



PEAK TRAMPOLINE HEALTHY CLUB POLICY

Food and Catering Policy

Position Statement

Peak Trampoline understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well-being. Peak Trampoline also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

- Peak Trampoline will increase the range and availability of healthy food and drink options available at events and at premises under the organisation's control;
- Food and beverage vouchers and giveaways will only be given for healthy options; and
- The organisation will only support fundraising activities involving food or drink items that meet the organisation's food and catering policy guidelines.
- Peak Trampoline will provide a free fruit bowl at all school holiday programs and daily within term time.
- Peak Trampoline will provide a water tower for use by all athletes attending the Gym.
- All athletes will be reminded about the importance of awareness of nut allergies and what we do to safe guard against this.

Functions and activities

- Where food is available, healthy alternatives will be offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low/no sugar content; and Water will always be provided free of charge.

Food outlets

- Healthy food and drink options will be promoted at point of sale at food outlets within Peak Trampolines control;
- Peak Trampoline will reduce unhealthy food and drink options in food outlets under its control;
- Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives;
- Appropriate training will be available for paid staff and volunteers e.g. Food Safe Food Handling Program;
- Where food vendors are required, the organisation will source vendors that provide healthier food and drink alternatives;
- Where food and drinks are provided 'on site' by providers contracted by the organisation there will be compliance with the policy, this will be a condition of any new food supply or catering contract and related leases;
- Compliance with the policy will be included in any contracts or related leases renegotiated or renewed; and
- Existing contractors should be informed of the new policy and encouraged to comply.