

HEALTHY EATING POLICY

Purpose:

Aligned Leisure recognises the importance of healthy eating in promoting people’s health and wellbeing. Aligned Leisure is committed to creating a health promoting environment which supports our staff, volunteers and community visitors to make healthy food and drink choices.

Definitions:

- *Healthy Eating:* Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks, and eating food to satisfy hunger, appetite and energy needs.
- *Traffic Light System:* The Healthy Choices guidelines categorise foods and drinks into three groups, these are: the **GREEN** category (best choice), the **AMBER** category (choose carefully), and the **RED** category (limit these foods).

Aim:

This policy aims to support healthy eating by implementing the Victorian Government’s Healthy choices: policy guidelines for sport and recreation centres across the organisation.

Scope:

This policy applies in all areas where foods and/or drinks are sold or provided to staff, volunteers and community visitors.

This includes:

- Food and drink retail outlets such as cafeterias, cafes, coffee shops, canteens, kiosks (including mobile food kiosks) and coffee carts.
- Food and drink vending machines.
- Catering provided by an organisation for meetings, functions and events (such as community events, launches, celebrations and ceremonies).
- Catering provided in a facility by external user groups.
- Fundraising activities.
- Rewards, incentives, gifts, prizes and give-aways.
- Advertising, promotion and sponsorship.
- The guidelines do not apply to foods and drinks brought from home by staff (e.g. For birthdays, morning teas or personal fundraising). However, staff are encouraged to consider providing healthy options at all times and to avoid promoting unhealthy fundraising activities (e.g. Chocolate or confectionery drive) in public places, such as kitchens.

This policy will be easily accessible to staff and volunteers and will be made available in shared spaces via newsletters and email communication.

Document Title: Aligned Leisure – Healthy Eating Policy		Authorised by: Dylan Wyatt	Issue Date: 01/08/2018
Responsible Officer: Head of Facilities	Version #: 1	This is a <input checked="" type="checkbox"/> controlled <input type="checkbox"/> uncontrolled copy	Last Revised: 01/08/2018 Next Revised: 01/08/2019

Objectives:

The objective of this policy is to support staff, volunteers, members and visitors to make healthy food and drink choices by:

- Creating a healthy eating culture.
- Creating an environment which supports healthy food and drink choices.
- Increasing availability and promotion of healthier foods and drinks.
- Decreasing availability and promotion of unhealthy foods and drinks.
- Supporting breastfeeding at all recreation facilities.
- Increasing knowledge and skills of staff, volunteers and community members regarding healthy eating.
- Supporting healthy eating initiatives and links with the community.

This policy has been developed in line with the following government guidelines:

- Australian dietary guidelines and Australian guide to healthy eating.
- Healthy choices: food and drink classification guide.
- Healthy choices: policy guidelines for sport and recreation centres.
- Healthy food charter.

By implementing Healthy Choices, Aligned Leisure is working towards meeting the healthy eating benchmarks of the Achievement Program.

Responsibilities:

The Head of Facilities is responsible for implementing Aligned Leisure's Healthy eating policy.

Management personnel, staff, volunteers and contractors (for example, food and drink service providers) at Aligned Leisure have a shared responsibility to support the policy, as outlined:

Management Personnel:

- Ensuring staff, volunteers and contractors are aware of this policy, and providing easy access and promotion of this policy to staff.
- Creating an organisational culture that supports healthy eating.
- Supporting implementation and ensuring food and drink provision is consistent with Healthy Choices.
- Overseeing implementation and review of the Healthy eating policy.
- Seeking feedback from staff, volunteers and other stakeholders.
- Providing a suitable space for breastfeeding.
- Providing healthy eating information and opportunities for staff and volunteers to develop healthy eating knowledge and skills.

Staff, Volunteers & Contractors:

- Understanding the Healthy eating policy.
- Observing the policy procedures.
- Maintaining an organisational culture that supports healthy eating.

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Procedure:

The below outlines the requirements that Aligned Leisure will undertake to implement Healthy Choices.

Area (include as required)	Requirements
Food and drink provision (retail outlets and vending machines)	<ul style="list-style-type: none"> ▪ At least 50 per cent GREEN choices. ▪ No more than 20 per cent RED choices.
Advertising and promotion of foods and drinks	<ul style="list-style-type: none"> ▪ GREEN choices are promoted at all occasions. ▪ AMBER are not promoted at the expense of GREEN choices. ▪ RED choices are not promoted.
Catering (meetings, functions, events)	<ul style="list-style-type: none"> ▪ Majority GREEN choices. ▪ No RED choices.
Water	<ul style="list-style-type: none"> ▪ Water is always available free of charge.
Fundraising, prizes, giveaways	<ul style="list-style-type: none"> ▪ Fundraising activities are consistent with the <i>Healthy choices: policy guidelines for sport and recreation centres</i>. ▪ No RED choices are supplied for children's awards, prizes and giveaways.
Sponsorship	Sponsorship activities are consistent with the <i>Healthy choices: policy guidelines for sport and recreation centres</i> .
Infrastructure to support healthy eating	Physical environment supports provision of healthy choices and does not support provision of unhealthy choices.
Supporting breastfeeding	Strategies are in place to support and encourage breastfeeding.
Contracts, leases and tenders	Healthy Choices is incorporated into tenders, contracts and leases that relate to supply of foods and drinks.
Information and education	Information and educational opportunities are provided to staff, volunteers, community members and other key stakeholders.
Communication and community engagement	Involvement with the Healthy Together Achievement Program and engagement with other community healthy eating initiatives is encouraged.