



ALTONA

HOCKEY CLUB

**HEALTHY EATING POLICY
OF THE
ALTONA HOCKEY CLUB, INC.**



Rationale

The Altona Hockey Club Inc., Sugargum Drive, Altona (or AHC) recognises the importance of providing healthy catering and food item options for its members and visitors. Being a sporting club, the health of our players is a paramount contributor to the success of our sides and the general enjoyment of sport for our players.

Major causes of death in Australia relating to food include heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity.

Accordingly, the following policy has been developed by the AHC to improve the health of all concerned.

The AHC acknowledges its leadership role in the sport of Hockey and aims to be a good role model for affiliated clubs. The move to healthy eating complements the clubs desire to create a healthier family and community friendly environment. The AHC believes that such an environment and image will be advantages in attracting new members and positively promoting our sport and the club to the community.

The policy enforces that there is to be more variety and choice of primarily plant based foods (breads, cereals, fruits, nuts, vegetables, rice, noodles and pasta) for sale. This is to compliment foods provided currently. These healthy foods will be displayed more prominently than non-healthy options, they will be priced competitively and positioned high up on the canteen/kitchen menu.

Who affected by this Policy

The policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Altona Hockey Club Inc.

Timing

This policy is effective from **31st March 2003**.

Functions

All official functions held at the nominated address, will ensure that the menu has a range of choices available to people, which will include at least 40% plant based foods (breads, cereals, fruits, vegetables, rice, noodles and pasta). Water, non-alcoholic and fruit juice will be available at all functions and external caterers are used; they must be able to provide the healthy eating foods as previously mentioned in this policy.



Junior Sport

The AHC requires that all coaches encourage players to consider their eating options with respect to their health, fitness and hygiene.

Policy Review

The policy will be reviewed at the Annual General Meeting for 2003 and then on an annual basis thereafter. This will ensure that the policy remains current and practical.

Dated: 7th March 2003

Reviewed: Policy to be reviewed annually

For and on Behalf of its Members.
The Altona Hockey Club Inc. Board