



HEALTHY EATING

1. Rational

- 1.1. Pony Club Association of Victoria recognises that healthy eating is a vital part of good health. After all, the major causes of death in Australia - that is, lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity - are all associated with the food we eat. This Healthy Eating policy has been developed by Pony Club Association of Victoria in order to provide a healthy environment to all its members.

2. Who is affected by the Policy

- 2.1. This policy applies to all Pony Club Victoria members, administrators, officials, coaches, riders, participants, visitors, employee and volunteers. This policy also applies when any of these listed individuals are representing Pony Club Victoria or attending any Pony Club Victoria facilities, functions, or events.

3. Policy

- 3.1. Pony Club Association of Victoria acknowledges that healthy eating can have an impact on our health, and that the provision of healthy foods will contribute to better health for all. Pony Club Association of Victoria will ensure that a variety of healthy food choices are available for all its activities. Pony Club Association of Victoria will strive to ensure it's Clubs adopt healthy eating practices at committee meetings, members meetings, club functions and events for all those taking part in these activities.
- 3.2. Pony Club Association of Victoria is committed to ensuring a healthy environment for all those associated with the organisation strive to ensure:
 - 3.2.a That caterers used for all events provide a variety of healthy food choices;
 - 3.2.b That healthy food choices be available at all events;
 - 3.2.c That the enjoyment of healthy eating and the role of food in relation to health be promoted;
 - 3.2.d That healthy food choices be promoted at events;
 - 3.2.e That healthy food choices be displayed prominently; and
 - 3.2.f That healthy food choices be priced competitively.
- 3.3. Healthy food choices shall broadly mean low fat, high fibre foods, fruit, vegetables and water.

4. Non-Compliance Strategy

- 4.1. Clubs
 - 4.1.a Assume that the Club is unaware of the Healthy Eating policy.
 - 4.1.b A designated official will approach the Club Committee breaching the policy, alert them to the Healthy Eating Policy and direct them to implement Healthy Eating options at their Club.
 - 4.1.c If the Club continues to breach the Healthy Eating Policy, a designated official will recommend to the State Council that the Club Committee be warned, in writing, that continuing to breach the Healthy Eating Policy could result in disaffiliation, with this letter should be sent a copy of the Pony Club Victoria Healthy Eating Policy.



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- 4.1.d If the offence continues then the President or designated official will inform the State Council of the situation with the recommendation that the Club's affiliation be suspended or revoked.
 - 4.2. Individuals (Members, Volunteers, Non Members)
 - 4.2.a Ensure the individual is aware of the Pony Club Victoria Healthy Eating Policy.
 - 4.2.b Reminded Officials, Coaches/Instructors and Associate members of the potential role modeling position they may hold for younger members of the organisation.
 - 4.2.c Provide educational/informational material on healthy eating choices.

5. Authorisation

- 5.1. This policy was adopted by the PCAV State Council.

6. Review Date

- 6.1. This policy shall be reviewed on annually.