



Cranbourne Meadows Cricket Club Inc.

Affiliated with the West Gippsland Cricket Association (Inc.# A0017382M)

ABN: 67 924 639 539

Lawson Poole Recreation Reserve
Lesdon Avenue, Cranbourne

PO Box: 5709, Cranbourne, 3977
cmccrebels@club.cricketvictoria.com.au

HEALTHY FOOD & DRINK POLICY - GENERAL

Version 1A: July 2017

1. PURPOSE

This policy outlines our club's philosophy regarding healthy eating.

2. RATIONALE

Cranbourne Meadows Cricket Club is committed to the Good Sports Healthy Eating program. We recognise the importance of consuming healthy food and drink for good health and well-being and supporting good performance on the field. The following measures will be implemented:

3. FOOD AND DRINK

Food and drinks provided by our club members for **afternoon tea** will meet the following requirements:

- At least two healthy options will be provided for **afternoon tea**.
- Food and drinks provided to junior teams by a coach and/or parent must be healthy (green*) e.g. half time snacks.

To promote good hydration practices our club will:

- Promote water as the drink of choice.
- Encourage players to drink water before, during and after games and training.
- Encourage players to bring their own water bottle to training and games.

For functions, activities and special events where food and drinks are provided, our club will:

- Ensure healthy (green) food and drink options are available.

Our club will regularly promote healthy eating messages to club members and parents.

PRESIDENT

Ben Warren-Smith
0433 823 515

VICE-PRESIDENT

Tanya Mitchell
0404 451 406

SECRETARY

Lee Fallon
0438 002 079

TREASURER

Darren Diss
0424 695 106



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goodsports.com.au





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4. FUNDRAISING AND PRIZES

To ensure healthy messaging is consistent across all club activities, our club requires that:

- Fundraising activities use only healthy (green) foods or non-food items. However an exception is permitted if the fundraiser is a BBQ, where some healthy (green) options must be available.
- Junior prizes are healthy (green) food and drinks or non-food items.

• SPONSORSHIP

Our club will seek to use sponsors who promote healthy food or non-food items. Where this is not possible, our club will seek to negotiate healthy options as part of our sponsorship arrangement.

5. POLICY PROMOTION AND IMPLEMENTATION

- A current copy of our club's Healthy food and drink policy will be available to all members on the **website, in the canteen and social media**.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the club committee.
- This policy will be reviewed annually.

SIGNATURES:

Signed: _____
Club President

Signed: _____
Club Secretary

Date: _____

Date: _____

Next policy review date is: **15th July 2018**

ENQUIRIES REGARDING OUR POLICY:

CONTACT: Lee Fallon – Club Secretary

PHONE: 0438 002 079

EMAIL: secretary@cranbournemeadowssc.org.au

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***Notes:**

Food and drinks are classified using a traffic light system whereby;

Green food and drinks: have significant nutritional value and contain limited saturated fat, salt and/or sugar.

Amber food and drinks: have some nutritional value, but contain moderate amounts of saturated fat, salt and or/sugar

Red food and drinks: provide limited nutritional value and contain high amounts of either saturated fat, salt and/or sugar.

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