



## HEALTHY CATERING POLICY

Healthy eating is a vital part of good health. After all, the major causes of death in Australia – that is lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity – are all associated with the food we eat.

Albert Park Yacht Club acknowledges that healthy eating can have an impact on health, and the provision of healthy foods will contribute to better health for all.

Albert Park Yacht Club will ensure that a variety of healthy food choices are available for all our activities. This applies to committee meetings, members' meetings, organisation functions and events, and to all members, officials and competitors taking part in Yachting Victoria's or Albert Park Yacht Club's activities.

Albert Park Yacht Club undertakes to implement the actions outlined in this policy, beginning on 31 October 2007

### General Actions

Albert Park Yacht Club is committed to ensuring a healthy environment for all those associated with the organisation and will ensure:

- ◆ That caterers used for all events are able to provide a variety of healthy food choices;
- ◆ That healthy food choices will be available at all events;
- ◆ The promotion of the enjoyment of healthy eating and the role of food in relation to health;
- ◆ The promotion of the healthy food choices at events;
- ◆ That healthy food choices will be displayed more prominently than other foods and
- ◆ That healthy food choices will be priced competitively

Approved by: Albert Park Yacht Club on 7/11/2007