



Community Toolkit

Information and resources to support
healthy choices at sports clubs and
community venues

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About this toolkit

This toolkit provides information and resources to support Healthway funded partners (including sporting clubs, recreation centres, entertainment venues and state sporting associations) to offer healthy food and drink choices.

As a stakeholder, you are best placed to determine which resources in this toolkit will best support your venues. Please contact Healthway or your Partnership Officer for more information, or additionally, the Fuel to Go & Play™ team are happy to offer further information and support. Contact the team at fueltogether@education.wa.edu.au

What is Fuel to Go & Play™?

Fuel to Go & Play™ is an initiative of the Western Australian School Canteen Association Inc. and aims to create healthier food and drink environments in community venues such as sporting clubs, recreation centres, entertainment venues and playcentres. This includes community venues that are owned and operated by State Sporting Associations and peak bodies as well as WA state and local governments.



What is a community venue

Sports clubs

Local team sports such as football, netball, cricket, soccer or individual sports, for example golf, swimming or tennis.

Recreation or aquatic centres

Large multipurpose centres that feature a gym, pool, basketball courts, skate parks, group fitness rooms and extra services like a creche.

Entertainment venues

Venues where large groups of people gather to watch professional sport, attend events or concerts, for example Perth Arena, Perth Convention and Exhibition Centre and Optus Stadium.

Playcentres

Recreational venues for young children where play and being active is encouraged under parent/guardian supervision, for example jungle gyms, indoor trampoline sites and ball pits.



What is a food service

Many community venues provide a food service of some kind. The way it operates varies from volunteer run canteens, to franchised cafes, to simply having a vending machine or water station.

A food service includes:

- Onsite canteen, cafe, kiosk or coffee shop (includes bar setup in local clubs)
- Small portable barbeque used on game days and at special events
- Eski filled with drinks and fruit used during activities
- Drinks and snacks provided to players during and after games
- Vending machines stocked by the venue or a private contractor.



Healthy foods and drinks

Fuel to Go & Play™ uses a traffic light system to rate food and drinks as green, amber or red, based on their nutritional value. The traffic light system makes it easy to choose healthier food and drinks. A traffic light system is also used in other settings such as school canteens, hospital cafes/kiosks and some workplaces. The key point to remember is more green choices and less red choices.

min
40%

Green items:

- form the basis of a healthy diet
- are good sources of vital nutrients
- are core food groups in the *Australian Guide to Healthy Eating*.

30%

Amber items:

- have some nutritional value
- may contain moderate amounts of energy, fat, sugar and/or salt
- should be selected carefully.

max
30%

Red items:

- lack adequate nutritional value
- are often high in energy, fat, sugar and/or salt
- are discretionary items in the *Australian Guide to Healthy Eating*.

**Fuel to Go & Play™
uses the same
colour coding and
nutrient criteria as
the Healthy Options
WA policy**



Key messages

Fuel to Go & Play™ aims to create healthier food and drink environments in community venues.

Key messages include:

- Fuel to Go & Play™ has free online training, resources, advice and case studies to help community venues offer healthy foods and drinks
- Fuel to Go & Play™ recommends community venues offer a menu with at least 40% green items and no more than 30% red items
- Your players, spectators and members deserve to fuel up with the best
- Fuel up - Choose fruit
- Fuel up - Choose veg
- Fuel up - Choose water.



Online training

Fuel to Go & Play™ offers a free online training course for **community venues**. The course is designed for canteen supervisors, volunteers, committee members and site coordinators and takes 1-2 hours to complete.

Key features include:

- ✓ Plan a winning menu
- ✓ Tips to market your healthier foods and drinks
- ✓ Food safety and hygiene
- ✓ Guide to the traffic light system
- ✓ Tips for pricing strategies
- ✓ Food allergy management.



Tools and resources

Whether your community venues have large cafes, small kiosks, vending machines or a simple barbeque on game days, we have tools and resources to help venues offer healthier food and drink choices.

Fact sheets

The Fuel to Go & Play™ website has over 30 fact sheets available for download. Some are tailored to the food service, others to individuals, for example players. Fact sheet examples include:

Choose water



It's important to drink water before, during and after sport to stay hydrated

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you continue to perform at your best. Choose water before, during and after exercise.

