

Healthy Eating Policy (S-4)

Policy Area	Service Delivery
Policy Number	S-4
Version	001
Approval Date	3 August 2018
Review Date:	October 2020
Scope:	All workers, Board

Policy

Inclusive Sport SA (ISSA) recognises that healthy eating is beneficial to all people. Accordingly, the following policy applies to all members, administrators, officials, coaches, participants who participate in an ISSA activity.

The policy requires:

- All participants who are participating in an ISSA activity (either endorsed or co-ordinated) will be encouraged to follow SA Health healthy eating guidelines.
- All ISSA functions, including events, competitions, dinners, fundraising events, and meetings will endeavour to provide a healthy options on the menu in line with SA Health healthy eating guidelines.
- Workers, coaches, coordinators, trainers, and officials are to be encouraged and also encourage participants to follow SA Health healthy eating guidelines whilst acting in an official capacity.
- The effects of “Junk Food” on performance will be discussed with participants

ISSA is committed to promoting a healthy environment for all those associated with the organisation, and where possible will ensure that all participants are provided with knowledge regarding healthy eating.

Where applicable, ISSA will encourage other organisations, which host its activities or events, to follow the guidelines of our Healthy Eating Policy

Related Documents and Further Information

- S-2 Duty of Care

	Chief Executive	
Signed	Positon	Date