



SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION PROPOSED HEALTHY EATING GUIDELINES

The foods we choose to eat are one of the major influences on our health. Healthy foods that are low in fat, salt and sugar and high in fibre, help to reduce the risk of diet-related illness.

Seven out of every 10 South Australians die of heart disease or cancer. Eating a healthy, well balanced diet may prevent these diseases. Research has found that Australians are eating food more often that has been prepared outside of their home. Thus, the food choices we make when eating out, now influence our health more than ever before.

Market research shows that not only are consumers saying they want healthier food choices, but they are also buying healthier food choices in place of traditional foods (BIS Shrapnel, 1998).

Offering and promoting healthy food choices is essential to supporting the adoption of healthy eating behaviour. S.A. Little Athletics will ensure with best endeavours that a variety of healthy food choices are available for all activities. This applies to committee meetings, members meetings, organisation functions and events, and to all members, officials, athletes, and others taking part in S.A. Little Athletics activities.

S.A. Little Athletics undertakes to implement the actions outlined in these Guidelines that has been endorsed, and is supported, by the Board of Directors.

GENERAL ACTIONS:

S.A. Little Athletics is committed to ensuring a healthy environment for all those associated with the organisation and will ensure:

- ◆ Caterers used for all events are able to provide a variety of healthy food choices*
- ◆ Healthy food choices* are available at all events
- ◆ The promotion of healthy food choices* at events
- ◆ Healthy food choices* are displayed prominently
- ◆ Healthy food choices* are priced competitively

*Healthy food choices where possible will be determined in liaison with the **Smart Choice** Nutritionist

GUIDELINES FOR HEALTHY MENU DEVELOPMENT:

S.A. Little Athletics will encourage:

- ◆ Using low-fat cooking methods
- ◆ Using polyunsaturated and fat-reduced spreads sparingly
- ◆ The use of wholemeal varieties of breads and rolls
- ◆ The increased use of pasta, rice and legumes
- ◆ Choosing meats without visible fat in the flesh and trimming outer fat
- ◆ The removal of poultry skin before using
- ◆ Increased use of fruits (preferably fresh)
- ◆ Less use of salt in cooking
- ◆ The use of low salt/no added salt products where possible
- ◆ The minimal intake of high sugar products e.g. cakes, biscuits sweets etc
- ◆ Increased drinking of water

FOOD SAFETY AND HANDLING:

The risk of food poisoning can be greatly reduced if food is properly handled, stored correctly, cooked sufficiently and eaten immediately. The following points will help to prevent food-borne disease outbreaks.

Buy food that is fresh and has been hygienically stored. Then pack foods away soon after purchasing.

- ◆ Keep a clean kitchen.
- ◆ Keep hands and clothing clean. Be sure to tie back long hair.
- ◆ Wash hands thoroughly with soap and water,
 1. Both before and after handling raw food
 2. After blowing your nose with your handkerchief/tissue
 3. After using the toilet.

- ◆ Do not prepare food for others if suffering from a throat, skin or bowel infection.
- ◆ Thaw frozen food thoroughly in a refrigerator or use a microwave oven. Never thaw food at room temperature.
- ◆ When reheating foods, heat to steaming hot (above 75C). If you still have leftover product, throw it away. Do not reheat product more than once and use all leftovers within a day of preparation.
- ◆ Handle raw foods separately from cooked foods.
- ◆ Use separate utensils for raw and cooked foods.
- ◆ Use clean utensils including clean towels.
- ◆ Store cooked food above raw food and do not overload fridges.
- ◆ Keep food hot at 60C or above OR cold at 5C or below.
- ◆ Protect prepared food from contamination by using plastic wrap or aluminium foil.

SAFETY:

It is important that young children are not permitted in Canteens, particularly where hot water, ovens, microwaves and sharp utensils are situated.

GUIDELINES REVIEW:

These guidelines will be reviewed in August each year as part of the South Australian Little Athletics Association Planning to ensure its relevance to the Association and its members.

Scott Pitts,
MANAGING DIRECTOR

Pamela Sard
EXECUTIVE OFFICER

28th June 2013

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