Before exercise
Start exercise well hydrated, drink a glass of water and enjoy a healthy meal or snack before exercise

During exercise
Sip on water during exercise to stay hydrated, particularly in hot and humid weather

After exercise
Refuel after exercise with fluid, carbohydrates and protein. Consider:

- Water
- Fruit smoothie
- Small reduced fat flavoured milk

A word on sports drinks
Sports drinks are very high in sugar and not recommended for the general population, especially children. Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

Did you know the average 600mL sports drink contains 9 teaspoons of sugar?!

This means if a person drinks 1 x 600mL sports drink each week over a year, from sports drinks alone they will consume:

2.3 kilos of sugar (approx.) 31 litres of sugary drinks

North West Australia (2022) Healthy Hydration Fact Sheet, viewed 23 June 2023, <http://www.northwesthealth.org/healthylife/HealthyHydration.pdf>
South Eastern Australia (2018) Water: The clear winner by Peter Sport, viewed 23 June 2023, <https://www.sportandfitness.com.au/wp-content/uploads/2018/08/123-1-CH-Hydration-joint-report-v1.pdf>

Hungry for more?
fueltogo.com.au | fueltogo@education.wa.edu.au




Better BBQs



A good old barbeque is an essential part of the Aussie lifestyle and is readily used in both the home and community. As a cooking method, barbequing is a healthy choice. It often falls down when high fat sausages and greasy burgers are used; not to mention the high salt sauces.

We know sausage sizzles are a crowd favourite. Make your next sizzle a healthy one by using:

- reduced fat sausages - aim for 5g or less saturated fat per 100g
- chicken sausages
- wholemeal rolls and/or bread
- themed toppings which pack extra flavour and a nutritious punch:
 - > Mexican - homemade salsa (diced tomato, capsicum, red onion and coriander or mint)
 - > Mediterranean - add grated carrot and/or sliced capsicum to the barbecued onions
 - > Fresh 'n' crunchy - top with crunchy coleslaw.

Going for more than a sausage sizzle?

Next time you are hosting a barbeque at your community venue try something new and tasty.

Cut the fat

- Choose leaner cut of meats and trim any visible fat e.g. minute steak for steak sandwiches
- Opt for lean, skinless poultry (chicken, turkey)
- Select reduced fat and salt sausages and burger patties
- Kebabs with skewered lean meat, vegetables and fruit add colour and variety

Go wholegrain

- Swap white bread for wholegrain, wholemeal or multigrain varieties
- Keep a few gluten-free rolls or wraps on hand
- Avoid serving margarine or butter

Winning menu

Mains
Tasty beef burger - with lettuce, tomato, carrot, onion and beetroot

Grilled chicken burger - with lettuce, tomato, carrot, onion and beetroot

Mixed vegetable kebab - with onion, mushroom, capsicum, zucchini

Sides
Grilled corn on the cob
Coleslaw

Drinks
600mL water
300mL flavoured milk

Fuel for sport



Why is good fuel important?

Choosing healthy food and drinks helps us perform at our best. During sport, a combination of carbohydrates, protein, healthy fats and fluid is needed to stay fuelled and hydrated.

Carbohydrates provide energy during sport. The best sources of carbohydrates includes grains, wholegrain cereals and breads, legumes, fruit, vegetables and dairy products. These food and drinks provide energy for active bodies, fibre for general gut health and a wide range of essential vitamins and minerals.

Protein is needed for recovery, growth and development. Include a small serve of lean protein at each meal and in snacks after exercise. Lean protein sources include meat, seafood, eggs, dairy and alternatives (e.g. soy milk), meat alternatives, legumes, nuts and seeds. Protein provides the necessary building blocks for growing and repairing muscles, and is important for normal immune function.

Healthy fats are necessary for normal growth and development. Include unsaturated fats in main meals and snacks following exercise. Healthy sources of fats include reduced fat dairy such as milk and yoghurt, nuts, avocado and oily fish such as salmon and tuna.

Fluids to stay hydrated. Drinking adequate fluids before, during and after exercise ensures we stay hydrated and perform at our best. Water is the best choice.

How much should we drink?

Fluid requirements will vary:

- from person to person
- depending on the weather, e.g. sport in hot or humid conditions will increase fluid requirements.
- during intense exercise where sweat rates are higher.

Warning signs of dehydration

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Tools and resources

Posters

The Fuel to Go & Play™ website has 14 posters available for download. Limited printed copies may be available on request.



