

# **Becoming a Healthy Choices Association**

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## **Background**

Basketball Associations have a responsibility to ensure that the people coaching, officiating, administrating and participating in their programs and competitions are:

- in an environment where they can make healthy food and beverage choices.
- aware of the benefits of healthy choices and the potential health risk associated with unhealthy food and beverage choices

## **Aim**

This policy aims to support healthy eating and beverage choices by implementing the Victorian Government's *Healthy choices: policy guidelines for sport and recreation centres* across the organisation (search the following site)

<https://www2.health.vic.gov.au/primary-and-community-health>

## **Objectives**

The objective of this policy is to support staff, volunteers, members and visitors to make healthy food and drink choices by:

- Creating an environment which supports healthy food and drink choices
- Increasing availability and promotion of healthier foods and drinks
- Decreasing availability and promotion of unhealthy food and drinks
- Increasing knowledge and skills of staff, volunteers and community members regarding healthy eating

## **Strategies to Encourage Healthy Eating and Hydration within your Association**

- Develop your own Healthy Eating Policy to outline your commitment to healthy eating and drinking outlining the actions you will take.
- Assess the current foods available in your canteen. Check if there is sufficient variety of healthy foods to offer real choice (e.g. hot and cold options) and display them prominently
- Provide healthy food and water choice discounts to coaches, staff and officials. Ensure that healthy food options are made available at association events and functions. Contract caterers who are willing to provide healthy food and beverage options.
- Use a traffic light system to categorise foods and drinks as green, amber and red based on their nutritional value

- Educate staff on safe food handling practices.
- Healthy food and beverage alternatives are available in the stadium canteen and vending machines as well as at functions and catered events;
- Strategies are implemented to shift purchases towards healthier food and beverage options;
- A greater number of healthy food and beverage choices are available, attractively presented and prominently positioned;
- Water fountains/tap water available free of charge to replenish empty drink bottles;
- Safe food handling procedures are observed.
- Provide education to coaches, players and parents about healthy eating and sports nutrition. This may include topics such as hydration, pre-match requirements and post-match recovery

### **Where does the policy apply?**

This policy applies in all areas where foods and/or drinks are sold or provided to staff, volunteers, and community visitors. This includes:

- Food and drink retail outlets such as cafeterias, cafes, coffee shops, canteens, kiosks (including mobile food kiosks) and coffee carts
- Food and drink vending machines
- Catering provided by an organisation for meetings, functions and events (such as community events, launches, celebrations and ceremonies)
- Catering provided in a facility by external user groups
- Fundraising activities
- Rewards, incentives, gifts, prizes and give-aways
- Advertising, promotion and sponsorship

### **Useful resources and websites**

For further information on healthy eating visit:

Healthy Practices in Community Sports Settings:

<http://www.sportsfocus.com.au/wp-content/uploads/2015/10/Hydration-Strategies1.pdf>

Healthy choices: food and drink classification guide:

[www.health.vic.gov.au/nutrition](http://www.health.vic.gov.au/nutrition)

Australian Guide to Healthy Eating: posters, brochures and promotional material

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Healthy Together Healthy Eating Advisory Service – fact sheets and recipes

[www.heas.healthytogether.vic.gov.au](http://www.heas.healthytogether.vic.gov.au) or free call 1300 22 52 88

Healthy Together Achievement Program

[www.achievementprogram.healthytogether.vic.gov.au](http://www.achievementprogram.healthytogether.vic.gov.au)

# ABC Basketball Association Healthy Choices Policy

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Association  
Logo

## Rationale

*ABC Basketball Association* recognises the importance of healthy eating in promoting people's health and wellbeing. *ABC Basketball Association* is committed to creating a health-promoting environment that supports our staff, volunteers and community visitors to make healthy food and drink choices.

## Functions and Events

*ABC Basketball Association* is committed to providing a healthy choices environment for all those associated through ensuring that:

- A variety of healthy food and beverage choices are available and promoted at all *ABC Basketball Association* activities, events and functions;
- Caterers who are contracted for activities, events and functions will provide a variety of healthy food and beverage options;
- The different health benefits that food and beverage can provide is promoted to members;
- Wherever possible healthy food and beverage choices will be displayed more prominently than other food and beverages;
- Strategies are implemented to shift purchases towards healthier food and beverage options; and
- Water fountains/tap water is available free of charge to replenish empty drink bottles

## Promotion

*ABC Basketball Association* uses key messages via social media channels and at point of sale to increase the awareness of the benefits of healthy choices and the potential health risks associated with unhealthy choices including:

- Traffic light colour coding at point of sale to influence customers behaviour and selection of healthier choices;
- Display of Healthy Choice posters and educational material in prominent positions within the stadium;
- Support VicHealth's annual H30 Challenge: [www.h30challenge.com.au](http://www.h30challenge.com.au)
- Regularly provide health messaging facts in Association communication channels

**Responsibilities**

*ABC Basketball Association* Board, management, staff, volunteers and contractors have a shared responsibility to create an organisational culture that supports Healthy Choices and one that ensures all food and drink service complies with Healthy Choices.

**Review and Monitoring**

*ABC Basketball Association* will implement the actions outlined in this policy from DATE/ MONTH/ YEAR. This policy will be reviewed annually to ensure it remains relevant to the needs of *ABC Basketball Association*.

*ABC Basketball Association* supports the implementation of the Victorian Government's *Healthy choices: policy guidelines for sport and recreation centres* as an investment in the wellbeing of our staff, volunteers and community visitors.

This *Healthy Choices policy* has been endorsed by:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Position: \_\_\_\_\_