

MSSC Healthy Eating Plan



The Myrtleford Savoy Soccer Club is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better eating habits.

The club will ensure that a variety of healthy food choices are available for all club activities. 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.

The following strategies have been adopted to ensure that a variety of healthy food choices are available for all Club activities

- The club canteen (where applicable) will provide a variety of healthy food choices at home games believing good food fuels on-field performance
- The club has a strong preference at half time for all teams to be supplied by team manager/roster of parents with fruit – such as banana's, oranges and/or grapes
- Healthy food choices will be available at all events and functions
- The enjoyment of healthy eating and the role of food in relation to health will be promoted by our committee, as we believe in contributing to the wellbeing of our members, supporters and community.
- Healthy food choices will be promoted prominently and priced competitively
- The variety of confectionary, potato chips and soft drinks will be limited
- The club will try and introduce at least two new healthy food choices each season

Resources:

Dietary Guidelines for Australians: a guide to healthy eating (Australian Government National Medical and Health Research Council <http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n31.pdf>)

Go for life healthy Canteen Kit (Victorian Government)

http://www.eduweb.vic.gov.au/edulibrary/public/schadmin/schops/healthycanteen/gfyl_plannerposter.pdf