



HYDRATION & NUTRITION POLICY

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Person responsible for review:	Cafe Manager

Healthy Hydration and Nutrition Policy

Purpose

The Frankston District Netball Association (FDNA) is dedicated to promoting and ensuring the health and well-being of all its members. This policy provides guidelines on hydration and nutrition, aligned with the Victorian Healthy Choices Guidelines. By integrating hydration management and the Victorian Healthy Choices Guidelines, we aim to enhance the health and performance of our players, foster long-term well-being, and set a positive example within the community.

Background

The Healthy Choices: Food and Drink Classification Guide uses a **traffic light system** to classify foods and drinks into three groups based on their nutritional value; **GREEN** (best choices), **AMBER** (choose carefully) or **RED** (limit). FDNA will not use the traffic light system to promote food and drinks, or in publically facing café, but rather for menu planning, talking about food in relation to disease or obesity risk or referring to foods as “good or bad,” “fattening” or overemphasis on “healthy vs unhealthy”, it can create a sense of guilt or shame when the “bad” or “unhealthy” foods are eaten, can reinforces weight stigma and may promote negative body image and restrictive eating.

Instead FDNA encourages eating for nourishment which involves eating a variety of foods from the five food groups each day. These include:

- Fruit
- vegetables and legumes/beans
- grain (cereal) foods, mostly wholegrain
- milk, yoghurt, cheese and alternatives
- lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.

FDNA understands that relationships with food is complex and can involve a variety of factors including, but not limited to; taste preference, cost, availability, convenience, social and cultural beliefs, eating arrangements (e.g. individuals with particular conditions or disability) appetite and energy needs. Therefore, eating a variety of core foods is more important for long-term health and preventing disease, than not eating foods that may be considered less nutritious.¹

¹ Kurotani K, Akter S, Kashino I, Goto A, Mizoue T, Noda M et al. Quality of diet and mortality among Japanese men and women: Japan Public Health Center based prospective study. *BMJ*, 2016. 352:1209.

Objectives

The objectives of this procedure are to support staff, volunteers, members, spectators, players, officials and visitors of FDNA to increase the uptake of a variety of food and drink options, by way of:

- increasing availability and promotion of nourishing drinks and food
- creating a culture and environment which supports nourishing drink and food options
- increase promotion of GREEN food and drinks while decreasing availability and promotion of RED food and drinks
- increasing knowledge and skills of employees, volunteers, members, spectators, players, officials and visitors regarding optimal hydration and nutrition
- acknowledging the importance of positive body-image
- Selecting sponsorship from organisations that align with policy values
- Seeking feedback from customers and players to adapt and improve offering for increased uptake

Scope

This policy applies to all staff, volunteers, members, spectators, players, officials and visitors involved in any activities organised by FDNA.

This policy applies to all food and non-alcoholic drinks sold or supplied by the Association, including but not limited to:

- Food and drinks sold from the Cafe
- Functions and events
- Drinks provided at meetings and 'team selection nights' etc.
- Fundraising activities

It **does not** apply to:

- Alcoholic drinks purchased by members at functions at licensed venues
- Any food or drinks brought from other settings for personal consumption

Procedure

FDNA will support optimal hydration and eating by implementing the Victorian Government's Healthy Choices guidelines.

FDNA will:

- Create an environment that supports and encourages optimal hydration and nutrition
- Include a requirement to meet the Healthy Choices guidelines in tenders, contracts and leases with food and drink suppliers and external user groups
- Only use the traffic light system (GREEN, AMBER, and RED) when assessing drink and food menu's and will not outwardly promote these ratings customer facing.
- Work in partnership with Peninsula Health – health Promotion team to increase GREEN options to at least 50 per cent of foods and drinks available for retail outlets and vending machines
- Work in partnership with Peninsula Health – Health Promotion team to reduce RED options to no more than 20 per cent for retail outlets and vending machines
- When food is provided to staff for meetings, celebrations and events, a variety of mostly GREEN and AMBER, socially and culturally appropriate food options are included.
- Provide clean and safe tap water for drinking
- Make sure staff rooms and staff kitchens have facilities to prepare healthy meals and snacks brought from home
- Support and encourage breastfeeding
- Promote GREEN options and not RED options
- Not use RED options for prizes, giveaways, awards and vouchers
- Engage in healthy fundraising and sponsorship activities.
- If unclear if a new drink or food is GREEN, AMBER or RED, we will check using the Food Checker tool or seek advice from the Peninsula Health- Health Promotion Team.

