



## HEALTHY CATERING POLICY DRAGONS FENCING CLUB

### Position Statement

Healthy eating is a vital part of good health. It is important for energy and vitality, optimal sporting performance, weight control, control of blood fats and prevention of heart disease and diabetes.

The Dragons Fencing Club (DFC) 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.

The DFC Club will ensure that a variety of healthy food choices are available for all Club activities, if food is made available. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in Club activities.

### Policy

The DFC Club is committed to ensuring a healthy environment for all those associated with the club and will ensure that:

- The caterers used for all events are able to provide a variety of healthy food choices;
- Healthy food choices will be available at all club activities;
- Healthy food choices will be promoted at all clubs activities;
- Healthy food choices will be positioned more prominently than other foods;
- Healthy food choices will be priced competitively;
- The role of food in relation to health and the enjoyment of healthy food is promoted (posters, newsletter, healthy eating handouts etc);
- All food is handled, prepared and stored in accordance with Food Safety Regulations.

The DFC Club undertakes to implement the actions listed above in this policy, effective from 18 / 02 / 2008.

The DFC Club aims to have promoted the importance of healthy eating at least once by 30 / 06 / 2008.

This policy is to be reviewed annually. Review date: February 2009.

Name and Title: HELEN SMITH, DFC President

Signature ..... Date .....

### Examples of Healthy Food Choices/Practices

#### Offer fruit and vegetables

- Fresh fruit (whole pieces, canned in natural juice, on a skewer as a fruit kebab, dried fruit)
- Sultanas
- Vegetables on a skewer for barbeques
- Corn on the cob
- Baked potatoes with low fat natural yoghurt or cottage cheese instead of sour cream
- Baked potato skins
- Vegetable burgers
- Vegetable soup - fresh or low fat canned varieties

#### Offer breads and cereals

- Fruit bread (toasted or untoasted)
- Sandwiches made with a variety of breads (wholegrain, soy and linseed, sour dough, rye, wholemeal, pita bread)
- Sandwich fillings such as salad vegetables, canned tuna or salmon (in springwater, brine and flavoured varieties), lean meats, egg, low fat cheese with only a scrape of margarine and low fat sauces such as low fat mayonnaise.
- Meals based on rice, pasta, noodles, vegetables (without the creamy sauces or lots of cheese)
- Baked beans on toast
- Pita bread or pizza muffins with lots of vegetables and little cheese on top

#### Offer low fat alternatives

- Low fat dairy products – low fat milk, low fat cheese, low fat yoghurt
- Creamed rice made with low fat milk
- Lean meats (trimmed of fat, little marbling)
- Lean cold meats such as lean ham
- Replace mayonnaise and oily salad dressings with low fat varieties or use lemon juice or vinegar on salads
- Use spreads such as chutney, avocado, pickles, mustard, low fat mayonnaise, reduced fat cream cheese, ricotta or cottage cheese
- Polyunsaturated or monounsaturated margarines rather than butter
- Polyunsaturated or monounsaturated oil

**Offer healthier snack foods**

- Popcorn – plain (no added butter or salt)
- Pretzels
- Rice crackers/rice cakes
- Reduce the variety of deep fried foods, pastry items, potato chips, corn chips and cheese snacks on offer

**Offer healthier drink options**

- Water, diet drinks, low fat flavoured milks, 100% fruit juice