

Healthy Sports Grants

For junior community sporting clubs and district sporting associations

Guidelines for funding

June 2023

Healthway is inviting junior community sporting clubs and district associations that facilitate junior competitions, to apply for a Healthy Sports grant to increase healthy eating throughout the WA sporting community.

We understand the importance of inspiring a love of healthy food and drinks amongst young people from an early age. Local sporting clubs and district associations play a big role in the health and wellbeing of communities as this is where young people are most active. It makes sense then, that sporting clubs and district associations provide young players the food and drinks they need to perform at their best.

We understand food environments within sporting clubs and district associations are all very different, and they are mostly volunteer run. That is why Healthway is offering Healthy Sports grants to support you to make healthy changes to the food and drinks offered.

Through working together, we can create change to give all kids throughout WA the healthy start they deserve. By harnessing the power of community and taking small steps together we will:

- Increase availability and access to healthy food and drinks at sporting activities.
- Increase the promotion and where possible the sale of healthy food and drink items.
- Increase knowledge of both young people and parents/guardians around healthy eating.
- Reduce our young people's exposure to the marketing of unhealthy brands*.
- Increase the knowledge of canteen/kiosk managers and/or staff (including volunteers) in offering healthy food and drink options in club or district association facilities.

* A definition can be found on page 13.

Who is eligible for funding?

To be eligible for Healthy Sports funding, clubs and district associations are required to meet the following criteria:

- Be an incorporated association, company, statutory body or trust.
- Be ABN registered or provide a 'Statement by Supplier' form.
- Fulfil all previous acquittal requirements for Healthway funded programs.
- Compete in (club) or facilitate (district association) a sanctioned junior* sporting competition.
- Hold a public liability insurance policy of at least $10,000,000 for the term of the project.
- Have appropriate Health and Safety and Risk Management policies and practices in place to deliver the project.
- Comply with all State and Commonwealth Laws which apply to the project.

A club or district association is not eligible if it:

- Has an existing Healthway partnership for the same period.
- Has received Healthy Sporting Club funding in the last two years (either 2021 or 2022).
- Does not involve juniors (up to 18 years of age).
- Receives or is eligible to receive Healthway funding directly through a State Sporting Organisation.

Working together

We want to partner with organisations who are committed to working with us to achieve good health. We will generally not provide funding to organisations that have arrangements (direct or indirect) with sponsors or supporters resulting in the promotion of unhealthy brands or messages* as outlined in our **Co-Supporters Policy**.

To meet this requirement, you will need to demonstrate that your club doesn't have any unhealthy supporters or sponsors. In some circumstances Healthway may still provide support for clubs or associations transitioning out of long-term agreements. Please refer to Healthway's **Co-Supporters Policy** on our website for further information.

To ensure funded activities align with our core purpose of promoting and facilitating good health, several minimum requirements are applied as a condition of funding. Please refer to Healthway's **Minimum Health Requirements Policy** on our website for further information.

* A definition can be found on page 13.

Healthy Sports funding

Funding of up to $2,000 is available to sporting clubs to undertake simple healthy eating actions.

Additionally, clubs with a canteen/kiosk can apply for extra funding of up to $2,000 ($4,000 in total) to improve its facilities to support the sale of healthy items.

Registered District Sporting Associations with a canteen/kiosk can also apply for option 2.

Funding option	Who's eligible	Funding amount
1 OPTION 1: **Healthy Clubs**	Sporting Clubs	**Up to $2,000**
2 OPTION 2: **Healthy Clubs + Canteen**	Sporting Clubs and District Associations with a canteen/kiosk	**Up to $4,000**

We will connect successful Healthy Sports funding recipients with a dedicated health promotion professional from the Fuel to Go & Play® team who will support organisations through every step of the program.

Your Fuel to Go & Play® Coach will meet with you (site visits / phone calls / virtual meetings), to provide ongoing advice, and assist with:

- **Practical strategies** to improve canteen/kiosk menus and the promotion of healthy food and drink options.
- **Face to face information sessions** for clubs.
- **Online training,** including the Fuel to Go & Play® Canteen & Food Service Staff training and the Club Official and Stakeholder training.

