

# Healthy Eating

## **1. Purpose of Policy**

1.1. Leongatha Gymnastics Club recognises that Healthy Eating plays a critical role in the physical and mental development of children and in the performance abilities of children and adults. The Club needs to be a leader in the promotion of healthy lifestyles as it is in contact with many young members whilst they are forming their dietary habits.

## **2. Definition of Coverage**

2.1. This policy applies to all Club events (including but not limited to meetings, competitions and sleepovers) where catering is provided

2.2. This policy applies to all training sessions

## **3. Application of Policy**

3.1. Healthy foods are defined to be those reduced in fat, sodium or sugar, or from core food groups such as cereals, meats, fruit and vegetables.

3.2. Caterers used for events must be able to provide a variety of healthy food choices

3.3. Healthy food choices will be available at all events where food is available

3.4. Healthy food choices will be displayed and priced at least as competitively as other foods.

3.5. The Club will consider this policy when making decisions about fundraising initiatives and awards, and will at all times aim to promote healthy eating.

## **4. Policy Breaches**

4.1. Catering which does not conform to this policy will not be utilised at future events