthy food choices and our role in minimising this risk.

Accordingly, and to ensure the aims of the club are upheld and that healthy food options are available and promoted at the club, the following Policy requirements will apply.

Food choices

- Water will be promoted as the drink of choice.
- Healthy food and drink options will be available and more prominently displayed than unhealthy options
- Healthy food and drink options, including provision of snacks and fundraising, rewards and prizes, will be promoted to club members and patrons.

Food preparation and service

- There will always be at least one committee member who has undertaken Food safety online training.
- Safe food handling signs will be displayed in all areas where food is prepared and served.

Non-compliance

- All club committee members will enforce this Policy.
- Any non-compliance will be handled according to the following process:
 - The Policy will be explained to the person/people concerned, specifically identifying the section of Policy not being complied with.
 - Continued non-compliance with the Policy will be handled by at least two committee members who will use their discretion as to the action taken.

Policy promotion

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OR GOOD SPORTS | FACEBOOK

The club will promote the Healthy eating policy regularly via:

- Club website, club newsletters, social media, and announcements during events.
- The club will provide information on healthy food choices to club members.



Policy review

This Policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.

SIGNATURE:

Signed: Paul Sharpe

President

Date: 5/ 11/ 2016

Signed: Wendy Cook

Treasurer

Date: 5/ 11 /2016

Next policy review date is October 2017

ENQUIRIES

CONTACT:

PHONE:

EMAIL: