

6.5 Healthy Food and Drink Policy

Version	Date reviewed	Date endorsed	Content reviewed/purpose
1		13 March 2023	DTIS requirement

1. Purpose

This policy outlines our procedures for a healthy approach to providing and/or selling food and drinks to our members, volunteers, participants and visitors.

2. Background & Rationale

Orienteering Queensland (OQ) recognises the importance of making healthy food and drink choices. Consumption of healthy food and drink contributes to good health and well-being and also supports good performance on the field.

Due to the nature of our sport, clubs do not provide or sell food or drink on a regular basis:

- There is no regular venue for events. Events generally take place in a variety of park and bush locations, some urban, some remote.
- There are no clubhouses or canteens.
- At most events, no food or drink is provided, other than water.
- Clubs occasionally provide a celebratory barbecue/picnic.
- At major carnivals (multi day events generally in regional/remote locations), organizers are reliant on mobile providers in the local area (e.g. coffee van) for any snacks.
- Non-caffeinated carbohydrate drinks may be appropriate for re-hydration at events requiring endurance running, especially in hot conditions.

In this context, the following measures will be implemented.

3. Food Safety

OQ understands we have a responsibility to ensure any food and drink we provide or sell is safe. To reduce the risk of serving unsafe food, the following is required:

- Food and drinks are to be kept and stored at the correct temperature.
- Hands should be thoroughly washed before handling food or drinks and after any activity likely to contaminate the hands.
- BBQ and other food preparation surfaces and equipment are to be thoroughly cleaned and sanitised after use.
- People who are sick should not handle or prepare food or drinks.

4. Food and Drink

To promote good hydration practices OQ will:

- Promote water as the drink of choice.
- Encourage participants to drink water before, during and after events and training.
- Encourage participants to bring their own water bottle to training and events.

OQ will regularly promote healthy nutrition to members through our newsletter.

Snacks provided to junior teams by a coach and/or parent must be classified green*.

For functions and special events where food and drinks are provided, OQ/clubs will:

- Ensure food and drink options classified green* are available.

If food and drinks are sold or provided regularly (more than once per month) by a club, they will meet the following requirements:

- At least 30% of food and drinks available are classified green*.
- Drinks classified red* take up no more than 50% of esky space and are not displayed prominently.
- Only unsaturated oils, fats and spreads are used.

5. Fundraising And Prizes

To ensure healthy messaging is consistent across all club activities, OQ requires that:

- Fundraising activities use only foods classified green* or non-food items. However an exception is permitted if the fundraiser is a BBQ, where some green* options must be available.

6. Sponsorship

OQ will seek to use sponsors who promote healthy food or non-food items.

7. Policy Promotion and Implementation

- A current copy of OQ's Healthy food and drink policy will be available to all members on the website.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the OQ Management Committee.
- This policy will be reviewed annually.

* See the Queensland Government [Food for Sport Resources](#) for the classification of food and drink items as red, amber or green.