

19 December 2022

Sport clubs making the healthy change

Eleven Western Australian sporting clubs are set to become healthy clubs with support from Healthway.

Healthway's Healthy Sports Program offers up to \$4,000 in funding to sporting clubs and district associations to increase healthy eating throughout the WA sporting community.

The clubs will work with Healthway, through the Fuel to Go & Play team, to train club members on how to plan, prepare, and offer healthier club environments, so that all players and spectators, especially children and young people are encouraged to fuel up with healthy food and drinks.

The funding will go towards various initiatives such as delivering nutrition seminars, reviewing canteen menus, or creating a club culture which supports players snacking on fruit before, during and after games. Clubs can also use the funding to appoint a Healthy Clubs co-ordinator and reward them with a \$500 gift voucher for leading the initiative. The following clubs will receive funding this month:

- Alexander Park Tennis Club - \$4,000
- Bedford-Morley Cricket Club - \$2,100
- Exmouth Amateur Swimming Club - \$1,100
- Peel Aquatic Club - \$2,000
- Blue Gum Squash Club - \$1,600
- Redcliffe Junior Football Club - \$4,000
- Collie Swimming Club - \$1,000
- Yacht Club Hockey Club - \$2,000
- Western Devils Netball Club Inc. - \$2,000
- Westoz Wakeboarding Inc. - \$2,000
- Harvey Amateur Swimming Club - \$2,000

A [Healthway survey](#) of 200 parents in 2020, found that 41% of children and young people eat unhealthy snacks at half-time while 60% eat unhealthy snacks after the game. The survey also found that 82% of parents think that healthy eating and drinking is important for their children, and even more important at sporting games.

Become a healthy sporting club and apply for funding through Healthway's [Healthy Sports Program](#) today.

Comments attributed to Healthway Lotterywest Acting CEO Julia Knapton:

"Sporting clubs and district associations play a big role in the health and wellbeing of our children and young people.

Public

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“Healthy Sports funding is available to support sporting clubs and district associations to create healthier club environments and educate their members on how to make healthy choices.

“By working together, we can create change to give all kids throughout WA the healthy start they deserve.”