



# healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

May/June 2013

Issue 15 –2013 Winter Season



## Welcome back!

The Healthy Food@Sport team welcomes your club/organisation back to another exciting winter season. The team will continue to provide you with:

- regular newsletters and factsheets; and
- ongoing face-to-face, telephone and email support.

The team will be in contact with you in the coming weeks to arrange a suitable time to meet to negotiate an action plan for the current season and to provide further advice on the range of healthy options you can offer at your site.

## Q & A on the Australian Dietary Guidelines

**Question:** What are the Australian Dietary Guidelines all about?

**Answer:** In February, the 2013 Australian Dietary Guidelines (ADGs) were released. The ADGs provide evidence based recommendations regarding the amount and types of foods we should be eating for good health. The ADGs are summarised below:

**Guideline 1:**

Achieve and maintain a healthy weight. Be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

**Guideline 2:**

Enjoy a wide variety of nutritious foods from the five food groups every day and drink plenty of water.

**Guideline 3:**

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

**Guideline 4:**

Encourage, support and promote breastfeeding.

**Guideline 5:**

Care for your food and prepare and store it safely.

Please refer to the 'New Dietary Guidelines' Fact Sheet for further information on the recommended number of serves for children and adolescents. For additional information please visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au).

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



## Call for Expressions of Interest in Food Safety Supervisor Course

Nutrition Australia ACT is pleased to offer a Food Safety Supervisor Course, which covers workplace hygiene and food safety procedures.

This course is highly recommended for canteen supervisors/managers and, from 1 September 2013, will be required training if your canteen is a registered food business.

For clubs participating in the Healthy Food@Sport project, you may be eligible for a subsidised place at this training. Please contact Grant Voysey, Healthy Food@Sport Project Officer on 6207 1696 or email [grant.voysey@act.gov.au](mailto:grant.voysey@act.gov.au) for more information.

For further information about the Food Safety Supervisor Course, please contact Nutrition Australia ACT on (02) 6162 2583 or email: [act@nutritionaustralia.org](mailto:act@nutritionaustralia.org).

## Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or [grant.voysey@act.gov.au](mailto:grant.voysey@act.gov.au)

## Update on Food business registration/notification requirements and changes to the ACT Food Act 2001

Are you aware that it is a requirement under the *Food Act 2001* that ACT food businesses register annually with the Health Protection Service (HPS), ACT Health? While some food businesses are exempt from this registration, these businesses must still notify HPS annually.

### Registration system

A food business for registration purposes is defined as a food business that operates more than five times a year and stocks [high or medium risk foods](#). This includes not-for-profit sporting clubs/organisations, although the annual registration fee is waived for these groups.

### Notification system

A food business for notification purposes is one that is exempt from the registration requirements. Examples of exempt food businesses are:

- Those that operate five or less times a year, selling only food that is [low risk](#) and/or cooked for immediate consumption, e.g. BBQs; and
- Those that sell food that is [low risk](#) and contained in a closed package intended for sale.

### Changes to the ACT Food Act 2001

Are you aware that from 1 September 2013, all registered food businesses in the ACT will be required to have a trained Food Safety Supervisor (FSS)? The nationally recognised FSS training is offered by a number of Registered Training Organisations, including Nutrition Australia ACT. Please see the left hand column for further information on this Nutrition Australia ACT training.

For further information on the *Food Act 2001*, including the changes, please visit the [ACT Health Website](#).

### Industry Information Session

Sport and Recreation Services, in conjunction with HPS, will be conducting an information session for sporting club canteen staff and committee members to discuss the requirements and changes to the *Food Act 2001* in more detail.

The Information Session will be held on:

Date: Tuesday 30 July 2013  
 Time: 6.30pm – 8pm  
 Location: Ainslie Football Club, Wakefield Avenue Ainslie  
 Cost: Nil  
 RSVP: By Tuesday 23 July 2013 via the [electronic registration form](#)

### Assistance from Healthy Food @Sport project team

The Healthy Food@Sport team will provide canteen managers/committee members with further information on the *Food Act 2001* requirements during our initial meeting with you to discuss this season's action plan. The team will also work with you to identify and source the range of healthy items you can stock in your canteen under either the registration or notification systems.

To access the range of newsletters and fact sheets in this series please visit: [www.health.act.gov.au](http://www.health.act.gov.au)