You will also be provided with a **Healthy Sports Tool Kit** including a checklist, fact sheets, posters, social media tiles and email templates for healthy food/drink rosters to guide you through the program.

Funding Option 1: Healthy Clubs

Healthy Clubs funding is available to sporting clubs who do not have canteen facilities but can take action to promote the importance of healthy eating.

Clubs with a canteen/kiosk and district associations can also apply for an extra $2,000. Please see the Funding Option 2 section on page 7.

The actions required under the Healthy Clubs program include:

- Club President signing a Healthy Clubs Pledge
- Appointing a Healthy Clubs Coordinator
- Completing the Fuel to Go & Play® Club Official and Stakeholder training
- Encouraging a culture where members choose healthy food and drink options pre, during and post the game. This may be through:
    - Working closely with team managers to provide guidance around food rosters (ie. including fruit and not lollies)
    - Discouraging the provision of unhealthy food and drinks on game day
    - Promoting healthy eating through social media
    - Ensuring game day rewards (e.g. best player) only promote healthy options
    - Educating club members about healthy food and drink options
    - Ensuring club organised activities (e.g. windups) provide healthy food and drink options
- Hosting a healthy food and drink activation
- Completing an acquittal report including project expenditure and information on what worked well or what could be improved.



Although these steps are relatively simple, a dedicated health promotion professional, called your Fuel to Go & Play® Coach will be available to guide you through each step at your own pace.

Funding Option 1: Healthy Clubs funding

Funding **up to $2,000** can be provided to support your club to implement the Healthy Clubs program.

Up to $500 (through a gift voucher) can be provided to the Healthy Club Coordinator for investing their time to improve the health of your members. **A tool kit with a checklist** has been developed to guide you through this process.

The other $1,500 can be used in ways that assist you in promoting healthy eating as suggested in the tool kit. This may include:

- Engaging the expertise of a dietitian to present a nutrition seminar
- Supplying fruit, healthy snacks and water for pre, during and post-game/competitions
- Exploring other ways your club can promote healthy food and drink options.

Some example items are shown in the Budget section on page 9.



Funding Option 2: Clubs and District Associations with a canteen/kiosk

Clubs with a canteen/kiosk can apply for **extra funding of $2,000 ($4,000 in total)** to increase the availability of healthy food and drink options provided through the club canteen/kiosk. If you are a club without a canteen/kiosk please refer to Funding Option 1: Healthy Clubs on page 5.

District sporting associations with canteen/kiosk facilities are eligible to apply for $4,000 to increase the availability of healthy food and drinks provided through its centre.

It is an essential requirement of this component of funding that at least one person from your club or district association completes the Fuel to Go & Play® **Canteen & Food service staff online training.**

Your Fuel to Go & Play® Coach will work with you through the following steps.

Action	What you will need to do
Increase the availability and access to healthy food and drink* options.	With support provided by the Fuel to Go & Play® team: • **Review your menu** – with the Fuel to Go & Play® team using the Traffic Light System of categorising food and drinks (includes pre-packaged food and drinks and recipes). • **Make changes towards a healthy food and drink* menu** – working towards achieving targets of a minimum 40% green and maximum 30% red food and drink items being available for sale at the club canteen/kiosk.
Increase the promotion and where possible the sale of healthy food and drink* options.	• **Advertise (or create specials) for healthy food and drink* options only.** The Fuel to Go & Play® team will help you develop and implement strategies to better promote healthy food and drink options such as healthy meal combos, colour coding of menu items and placement of food and drink items.
Increase knowledge of healthy food and drinks*	• **Promote healthy food and drink* options to the club** – including pre, during and post sport food and drinks via newsletters, social media and other promotional means (posters, canteen display).

* A definition can be found on page 13.

