



Moorabbin Little Athletics Centre Incorporated (MLAC)

Policy Document

Safe & Healthy Food Policy

Document Approval
MLAC Centre Executive

Document Owner
MLAC Centre Executive

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1.2

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Controlled Document

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A. PURPOSE

To ensure that Moorabbin Little Athletics Centre Incorporated (“MLAC”) meets its obligations with respect to safe storage and handling of food and promotes healthy food options at MLAC events, competitions and training sessions.

This policy is designed to:

- Ensure compliance with the Victorian *Food Act 1984* for the safe storage and handling of food including the maintenance of appropriate records to demonstrate compliance with safe food practices.
- Encourage the development of good eating habits consistent with the National Health and Medical Research Council *Dietary Guidelines for Children and Adolescents in Australia*.
- Provide a variety of healthy food and drinks options consistent with the VicHealth *Healthy Clubs Canteens, Healthy Eating Guide*.

B. AUTHORITY

The Safe & Healthy Food Policy was approved by the Centre Executive on 30/11/2016.

C. EFFECTIVE DATE

The Safe & Healthy Food Policy is to take effect from 30/11/2016.

D. AMENDMENTS

Any amendments to this policy are to be recorded in the Document Control Sheet stating the date of adaptation and the effective date upon which any amendment is to take effect.

E. PUBLICATION

A current copy of this policy will be on permanent display on the MLAC noticeboard.

Sections one (1) to seven (7) of the Safe & Healthy Food Policy are to be published on the MLAC website.

All amendments to this policy are to be reflected on the MLAC website in a timely manner.

1. INTRODUCTION

The Centre Executive and General Committee (“MLAC Committee”) is aware that healthy eating is a vital part of good health. The MLAC Committee recognise that lifestyle diseases such as heart disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

Eating a healthy balanced diet is not simply put down to individual choice and willpower. The environment in which we live influences our diet; from pricing and availability of healthy foods to time pressures and cultural norms. All too often the healthy choice is not the easiest choice.

The MLAC Committee recognises this and is committed to ensure safe and healthy food options at competitive prices are available at all MLAC activities.

This policy applies to food and drink sold through the MLAC canteen, barbeque and fundraising activities. It applies at all MLAC meetings, competitions, functions and events and to all athletes, officials, spectators, volunteers and other participants.

2. FOOD BUSINESS

MLAC is registered with the City of Kingston as a Class 3 food premises under the Victorian *Food Act 1984*.

3. POLICY STRATEGIES

The following strategies have been adopted to ensure MLAC meets its commitment to ensure safe and healthy food options are available at all MLAC activities:

Safe Food Handling

- At least two MLAC Committee members are trained in safe food handling through successfully undertaking the Department of Health & Human Services [Do Food Safely](#) online learning assessment. One of these members will be the Canteen & Barbeque Manager.
- Appropriate signage regarding safe food handling and cross contamination risks is displayed near the canteen and barbeque where food is handled.
- Appropriate signage to remind people of hygiene requirements e.g., wearing of disposable gloves and washing of hands is displayed in food preparation areas.
- Disposable gloves, hand wash and clean water are all made available in food preparation areas.
- Cleaning procedures are displayed in food preparation areas to assist volunteers.
- Records are kept to demonstrate compliance with food safety practices in accordance with VicHealth *Guide to Food Safety Regulation for Community Groups – Class 3*.
- The MLAC Committee undertakes a pre-season canteen and barbeque equipment and maintenance check to ensure all kitchen tools, crockery, cutlery, appliances and cool storage are in working order, clean and replaced when needed.

Healthy Food Options

- The MLAC canteen and barbeque will provide a variety of healthy food options.
- The enjoyment of healthy eating and the role of food in relation to health will be promoted at MLAC activities and in MLAC publications.
- Healthy food options will be displayed more prominently than other foods.
- Healthy food options will be priced competitively.
- Water will be promoted as the drink of choice.
- The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
- The MLAC Committee will review its food menu items prior to the start of each season to ensure that healthy food options are maintained and where possible increased.

4. HEALTH FOODS

Healthy food in this policy reflects the everyday food (green foods) category defined in the National Health and Medical Research Council *Dietary Guidelines for Children and Adolescents in Australia*.

Foods and drinks in this category are based on the basic food groups and include:

- Breads and cereals, rice, pasta, noodles.
- Fruits and vegetables.
- Dairy foods – reduced or low-fat milk, yoghurt and cheese.
- Lean meat and poultry.
- Water.

5. SPECIAL DIETARY REQUIREMENTS

The MLAC Committee recognises that some athletes, officials, spectators, volunteers or other participants may require special diets for lifestyle or medical reasons.

The MLAC canteen and barbeque will attempt to meet these needs as far as possible so that everyone involved in MLAC activities can enjoy eating healthy food.

Medical conditions that have special dietary requirements include (not limited to):

- Diabetes.
- Coeliac disease.
- Anaphylaxis.

Anaphylaxis is a severe allergic reaction to certain foods and can be life threatening. The most common triggers of anaphylaxis are: peanuts, cow's milk, egg, wheat, soy bean, tree nuts (for example, cashews), fish and shellfish.

The MLAC Committee adopts a risk minimisation position to the threat of anaphylaxis and will attempt to reduce the amount of allergen containing foods from its canteen and barbeque menu where possible. This does not apply to foods labelled “may contain” a known allergen.

Anyone with such allergies should advise MLAC canteen and barbeque staff prior to the supply of food or drink.

6. FOOD USED FOR FUNDRAISING

The MLAC Committee will ensure that only healthy food is used in MLAC fundraising activities.

7. SPONSORSHIP

The MLAC Committee will actively seek and encourage sponsorship from healthy food businesses.

POLICY ADMINISTRATION

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| Approval Body | Centre Executive |
| Policy Owner | Centre Executive |
| Effective Date | 30/11/2016 |
| Date of Last Review | 06/09/2017 |
| Next Scheduled Review | September 2018 |
| Related Policies | Nil |
| Supporting Procedure or Guidelines | <p>MLAC Handbook</p> <p>Anaphylaxis Australia – Discussion Guide: School Canteens Acknowledging the Needs of Food Allergic Students</p> <p>City of Kingston – Food Safety Information</p> <p>Department of Health & Human Services – Food Safety Guide for Community Groups - Class 3</p> <p><i>Food Act (Vic) 1984</i></p> <p>Nutrition Australia – Nutrition in Schools Guidelines</p> <p>National Health and Medical Research Council – Dietary Guidelines for Children and Adolescents in Australia</p> <p>VicHealth – Healthy Clubs Canteens, Healthy Eating Guide</p> <p>VicHealth – Guide to Food Safety Regulation for Community Groups</p> <p>Victoria State Government – Healthy Canteen Kit: School Canteens and Other School Food Services Policy</p> |

