

Frankston District Netball Association DRINK MANAGEMENT PROCEDURE

1. Purpose

- 1.1 This procedure aims to support and encourage healthy drink options at **Frankston District Netball Association (FDNA)**.
- 1.2 Through this procedure **FDNA** will ensure healthy drinks are always available for purchase or when supplied free of charge by the club.

2. Background

- 2.1 Throughout 2018 to 2020 **FDNA** participated in the VicHealth Water in Sports Project.
- 2.2 With support from Frankston City Council and Peninsula Health, **FDNA** used the Victorian Government's Healthy Choices Guidelines traffic light system to increase the promotion and availability of healthier drinks options and decrease the availability and promotion of unhealthy drinks.
- 2.3 These guidelines classify foods and drinks as **GREEN (best choices)**, **AMBER (choose carefully)** or **RED (limit)** according to their nutritional value (see table below).
- 2.4 Following the Water in Sports Project **FDNA** will continue to use the traffic light system to make sure healthy drinks are available at club kiosk during sports seasons.

The Healthy Choices guidelines for drinks

GREEN BEST CHOICES	AMBER CHOOSE CAREFULLY	RED LIMIT
Water (tap, still, sparkling, soda)	Full-fat plain milk	Soft drinks Sports and energy drinks Cordials
Flavoured water with natural essence (no added sugar)	Flavoured milk, medium size (350-500ml)	Flavoured iced teas, waters and mineral waters (with added sugar)
Reduced-fat plain milk	Diet/artificially sweetened drinks including soft drinks, iced teas, sports drinks	Fruit drinks
Reduced-fat flavoured milk, small (up to 300ml)	Diet/artificially sweetened energy drinks (250ml or less)	Fruit juices (with added sugar or over 250ml)
Tea/coffee (no added sugar)	Fruit juices (>99% juice, no added sugar, 250ml or less)	Flavoured milk, large (500ml or more)
	Coconut water (no added sugar, >99% coconut water, up to 300kj/bottle)	Coconut water (with added sugar or over 300kj/bottle)

Source: Adapted from Healthy choices: food and drink classification guide

3. Objectives

The objectives of this procedure are to support staff, volunteers, members, spectators, players, officials and visitors of **FDNA** to make healthy drink choices by:

- o increasing availability and promotion of healthier drinks
- o creating a culture and environment which supports healthy drink options
- o decreasing availability and promotion of unhealthy drinks
- o increasing knowledge and skills of employees, volunteers, members, spectators, players, officials and visitors regarding healthy drinks

4. Scope

4.1 This procedure applies to all non-alcoholic drinks sold or supplied by the club , including:

- o Canteen or kiosk
- o Functions and events
- o Drinks provided at meetings and ‘team selection night’
- o Fundraising activities

4.2 It **does not** apply to:

- 4.2.1 Any drinks brought from other settings for personal consumption at the club.
- 4.2.2 Alcoholic drinks purchased by members at functions at licensed venues

5. Procedures

FDNA will continue the approach it began through the Water in Sport project with an ongoing commitment to supplying drinks as recommended by the Healthy Choices Guidelines.

FDNA will work to meet the following requirements to either ‘limit red drinks’ or have ‘red drinks off display’:

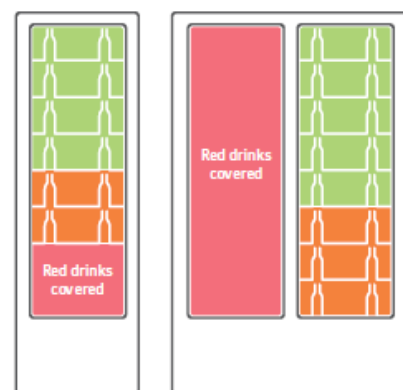
5.1 Drinks Displays/Drinks Fridges:

5.1.1 GENERAL

- a. We will always offer and promote tap water for drinking.
- b. We will display the ‘Water, our drink of choice’ decal in the canteen/kiosk **(image b)**
- c. When fridges are located behind the counter, GREEN drinks will be placed higher up in the fridge to be in the most prominent position and in line of sight.
- d. When we run out of stock of a particular item, we will:
 - i. Only replace out of stock **GREEN** drinks with another **GREEN** drink.
 - ii. Use **GREEN** or **AMBER** drinks to replace an out of stock **AMBER** drink.
 - iii. Use **GREEN**, **AMBER** or **RED** drinks to replace an out of stock **RED** drink.

- 5.1.2 **RED DRINKS OFF DISPLAY:** (see image b. below)
- We will increase **GREEN** options to at least 50% of display in drink fridges.
 - We will not display any **RED** drinks by covering them from view with either posters, or fridge decals.
 - Remainder of drink displayed is made up from **AMBER** drinks.
 - We will consider removing **RED** drinks from menu boards and physical drink displays.

a. Red drinks off display



5.2 Marketing / Promotions

- We will promote **GREEN** drinks as the best choice.
- We will only include **GREEN** and **AMBER** drinks in meal deals.
- We will not promote **RED** drinks.

5.3 Assistance / Support

- We will seek support from Peninsula Health- Health Promotion Team (contact details in section 9.) if further educational resources, posters, fridge decals (image b.) draft menus, or a list of **GREEN** and **AMBER** drinks are needed.
- If unclear if a new drink is **GREEN**, **AMBER** or **RED**, we will check using the FoodChecker tool (<http://foodchecker.heas.health.vic.gov.au/>) or seek advice from the Peninsula Health- Health Promotion Team.

b. Fridge Decal



6 Roles and responsibility

Role	Responsibility
Board of Management	<ul style="list-style-type: none"> Review and endorse Drink Management Procedure Represent the project and changes in a positive light in the community
Operations Manager	<ul style="list-style-type: none"> Understand, implement and oversee the Drink Management Procedure. Ensure relevant staff, coaches, members, volunteers and contractors are aware of the procedure. Undertake Drink Management Procedure reviewing when required.
Canteen Staff	<ul style="list-style-type: none"> Understand the Drink Management Procedure With the support of the Operations Manager, implement the Drink Management Procedure.

7 Communication

The procedure will be easily accessible to staff and volunteers and will be made available in

shared spaces, kitchen/canteen.

8 Other Considerations

Although not the focus of this procedure, clubs are encourage to consider:

8.1 **Food**

Use the Victorian Government's *Healthy choices: policy guidelines for sport and recreation centres* and Frankston City Council Healthy Choices Guideline as a **guide** to increase healthy food options available.

8.2 **Sponsorship**

Where food or drink products are involved, engage in healthy sponsorship and limit sponsorship from brands predominately associated with unhealthy foods and drinks.

8.3 **Fundraisers / Prizes / Give away**

Align fundraising activities to healthy food and drink options.

Avoid any unhealthy food or drinks items in fundraising.

No unhealthy choices are supplied for children's awards, prizes and giveaways.

8.4 **Informing key partners**

Inform relevant key partners of this **procedure** 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).

9 Related documents

- [The Victorian Government Healthy choices: food and drink classification guide](#)
- [Healthy choices: policy guidelines for sport and recreation centres](#)

10 Further Information

Please feel free to contact Health Promotion Team at Peninsula Health with any queries:
healthpromotion@phcn.vic.gov.au

11 Endorsement

This *Drink Procedure* has been reviewed and endorsed by the Board:

Name: Matthew Haanappel

Date: 15.04.2020

Position: Board of Management Secretary

Date of Next Review: May 2022