



**Calisthenics Victoria Incorporated (CVI)
Healthy Eating Policy**

Version Control, Change History and Distribution

Version Control

Document Name:	Healthy Eating Policy
Prepared by:	
Endorsed by:	
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Change History

Amendment Date	Version No.	Page No(s) replaced	Description of change

Distribution: All membership via soft copy and downloadable from CVI Website Policy Bank

Rationale

Healthy eating is a vital part of good health. After all, the major causes of death in Australia – this is, lifestyle disease such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity – are all associated with the food we eat. Calisthenics Victoria Inc. acknowledges that healthy eating can have an impact on our health, and that the provision of healthy foods will contribute to better health for all.

Accordingly, Calisthenics Victoria Inc. has developed the following policy to apply to all Club competitions, functions, meetings and activities from January 1, 2005. This policy applies to all members, parents, Coaches, volunteers and visitors of the Club/College.

Calisthenics Victoria Inc. is committed to ensuring a healthy environment for all those associated with the organisation and will ensure:

Functions

- Caterers used for all events/activities must be able to provide a variety of healthy food choices at competitive prices.
- That healthy food choices will be available at all competitions, functions, meetings and activities where food is provided.
- Promotion of the enjoyment of healthy eating and the role of food in relation to health.
- Promotion of healthy food choices at all events/activities where food is provided.
- That healthy food choices will be displayed more prominently than other foods.

Examples of healthy food choices include;

- Low fat milk
- Plain water
- Fresh fruit
- Sandwiches made with wholemeal bread
- Salads with low fat dressing.

Education/Promotion

Clubs/Colleges recognise that they have a role to play in educating members about the benefits of implementing a healthy eating policy and will endeavour to provide appropriate information and resources to assist in this process.

END.