



HEALTHY CHOICES POLICY

Policy number	GO 12
Subject	Healthy Choices
Policy	This policy seeks to provide guidance to all people involved with Girl Guides Victoria ( <b>GGV</b> ) when deciding to incorporate food and drink into a “GGV activity”.
Principles	<p>GGV recognises and values the importance of “healthy choices” in promoting overall health and wellbeing.</p> <p>GGV is committed to creating a health promoting environment which supports and encourages GGV youth and adult members, staff and volunteers to make healthy food and drink choices when participating in GGV activities.</p> <p>GGV recognises that food, drink and cooking are an important part of the Guiding tradition. GGV supports the decision of members to include food and drink in GGV activities, but requires that members follow the recommendations in the Guidelines below.</p>
Definitions	<p><b>Who does this policy apply to?</b>  All members of GGV, or people participating in GGV activities, including:</p> <ul style="list-style-type: none"> <li>• Youth members</li> <li>• Adult members, including Olave members</li> <li>• Volunteers, including managers, leaders, unit helpers, parent helpers</li> <li>• Staff, executive and management team</li> </ul> <p><b>Where does this policy apply?</b>  This policy applies to all GGV activities including:</p> <ul style="list-style-type: none"> <li>• Unit meetings across all age levels</li> <li>• Olave, leader, district, region meetings</li> <li>• Staff, executive and management meetings</li> <li>• Camps and activity days, including unit, district, region and state camps and activity days</li> <li>• Special events, such as the AGM, Girls Rock</li> </ul> <p><b>Which Guidelines inform this policy?</b>  GGV endorse the following Australian and State Government guidelines as the basis for the policy:  <b>1. Eat for Health Australian Dietary Guidelines</b> (<i>Australian Government, 2013</i>) Available at  <a href="https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf">https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf</a></p>

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	<p>Including <b>The Australian Guide to Healthy Eating</b> (<i>Australian Government, 2017</i>) Available at: <a href="https://www.eatforhealth.gov.au/guidelines/Australian-guide-healthy-eating">https://www.eatforhealth.gov.au/guidelines/Australian-guide-healthy-eating</a></p> <ul style="list-style-type: none"> <li>• Recommends enjoying a wide variety of nutritious foods from the five food groups every day and drinking plenty of water.</li> <li>• Recommends that certain types of food and drink only be used sometimes and in small amounts</li> </ul> <p><b>2. Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces</b> (<i>Victorian Government, 2016</i>) Available at: <a href="https://www2.health.vic.gov.au/about/publications/policiesandguidelines/Healthy-Eating-Policy-and-Catering-Guide-for-Workplaces">https://www2.health.vic.gov.au/about/publications/policiesandguidelines/Healthy-Eating-Policy-and-Catering-Guide-for-Workplaces</a></p> <ul style="list-style-type: none"> <li>• Parts 1 and 2 contain information about healthy choices and the steps to begin to implement healthy choices in your organisation.</li> <li>• Part 3 contains a Healthy eating policy template (page 15), which could be adapted and adopted by individual units, districts or regions.</li> <li>• Part 4 contains a Healthy Catering Guide (page 21), which provides excellent guidance on food and drink classification; catering ideas for breakfast, morning tea, afternoon tea and main meals as well as sample menus.</li> </ul> <p>Together, the “Healthy Eating Guidelines”.</p>
<p>Procedures under this policy</p>	<p>In addition to the Healthy Eating Guidelines , GGV make the following specific recommendations in relation to making health choices at GGV activities:</p> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>• Continue to cook and eat at GGV activities.</li> <li>• Display website for Victorian Healthy Eating Policy and catering Guide for Workplaces</li> <li>• If possible display P4 of the above</li> </ul> <p><b>Plan</b></p> <ul style="list-style-type: none"> <li>• Aim to have only 1 night per term where food is consumed at Guides.</li> <li>• When deciding what to cook, buy or serve at a GGV activity, engage in a group discussion and refer to and incorporate the Healthy Eating Guidelines in the decision making process.</li> <li>• Ask yourself “what did we cook last time, what will we be cooking next time”. It’s ok to choose a “sometimes” or “amber or red” food, so long as it’s not chosen every time.</li> <li>• For unit meetings that will involve food, notify parents (via term plan, weekly email, phone chain or Facebook group) that food is to be</li> </ul>



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	<p>prepared/consumed at the GGV activity. This will enable parents to plan around any food their daughters may eat.</p> <ul style="list-style-type: none"> <li>• Instead of using lollies or sugar as a prize or rewards, consider other options such as stationary, swap badges or choosing a charity to donate to.</li> </ul> <p><u>Encourage</u></p> <ul style="list-style-type: none"> <li>• Encourage all girls to bring a water bottle to Guides every week.</li> <li>• Encourage the consumption of foods that have been made by the people consuming them, i.e. choosing homemade food over store bought food.</li> </ul> <p><u>Ensure</u></p> <ul style="list-style-type: none"> <li>• Ensure there are healthy options at every meal, as detailed in the Healthy Eating Guidelines.</li> <li>• Ensure that adults are making healthy choices around children.</li> </ul> <p><b>Do not</b></p> <ul style="list-style-type: none"> <li>• Do not provide lollies or sugar to girls on a regular basis</li> <li>• Do not provide cordial, soft drink or energy drinks and encourage girls not to consume these at a GGV activity.</li> </ul>
<p>Commitment</p>	<p>GGV is proud of its commitment to supporting the health and wellbeing of its members. GGV intends to share this policy with its members, and recommends that members or parents of members who believe a particular GGV activity is not compliant be in contact with GGV to share any concerns.</p>
<p>Related policies</p>	<p>GO5 – Food Safety          GO11 – Anaphylaxis and Allergy          GO30 – Meeting in Private Homes          GO53 – Young Women in Decision Making</p>