**Camberwell Magpies Cricket Club - Healthy Eating and Drinking Policy**

**1. Purpose**

The Camberwell Magpies Cricket Club is committed to promoting healthy lifestyles for all members, players, staff, and volunteers. This policy outlines our approach to encouraging healthy eating and drinking, ensuring that nutritious food and drink options are available at club events, training sessions, and matches. The aim is to improve the health and performance of club members, promote energy, and create a supportive environment for well-being.

**2. Objectives**

The objectives of this policy are to:

* Promote healthy eating and drinking habits among all club members.
* Provide access to nutritious food and beverages during training, matches, and club events.
* Reduce the consumption of unhealthy foods and drinks at club events.
* Raise awareness about the importance of nutrition for athletic performance, recovery, and general health.
* Support members in making informed food and drink choices.

**3. Healthy Eating and Drinking Principles**

**3.1 Nutrient-Rich Foods**

* The club encourages the consumption of foods rich in essential nutrients such as fruits, vegetables, whole grains, lean proteins, and healthy fats.
* Healthy options should be available at all club events, including snacks, meals, and beverages.

**3.2 Hydration**

* The club will encourage regular hydration before, during, and after physical activity.
* Water will be the primary drink promoted for hydration.
* Other low-sugar or naturally hydrating drinks such as coconut water or diluted fruit juice may also be offered in moderation.

**3.3 Balanced Diet**

* The club advocates for a balanced approach to nutrition, which includes a variety of food groups to meet the energy and recovery needs of players and members.
* Foods high in added sugars, unhealthy fats, and salt (such as sodas, sugary snacks, and processed foods) should be limited and only offered occasionally, if at all.

**4. Food and Drink at Club Events**

**4.1 Club-Sponsored Meals and Snacks**

* The club will prioritize the provision of healthy meals, snacks, and beverages during training sessions, matches, and any other club events (e.g., social gatherings, fundraisers).
* Healthy snack options may include fruit, nuts, yogurt, energy bars (low in sugar), and whole-grain crackers.
* For events such as post-match meals, the club will aim to provide balanced meals that incorporate lean protein (e.g., chicken, fish, tofu), whole grains (e.g., brown rice, quinoa), and a variety of vegetables.

**4.2 Water Stations and Hydration**

* Water should be made available at all training sessions and matches in easily accessible locations, such as water stations or bottles at the sidelines.
* Players and members are encouraged to bring their own reusable water bottles to reduce plastic waste.

**4.3 Limiting Unhealthy Options**

* The club will limit or avoid offering sugary drinks, processed snacks, or fast food at events. Where such items are available, they should be offered as an occasional treat and not as a standard offering.

**4.4 Catering for Dietary Requirements**

* The club will consider dietary requirements and food preferences, including vegetarian, vegan, gluten-free, and allergy-sensitive options, when planning meals or snacks for events.
* Members are encouraged to inform the club of any specific dietary needs so that adequate provisions can be made.

**5. Education and Awareness**

**5.1 Nutritional Education**

* The club will promote nutrition education for players, coaches, and members through workshops, materials, or guest speakers.
* Educational resources will focus on how good nutrition contributes to athletic performance, injury prevention, and overall well-being.

**5.2 Role of Coaches and Staff**

* Coaches and staff are encouraged to model healthy eating habits and provide positive guidance to players regarding their nutritional choices.
* Nutrition guidelines should be part of pre- and post-training advice, particularly focusing on the importance of proper hydration and recovery meals.

**6. Healthy Eating and Drinking at the Clubhouse**

**6.1 Clubhouse Offerings**

* If the club operates a clubhouse or other facilities, healthy eating and drinking options should be prominently available.
* The menu will include nutritious meals, snacks, and drinks that align with the club's health and nutrition standards.

**6.2 Partnerships with Local Vendors**

* If the club partners with local vendors or sponsors for catering services, it will ensure that they offer healthy and balanced food options in line with this policy.

**7. Promoting Healthy Eating Among Youth Members**

**7.1 Focus on Youth Development**

* The club is particularly committed to providing healthy food and drink choices for junior members.
* Youth programs and events will emphasize the importance of nutrition for growth, development, and performance in sport.
* Parental involvement in supporting healthy eating habits at home is encouraged, and resources may be provided to assist with this.

**7.2 School and Community Partnerships**

* The club will seek partnerships with local schools, community groups, and health organizations to promote healthy eating among young people. This may include participating in campaigns or events aimed at raising awareness about nutrition.

**8. Sustainability**

**8.1 Reducing Food Waste**

* The club will promote sustainability by reducing food waste at events. This includes ordering appropriate portion sizes and considering ways to donate leftover food or compost food scraps.
* The club will encourage the use of reusable or recyclable containers for food and drink.

**8.2 Environmentally Friendly Practices**

* Where possible, the club will choose suppliers and products that are environmentally responsible, such as organic or locally sourced ingredients, and avoid single-use plastic packaging.

**9. Policy Review and Compliance**

This Healthy Eating and Drinking Policy will be reviewed annually to ensure that it remains relevant and effective. The policy will be communicated to all club members, players, staff, and volunteers, and compliance will be monitored regularly.

**10. Acknowledgment**

All members of the Camberwell Magpies Cricket Club are required to acknowledge their understanding of this Healthy Eating and Drinking Policy. This acknowledgment may be made at the time of membership registration, or during any relevant training sessions or club events.

**Conclusion**

The Camberwell Magpies Cricket Club is committed to promoting healthy eating and drinking habits that support the health, well-being, and performance of all members. By offering nutritious food and drink options, educating members, and fostering a culture of wellness, we aim to create a positive and healthy environment for everyone involved.