

## **Vermont Cricket Club Juniors – Healthy Eating Policy**

Vermont Cricket Club Juniors recognises that healthy eating is a vital part of good health and enjoyable participation in sport. We acknowledge that healthy eating can have a positive impact on the lives of our members and that the Junior club can contribute to this through the provision and promotion of healthy options.

Eating a variety of foods from the different food groups every day and choosing healthy foods around training and games helps children and adolescents to perform at their best, have energy to play for longer and to recover well.

Vermont Cricket Club Juniors will ensure that a variety of healthy food options are available for all club activities. This applies to meetings, games, functions and events.

The following strategies have been adopted by the committee to ensure that healthy eating is promoted throughout Vermont Cricket Club Juniors:

- The club canteen (where applicable) will provide a variety of healthy food choices
- Healthy food will be available at all junior club events and functions
- The enjoyment of healthy eating and the role of food in relation to health and sporting performance will be promoted at junior club activities and in junior club publications
- Healthy food choices will be displayed more prominently than other foods
- Healthy food choices will be priced competitively
- The variety of confectionary, potato chips, soft drinks, ice creams and fried food will be limited
- Players, parents/guardians, coaches and volunteers will be encouraged to bring healthy options to game days
- Water will be encouraged and promoted as the drink of choice for hydration during games and training
- Coaches, volunteers, committee members and players will be provided with education around the benefits of healthy eating and drinking water in junior sport
- Healthy food rewards or non-food rewards will be utilised at all playing levels, where applicable
- The Junior club will only seek out non-food or healthier food business sponsorship or advertising