Tools and resources

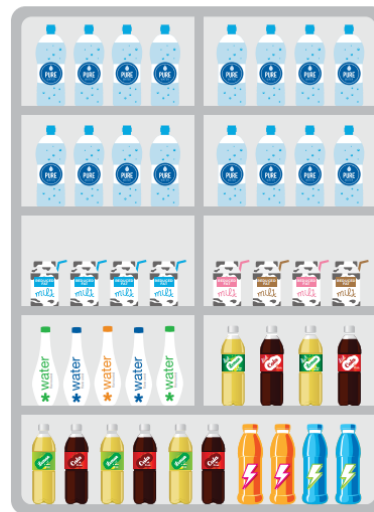
Fridge layout

The prominent placement of healthier drinks in display fridges encourages sales. The Fuel to Go & Play™ website has a [fridge layout guide](#), available for download.

Fridge layout



The way drinks are displayed can have a big impact.
Steer customers towards water by placing it at eye level.



Hungry for more?
fuelto.go.com.au
fuelto.go@education.wa.edu.au



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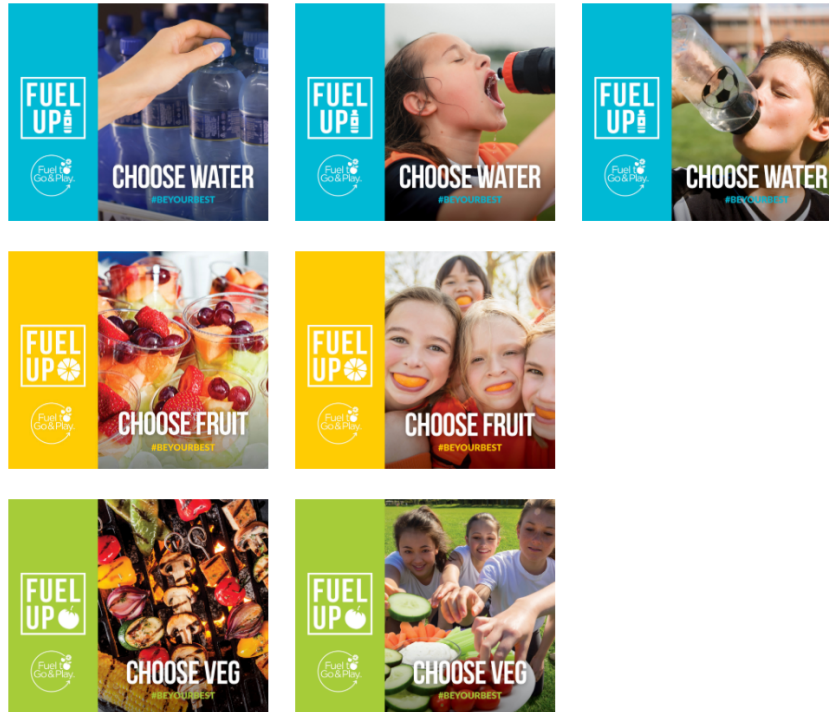


Social media

A range of social media tiles are available for download to assist community venues to promote healthier food and drinks on Facebook, Instagram and Twitter.

When sharing the tiles on social media tag @Healthway and @WASCAInc.

Include hashtags to increase the reach beyond typical followers, for example #HealthwayWA #creatingahealthierwa #beyourbest #fuelup and/or #fueltogoandplay.



Follow Healthway on
Facebook and Twitter
and WASCA on
Facebook and Twitter
to share posts

Accreditation program

Fuel to Go & Play™ offers an accreditation program to recognise and reward community venues that are committed to offering healthier food and drinks. Venues can apply for Level 1, Level 2 or Level 3 accreditation; each level builds on the previous.

What is involved?

- ✓ Complete Fuel to Go & Play™ online training
- ✓ Develop a pledge or policy to offer healthier foods and drinks
- ✓ With the support of our team, develop an action plan
- ✓ Submit your menu for review.
Level 2 and 3 must meet minimum traffic light menu percentages.

Rewards and recognition

Community venues who achieve accreditation receive posters, merchandise, promotional materials, recognition certificate, media releases and social media promotion.



Merchandise

Healthway is able to provide branded Fuel to Go & Play™ merchandise based on the needs of the community venue. For more information, please contact Healthway or your Partnership Officer. A sample of merchandise is shown below.

- ✓ Aprons
- ✓ Bunting
- ✓ Hats
- ✓ Menu signs
- ✓ Serviettes
- ✓ Stickers
- ✓ Tea towels
- ✓ Water bottles.



Contact us

Healthway and the Fuel to Go & Play™ team are happy to offer further information and support.

Healthway

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