Action	What you will need to do
Reduce the promotion of unhealthy messages or brands.	• **Agree to the non-display of sugary drinks*** – sugary drinks may not be displayed (but can still be sold) and related promotional signage may not be displayed within the venue. • **Remove any unhealthy brand advertising** - replace prominent unhealthy advertising/brands with healthy educational tools (posters, healthy foods/ drinks).
Increase the knowledge of canteen/kiosk managers, and or staff (including volunteers) in offering healthy foodand drink options in club or association facilities.	• **Complete the Fuel to Go & Play® Canteen & Food Service Staff online training.** A minimum of one club representative must complete the free online training, however canteen/ kiosk managers and other key staff are encouraged to do so. The training will take about 90 minutes to complete.

Funding Option 2: Canteen funding

Amongst other things, funds granted for the Canteen component of this program can be used to help provide equipment to make preparing and selling healthy food and drinks a little easier. Hosting education session for members can also be helpful so they understand what the club is doing. Ideas include:

- Purchase equipment to assist in the preparation and promotion of healthy food and drinks e.g. a display fridge, sandwich press, food preparation equipment.
- Promote water as the preferred drink option and install a water bubbler.
- Host education workshops or information sessions to educate members on healthy food and drink options e.g. engage the expertise of a dietitian to present a nutrition seminar.

* A definition can be found on page 13.

Budget

Funding should be used for a range of activities. Examples of items you can allocate in your budget are provided below.

Remember that for the Healthy Clubs initiative you can apply for $2,000 and an additional $2,000 for the Canteen initiative, if you are eligible. Please see Funding Option 2 on page 7 to check your eligibility.

Note the below are only suggestions, and your club or district association may have other ideas as to what will work best for you. Please call us if you would like to discuss your ideas.

Action	Description of service/product	Cost
Healthy Clubs Coordinator		
• Provide an incentive for a club representative to coordinate the program. A gift card or voucher to the maximum value of $500 can be purchased to reward your Healthy Club Coordinator. If District Associations already pay their staff, this amount can be used by the organisation for something else.	Voucher for the Healthy Club Coordinator (e.g. sports store, supermarket chain, shopping centre, etc.)	**$500**
Education Initiative		
• Nutrition seminar for members; tailored to children and/or adults on nutrition for playing sport and post sport recovery	1 x nutrition seminar for members (contact the Fuel to Go & Play® team for details)	**$300**
• Food safety and hygiene training		
Nutrition Initiative		
• Supply free fruit for a post-game snack	Fruit salad cups, whole fruit, fruit pieces (eg. watermelon)	**Various**
• Purchase containers and food safe storage for fruit, veg and other healthy items to provide during sporting activities	Esky for keeping fruit and veg snacks cold Plastic tub for oranges / cut fruit and veg	**$50** **$30**
• Launch the Healthy Sports program by providing free samples of healthy food and drink options to educate members on pre, during and post-game nutrition	Healthy Sports program launch - food and drink giveaways	**$500**

Budget

Action	Description of service/product	Cost
Canteens Only		
• Upgrade club owned canteen equipment to enable staff to safely prepare and store healthy fresh food for your members	1 x blender (commercial grade) 1 x professional cutting boards 1 x popcorn maker 1 x soup warmer	**$300** **$50** **$40** **$260**
• Purchase a countertop fridge to store and display sandwiches, fruits and other healthy items to entice members to purchase healthy options	1 x counter-top display fridge	**$950**
• Fuel to Go & Play® **Canteen & Food service staff online training**	This is a compulsory activity	**Free**
Education Initiative		
• Nutrition seminar for members; tailored to children and/or adults on nutrition for playing sport and post sport recovery	1 x nutrition seminar for members (contact the Fuel to Go & Play® team for a specific quotation)	**$300**
• Food safety and hygiene training		





Acquittal and payments

Acquittal

At the conclusion of the Healthy Sports program, clubs and district associations will need to complete a brief acquittal report to provide evidence of expenditure against the budget and detail what worked well and what could be improved.

