

## HEALTHY EATING 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.

Gymnastics Victoria 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. Gymnastics Victoria will ensure that a variety of health food choices are available for all Victorian Gymnastic Association activities. This applies to committee meetings, members meetings, organisation functions and events, and to all members, officials, players, performers and others taking part in Gymnastics Victoria activities.

Gymnastics Victoria undertakes to implement the actions outlined in this policy. This policy will be reviewed annually to ensure it remains relevant to Gymnastics Victoria needs.

### General Actions

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

- that caterers used for all events must be 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 healthy food choices at events;
- that healthy food choices will be displayed more prominently than other foods; and
- that healthy food choice will be priced competitively.

