



Healthy Catering Policy

The ACT Little Athletics Association acknowledges that good nutrition is fundamental to the development and maintenance of good health. As an organisation that seeks to advance health we will model good nutrition behaviours and provide healthy food options to its members.

ACTLAA will:

- Encourage the provision of healthy (in line with the Australian Dietary Guidelines) and safe food which consumers will enjoy at a reasonable cost.
- Promote safe food handling and preparation procedures.
- Actively market the healthy choices on offer.
- Regularly seek customer feedback on food services.
- Not degrade the natural environment and limit the wasteful use of resources.
- Support the training of food service staff in nutrition, food safety and related environmental issues.

This Healthy Catering policy reflects ACTLAA's commitment to making healthy food choices easy food choices for our members, as part of the process of becoming a health promoting organisation.