All clubs and district associations will also be asked to provide details and copies of:

- The actions you undertook to increase healthy eating and drinking amongst your members.
- The Healthy Club Coordinator or other club representative completing the Fuel to Go & Play® Club Official and Stakeholder training.
- Receipts relating to all expenditure including the gift voucher given to the Healthy Clubs Coordinator, if relevant.
- Photos of your healthy food and drink initiatives promoting healthy pre, during and post-game nutrition.

Furthermore, recipients of the Green Canteen funding will also be asked to provide:

- Fuel to Go & Play® Canteen and Food Service staff training certificate for at least one club canteen representative.
- Photos of your canteen or kiosk before and after you have made changes, including your menu, fridges and counters that demonstrate non-display of sugary drinks. Photos of your healthy food and drink initiatives promoting healthy pre, during and post-game nutrition are also required.

Payments

Healthway will gross-up your grant by 10% if your club or district association is registered for GST.

Healthy Clubs

Funding of up to $2,000 will be paid direct to the club in one payment on completion of the Fuel to Go & Play® Club Official and Stakeholder online training and after the club has met with the Fuel to Go & Play® team.

Healthy Clubs and District Associations Canteen

Funding of up to $4,000 will be paid direct to the organisation in one payment on completion of the Fuel to Go & Play® Club Official and Stake holder online training, the Fuel to Go & Play® Canteen and food service staff online training and after the club has met with the Fuel to Go & Play® team.

The request process

How to apply

The Healthy Sports program is open year-round, and covers a period of two (2) years, providing adequate time for planning, development and execution of healthy eating actions. Ideally, sporting clubs and district associations will apply for funding prior to the season and spend the first year educating their members, developing healthy eating strategies, buying equipment (if relevant), trialling what works and seeking feedback from members. The actions can then be implemented in full during the second season.

Your Fuel to Go & Play® Coach will provide support to clubs and district associations over the two (2) years.

To lodge a Healthy Sports funding request, complete the following steps:

1. Contact Healthway's Partnership Team on 133 777 to discuss your ideas prior to submitting a request.
2. Ensure your organisation can meet the **Minimum Health Requirements Policy** and comply with the **Co-Supporters Policy.**
3. If you have received Lotterywest or Healthway funding previously, ensure your organisation's details are up to date in the **Lotterywest Healthway Grants Portal.** If you are applying for funding for the first time, register your organisation and user details in the **Portal**.
4. Complete all sections of the Healthy Spaces – Sports Funding request form available from the **Portal.** A full assessment of your request cannot be undertaken without this information.
5. Read and agree to our **Conditions of Funding,** available in the **Portal.** A Conditions of Funding document that has been signed by the Chairperson/ President of the applicant and one other Committee Member must be submitted with your request.
6. Confirm all information is accurate as your organisation will be required to submit an acquittal report based on the information you provide in your request.
7. Submit the Request Form via the **Portal** allowing a **minimum of FOUR months prior** to the commencement of you project.

Glossary

Definitions

Healthy food and drinks	Refers to food and drinks that have a high nutritional value and are low in saturated fats, added sugar and salt. Those classified as “green” under the Fuel to Go & Play® traffic light system.
Unhealthy brand	A brand whose products, services, activities, or messages are likely to cause negative health impacts. Unhealthy brands include, but are not limited to: • alcohol products • food and beverages with low nutrients and high in kilojoules, saturated fat, added sugar, or added salt • the promotion of gambling products to underage audiences, and • tobacco products (including cigarettes, heated tobacco products, e-cigarettes, and e-cigarette devices).
Sugary drinks	Refers to all non-alcoholic water-based beverages with added sugar, including sugar-sweetened soft drinks, energy drinks, fruit drinks, sports drinks and cordial. This term does not include milk-based products, 100% fruit juice or non-sugar sweetened beverages (i.e. artificial, non-nutritive or intensely sweetened).
Junior	Refers to members under 18 years of age that compete in a sanctioned competition.