Hydration Management

Water Availability	<ul style="list-style-type: none"> ▪ Clean and safe drinking water must be readily available at all training sessions, games, and events within the stadium. ▪ Encourage all members and players to bring their own water bottles to reduce waste and promote hygiene.
Hydration Education	<ul style="list-style-type: none"> ▪ Educate players, coaches, and parents on the importance of staying hydrated, particularly before, during, and after physical activity. ▪ Provide information on recognising signs of dehydration and the benefits of regular water intake.
Drink Displays	<ul style="list-style-type: none"> ▪ FDNA will always offer and promote tap water for drinking. ▪ FDNA will display the ‘Water, our drink of choice’ decal in the cafe (<i>Appendix 1</i>) ▪ GREEN drinks will be placed in the most prominent position and in line of sight for customers. ▪ We will increase GREEN options to at least 50% of display in drink fridges & vending machines ▪ When FDNA run out of stock of a particular item, FDNA will: <ul style="list-style-type: none"> ▫ Only replace out of stock GREEN drinks with another GREEN drink. ▫ Use GREEN or AMBER drinks to replace an out-of-stock AMBER drink. ▫ Use GREEN, AMBER or RED drinks to replace an out-of-stock RED drink.
Marketing & Promotion	<ul style="list-style-type: none"> ▪ We will only include GREEN and AMBER drinks in meal deals. ▪ We will not promote RED drinks.

Healthy Nutrition Management

Education	<ul style="list-style-type: none"> ▪ Distribute educational materials on the benefits of healthy eating. ▪ Encourage members, players and their families to make nutritious food choices in their daily lives.
Cafe & Event Catering	<ul style="list-style-type: none"> ▪ All food provided at FDNA events and in the cafe should adhere to the Victorian Healthy Choices Guidelines. ▪ Provide a variety of nourishing food options and avoid RED options
Marketing & Promotion	<ul style="list-style-type: none"> ▪ We will only include GREEN and AMBER food in meal deals. ▪ We will not promote RED food.

Responsibilities

Role	Responsibility
Operations Manager	<ul style="list-style-type: none"> ▪ Understand, implement and oversee the Healthy Hydration & Nutrition Policy & Victorian Healthy Choices Guidelines ▪ Ensure relevant staff, coaches, members, volunteers and contractors are aware of the policy and guidelines.
Cafe Manager	<ul style="list-style-type: none"> ▪ Understand the Healthy Hydration & Nutrition Policy ▪ With the support of the Operations Manager, implement the Healthy Hydration & Nutrition Policy & Victorian Healthy Choices Guidelines
FDNA Staff	<ul style="list-style-type: none"> ▪ Understand the Healthy Hydration & Nutrition Policy ▪ Stay informed about updates to the policy and guidelines ▪ Provide feedback to the Operations Manager and Cafe Manager regarding the policy's implementation and any observed challenges or areas for improvement

Communication

The policy will be easily accessible to staff and volunteers and will be made available in shared spaces, kitchen/cafe.

Other Considerations

- **Sponsorship**
 - Where food or drink products are involved, engage in healthy sponsorship and limit sponsorship from brands predominately associated with unhealthy foods and drinks.
- **Fundraisers / Prizes / Give away**
 - Align fundraising activities to healthy food and drink options.
 - Avoid unhealthy food or drinks items in fundraising.
 - No RED food or drink items are supplied for children’s awards, prizes and giveaways.
- **Informing key partners**
 - Inform relevant key partners of this policy by sending them a copy, e.g. sponsors providing food and/or drink, food and drink suppliers, external businesses providing food on site (such as caterers, food trucks).

Related Resources

- [The Victorian Government Healthy Choices: Food & Drink Classification Guide](#)
- [Healthy Choices: Policy guidelines for sport and recreation centres](#)
- [Food Checker Tool](#)

Appendix 1

