



Albany Equestrian Centre

Healthy Eating Policy

Purpose:

The Albany Equestrian Centre recognises and values the importance of creating a healthier environment for everyone who attends our venue. This policy sets out the aims and principles of the food and drinks provided within our community venue and ensures the venue aligns with best practice alcohol service and smoke-free environments.

Policy Statements

Healthy Food and Drink:

The Albany Equestrian Centre is committed to providing healthy 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.

The Albany Equestrian Centre recognises that 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.

Our community venue 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 will reinforce the healthy messages promoted by our venue.

The Albany Equestrian Centre will ensure a variety of healthier food and drinks are always available.

Standards for food and drinks

The Albany Equestrian Centre 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 healthy food and drink policy
- ensure drinking water is available at activities or events

The Albany Equestrian Centre Canteen will:

- 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.



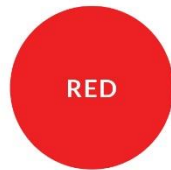
Green items:

- form the basis of a healthy diet
- are good sources of vital nutrients
- are core food and drinks from the five food groups in the Australian Guide to Healthy Eating



Amber items:

- have some nutritional value
- may contain moderate amounts of energy, fat, sugar and/or salt
- should be selected carefully



Red items:

- lack adequate nutritional value
- are often high in energy, fat, sugar and/or salt
- are discretionary items in the Australian Guide to Healthy Eating.

Allergy and anaphylaxis management

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.

Record of Amendments

Version	Date	Details of Changes	Comments
1.0	1 Sept 2022	Original document	Adopted by Management Committee