



Gold Coast Gymnastics  
Club

## **HEALTH AND SAFETY- HEALTHY EATING POLICY**

### **1. Policy Statement**

Gold Coast Gymnastics Club acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all. Therefore the Club will ensure that a variety of healthy food choices are available at all training sessions, events and activities.

### **2. Purpose**

Healthy eating is a vital part of good health; lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are major causes of death in Australia and are all associated with the food we eat.

### **3. Definition**

- 3.1. Member; being a Club Member participating in an appropriate session, coaches, judges, volunteers &/or committee members.
- 3.2. Healthy eating; eating appropriate portions of a variety of foods within the five food groups and avoiding foods that contain too much added fat, salt and sugar.

### **4. Rationale**

Gold Coast Gymnastics has a key role in the promotion of healthy lifestyles and practices and should be a public example of a healthy and progressive organisation. Gold Coast Gymnastics 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. G.C.G.C needs to be a leader in promoting healthy lifestyles as it has contact with many young Members whilst they are forming their dietary habits.

## **5. Scope**

The Policy applies to all of Gold Coast Gymnastics' training, meetings, functions and events. It is inclusive of all members, participants, officials and others taking part in G.C.G.C' activities. G.C.G.C takes Healthy Eating seriously and will be strictly following the Policy in order to allow our members to develop and maintain healthy lifestyles.

## **6. Policy Education**

The Policy will be available in a hardcopy to all Members through inclusion in the Club's Membership Enrolment Pack. It will be distributed to new members in the same manner. Every effort will be made by Club 10 Gymnastics to provide relevant up-to-date information from National and State Government bodies on Health-Eating.

## **7. Policy Compliance**

The following is the directive of G.C.G.C Healthy Eating Policy; the Club will promote healthy eating by adhering to the following guidelines:

### ***The Australian Guide to Healthy Eating***

A diet consistent with the Australian Guide to Healthy Eating recommends people consume a variety of foods across and within the five food groups and avoid foods that contain too much added fat, salt and sugar. The Guide aims to promote healthy eating habits throughout life, which will assist in reducing the risk of health problems in later life; such as heart disease, obesity and Type 2 Diabetes.

The Guide aims to encourage the consumption of a variety of foods from each of the five food groups every day in proportions that are consistent with the Dietary Guidelines for Australians. The five food groups are:

- Bread, cereals, rice, pasta, noodles.
- Vegetables, legumes.
- Fruit.
- Milk, yogurt, cheese.
- Meat, fish, poultry, eggs, nuts, legumes.

Gold Coast Gymnastics Club can play an important role in ensuring children eat well and stay active. It is expected that small amounts of unsaturated fats and oils will be consumed with breads and cereals but additional fats and foods such as cakes, biscuits, hot chips and sugary drinks should be consumed only occasionally.

The Dietary Guidelines for Children and Adolescents (2003) are:

- Children and adolescents need sufficient nutritious foods to grow and develop normally.
- Growth should be checked regularly for young children.
- Physical activity is important for all children and adolescents.
- Enjoy a wide variety of nutritious foods.

Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheese and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents.
- Choose water as a drink.

Care should be taken to:

- Limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants.
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars.
- Care for your child's food.
- Prepare and store food safely.

[www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/eating](http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/eating),  
Commonwealth Government, Aug 2006

[www.waschoolcanteens.org.au/pages/about/health\\_policy.pdf](http://www.waschoolcanteens.org.au/pages/about/health_policy.pdf), WA School  
Canteen Association, Aug 2006

**Gold Coast Gymnastics Club will follow or ensure that caterers follow these requirements:**

- G.C.G.C will give preference to food companies/caterers that provide healthy alternatives, e.g. products registered under the Star Choice Food Registration Program or Heart Foundation's Pick the Tick Program.
- All paid staff and volunteers who provide catering on behalf of G.C.G.C will receive food handler training commensurate with the level of activity performed, in accordance with the national Food Safety Standards.
- Caterers used for events must be able to provide a variety of healthy food choices
- Healthy food choices will be available at all events where food is available.
- Promotion of the enjoyment of healthy eating and the role of food in relation to health; via newsletters, announcements and other appropriate vehicles.

- Promotion of healthy food choices at events.
- Healthy food choices will be displayed more prominently than other foods.
- Healthy food choices will be priced competitively.
- Foods provided by G.C.G.C will include those reduced in fat, sodium and sugar, be high in fibre and include a substantial amount of core foods, including fruit and vegetables.
- As part of G.C.G.C' responsibility items that encourage unhealthy eating (e.g. deep fryers, high fat packaged snack foods and carbonated drinks) will not be provided for fund-raising purposes or awards.

The Healthy Eating Policy will be reviewed annually to ensure that the document remains current and practical Gold Coast Gymnastics Clubs' requirements. The policy should be signed and dated by the Club president and other relevant officials.

## **8. Confidentiality**

Breaches of this policy must be reported to G.C.G.C Members Protection Officer (MPIO) or the management within 14 days of any occurrence. Breaches of this policy must be kept confidential and disclosure to any third party beyond G.C.G.C' management is not permitted.

## **9. Policy Outcomes**

Anticipated outcomes of Gold Coast Gymnastics' Healthy Eating Policy are as follows:

- Increased awareness of Healthy Eating;
- The types of foods to eat and those not to eat;
- Healthy members; &
- Education of members in this important area.

Disclaimer: