



Healthy Catering Policy

1 Purpose and Scope:

The aim of this policy is to make healthy eating an easy and informed choice for the Tailem Bend Community Centre Incorporated (TBCC) staff, volunteers, members, class participants and visitors.

2 Background:

Tailem Bend Community Centre:

- 2.1 Understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing.
- 2.2 Is committed to healthy eating by creating a supportive environment for healthy food choices.
- 2.3 Recognises that good nutrition underpins a healthy lifestyle and helps to protect against a range of conditions including Cardiovascular Disease, Type 2 Diabetes and Obesity.

3 Policy:

TBCC will endeavour to provide healthier catering options as follows:

- 3.1 By examining the current catering methods and evaluating what healthier options could be included.
- 3.2 Where appropriate, when catering is provided, healthy food options will be included.
- 3.3 Offer healthier beverage options.
- 3.5 Provide educational material about healthy catering options and possible food allergies to employees and volunteers who organise catering.

Date first formulated	November 2015 <i>(Previously Healthy Eating Policy V1 adopted by Board October 2011)</i>	
Dates approved by Board	V1 V2 V3	June 2016 Feb 2018 April 2019
Next Review Date	June 2022	
Related Documents	Food Safety Policy Food Safety Procedures The Heart Foundation's Guide to Healthier Catering - A Healthier Serve	
Legislation	<p>Food Act 2001 (South Australia) https://www.legislation.sa.gov.au/LZ/C/A/FOOD%20ACT%202001/CURRENT/2001.44.AUTH.PDF</p> <p>Food Standards Code http://www.foodstandards.gov.au/code/Pages/default.aspx</p> <p>Aged care centre food safety requirements http://www.foodstandards.gov.au/industry/safetystandards/service/pages/default.aspx</p> <p>The South Australian Eat Well Be Active Strategy 2011–2016 http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/protecting+public+health/preventative+health+and+wellbeing/eat+well+be+active+strategy+2011-16</p> <p>The State Public Health Plan (SA) 2013 http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/legislation/public+health+act/state+public+health+plan/state+public+health+plan</p>	
Signed on behalf of TBCC Board of Management by:		
Name: Jack Hunt		
Position held: Chairperson		Signature:  5 April 2019