



# HEALTHY FOOD AND DRINK POLICY TEMPLATE

## Instructions for use

This template was developed by the *Finish with the Right Stuff* program to help junior community sports clubs and associations in developing a healthy food and drink policy (procedure/guideline).

## Why is a policy helpful?

A customised policy can help to support healthy changes in your club and embed them in your clubs' culture.

After the game is over, children's hard work can be undone by loading up unhealthy food and drink. A policy demonstrates that your clubs promotes healthy eating and drinking and supports club members to promote this message!

Clubs with policies are more likely to be successful in making healthy changes because everyone in the club understands what the club is wanting to achieve.

**This policy template is endorsed by State Sporting Organisations including Netball NSW and AFL NSW/ACT**

**Your club/ association:**

# HEALTHY FOOD AND DRINK POLICY

**is committed to providing and promoting healthy food and drink to players and patrons, before during and after sport**

## **Providing healthy food and drink**

will aim to have fresh and clean water available at all times (for free when possible) and have healthy food and drinks available before, during and after sport.

## **Promoting healthy food and drink**

will aim to promote water as the drink of choice, before during and after sport; promote healthy food and drink options over unhealthy options and display and/or distribute information about healthy eating and drinking.

## **Healthy club culture**

will aim to encourage and support all club personnel to promote healthy eating and drinking before, during and after sport.

**Signed**

**Date**

