



Food and Nutrition Policy

As a Good Sports club, it is the policy of Katunga Football Netball Club to provide and promote healthy food options to our members and visitors.

This policy applies to food and drink sold through the club canteen, other food stalls, and fundraising activities. It applies to all members, officials, players and club visitors.

Food Business

Our club is a registered food business with the Moira Shire Council via the Katunga Recreation Reserve Grounds Committee of Community Management Centre.

Food handlers

Our club will:

- Have at least two club members trained in basic nutrition and safe food handling techniques. One of these members will be in charge of stocking and setting up the canteen
- Ensure signage regarding safe food handling is displayed in the canteen and other locations food is handled.

Food sold in the canteen or at a food stall

Our club will ensure that:

- At least 6 healthy food choices from different food groups are always available (including a variety of fruit and vegetables and water), and are displayed in prominent positions
- Healthier food choices are promoted, such as through meal deals and reduced prices
- If hot chips are sold, they are prepared using the National Heart Foundation 'Tips on chips' guide and the 'Shake, bang & hang' technique
- All oils used for cooking are monounsaturated or polyunsaturated (not saturated).

Drinks sold in the canteen, food stall or esky

Our club will ensure that:

- At least 75% of the non-alcoholic drinks in fridges/eskies/stalls are healthy drink choices such as water, low fat milk and juices
- Healthy drink choices are positioned prominently in the upper section of the fridge

- All non-alcoholic drinks are sold in 375 mL containers or less (with the exceptions of milk and water).

Promotion of healthier choices to members

Our club will ensure that all team coaches provide players with an information sheet about healthy eating, either during registration or through-out the season.

Food used for fundraising

Our club will ensure that only healthy food is used in club fundraising activities.

Sponsorship

Our club will actively seek and encourage sponsorship from non-fast food businesses.

Non-compliance with the policy

All club committee members will enforce the food and nutrition policy. Non-compliance will be addressed by committee members and will include an explanation of the policy breach to the person/people concerned. Additional actions will be at the discretion of the club, and serious breaches and ongoing non-compliance will be handled by at least two committee members.

Policy promotion

Our club will promote this policy regularly by:

- Providing a copy in club communications (e.g. newsletters, club website)
- Providing a copy to players as part of their registration kit
- Displaying a copy in the club social rooms
- Periodic announcements to members at functions

Policy review

This policy will be reviewed annually by the club committee to ensure it remains relevant to club operations, and reflects community expectations and legislation. Updates of this policy will be promoted as outlined above.

Thank you

Club President

Date implemented: 26 March 2024

Review date: March 2025