



**Perth Broncos American Football Club Inc.**

# **HEALTHY FOOD & DRINK POLICY**

June 2021

## 1. PURPOSE

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The Perth Broncos American Football Club is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and displace more nutritious food and drinks.

Our club is well placed to promote the importance of healthy eating and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our club. Our club will ensure a variety of healthier food and drinks are always available.

## 2. GENERAL PRINCIPLES

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We recognise and value the importance of creating a healthier environment for everyone who visits or club. This policy sets out the aims and principles of the food and drinks provided within our club and the promotion and messages surrounding them.

## 3. STANDARDS FOR FOOD AND DRINKS

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Our club will:

- ensure healthy food and drink options are available should catering be provided at activities or events.
- not use unhealthy food/drink (or vouchers for same) as prizes or awards.
- ensure that only food and drinks that support our policy are used for fundraising.
- ensure that the only food and drink advertising that is displayed supports our policies.
- ensure free drinking water is available at activities or events.

- plan a menu using the Fuel to Go & Play™ traffic light system to rate food and drinks as green, amber or red based on their nutritional value.
- ensure that healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options).
- ensure that healthy choices are priced competitively.
- choose partners and providers that support the aims and goals of our policy.
- provide and display educational resources at our club to support this policy.

#### **4. ENVIRONMENTAL STRATEGIES**

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Our club will:

- place water at eye level in fridges.
- not display sugary drinks.
- make sure free tap water is available.
- ensure fruit and/or vegetables are always available.
- have at least one person that has completed food safety and hygiene training on the committee and on the food service team.
- have at least one person that has completed allergens training on the committee and on the food service team.

#### **5. FOOD SAFETY AND HYGIENE**

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Our club will comply with the Food Act 2008 (WA) and the Food Regulations 2009, including:

- applying for registration with the local council as a food business.

- notifying the local council prior to conducting a charitable or community event involving food.
- seeking information on these requirements from the local council prior to any function.

Our club will ensure that all paid and volunteer staff:

- complete food safety and hygiene training e.g. FoodSafe® Food Handler Training program or its equivalent.
- wear hats, hairnets and aprons which will be provided by the club.
- not sell (or provide) foods made at home or brought in by staff or volunteers from a commercial supplier through the food service.
- prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

## **6. ALLERGY AND ANAPHYLAXIS MANAGEMENT**

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All paid and volunteer staff need to be aware of the risks food allergy poses. It is important to:

- know how to identify and manage food allergy.
- understand the law with regards to food allergy and food service provision.
- know what is in your food so that you can provide accurate information about foods a customer is allergic to.
- know how to respond to enquiries from customers with food allergy.

Our club will encourage staff and volunteers to complete *All about Allergens* online training available free at <https://foodallergytraining.org.au>

## 7. OCCUPATIONAL HEALTH AND SAFETY

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Our club will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996*, for example:

- All staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency.
- All staff and volunteers to wear enclosed footwear when working in the food service. Shoes with heels or open sandals/flip flops are not acceptable.
- Only food service staff and volunteers rostered for duty may enter the premises during normal trading hours.
- Children are not permitted in the food service during normal trading hours.