

# King River Horse & Pony Club

## Healthy Catering Policy

### Objective:

To provide a great opportunity to assist Pony Club members in making healthy food choices and to enjoy eating these foods.

### Policy:

- The King River Pony Club recognises the importance of good nutrition for sports performance, and, that the two biggest nutrition issues to consider when preparing food are:-
  - Increase the amount of fruits, vegetables and breads;
  - Reduce the amount of fat in the food.
- Healthy food can be simple, appealing and delicious.
- Through its lunchtime menu, the Club will provide balanced food choices to enable members to:
  - Balance appropriate food and physical activity;
  - Enjoy a wide variety of foods;
  - Eat plenty of fruits;
  - Encourage water as a drink;
  - Eat only a moderate amount of sugars and food containing added sugars; choose low salt foods;
- The menu will be varied and changed regularly. Fresh, seasonal produce is used where possible, with healthy alternatives being available.
- The menu will be displayed on a board in the canteen.
- The menu offers a range of foods that are low in fat and salt, while higher in fibre, at a reasonable cost.
- Members and parents will be encouraged to provide feedback in the planning of the menu.
- The Club fully endorses the Healthway *'Eat More Fruit 'n' Veg'* message which will be displayed in the Club rooms, and the recipes will be available through the canteen.