



Healthy Eating Policy and Procedure

Sasrapid Incorporated recognises that healthy eating is beneficial to all people.

Accordingly, the following policy applies to all members, administrators, officials, coaches, participants who participate in a Sasrapid activity.

The policy requires:

- All participants who are participating in a Sasrapid activity (either endorsed or co-ordinated) will be encouraged to follow SA Health healthy eating guidelines.
- All Sasrapid functions, including events, competitions, dinners, fundraising events, and meetings will endeavour to provide a healthy options on the menu in line with SA Health healthy eating guidelines.
- Staff, coaches, coordinators, trainers, volunteers and officials are to be encouraged and also encourage participants to follow SA Health healthy eating guidelines whilst acting in an official capacity.
- The effects of “Junk Food” on performance will be discussed with participants

Sasrapid is committed to promoting a healthy environment for all those associated with the organisation, and where possible will ensure that all participants are provided with knowledge regarding healthy eating.

Where applicable, Sasrapid will encourage other organisations, which host its activities or events, to follow the guidelines of our Healthy Eating Policy.

POLICY REVIEW

This Policy is to be reviewed on or before February 2015

SIGNED _____ Chairman

SIGNED _____ Chief Executive Officer DATE: February 13 2014