



# COMMUNITY TOOLKIT



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



# FUEL TO GO & PLAY<sup>®</sup> COMMUNITY TOOLKIT

The Fuel to Go & Play<sup>®</sup> Community Nutrition Service provides information and resources to support the provision of healthier food and drinks at Healthway partnered sporting clubs, State Sporting Associations, recreation venues and community events.

This toolkit provides a range of information and resources to support you with creating a healthy food environment and to promote healthy eating.



## ABOUT FUEL TO GO & PLAY<sup>®</sup>

Fuel to Go & Play<sup>®</sup> is an initiative of the Western Australian School Canteen Association Inc. (WASCA). It aims to support community organisations such as sporting clubs, community and recreation venues and community event organisers create healthier food and drink environments.

As a stakeholder, you are best placed to determine which resources in this toolkit will suit your organisation or event. The Fuel to Go & Play<sup>®</sup> team are also available to offer customised information and support.



Contact the team at  
[fueltoغو@education.wa.edu.au](mailto:fueltoغو@education.wa.edu.au)

# CREATING HEALTHIER ENVIRONMENTS

Creating a healthier environment to support the health and wellbeing of your community is easy. Fuel to Go & Play® offers a range of promotional resources, fact sheets, tools and individualised support to ensure that everyone can have the Fuel to Go & Play®.



↓ GET RESOURCES

# WHAT ARE HEALTHIER FOODS AND DRINKS?

Fuel to Go & Play® uses a traffic light system to classify food and drinks as green, amber or red, based on their nutritional value, which supports the Australian Dietary Guidelines.

THE FUEL TO GO & PLAY® TEAM CAN HELP YOUR CANTEEN WITH:



Identifying healthy menu options



Reducing the number of red items



Assisting with adding green items

 GET RESOURCES

**WHAT ARE HEALTHIER FOODS AND DRINKS?**

This traffic light system classifies food and drinks as green, amber or red, based on their nutritional value, which supports the Australian Dietary Guidelines.

**FILL THE MENU**

- ✓ Fruit
- ✓ Fruit cups/fruit salad
- ✓ Vegetables
- ✓ Water
- ✓ Salad ie, chicken salad
- ✓ Cheese and tomato toasties
- ✓ Veggie skewers
- ✓ Corn on the cob
- ✓ Sushi, rice paper rolls
- ✓ Cheese and crackers
- ✓ Yoghurt cups
- ✓ Flavoured milk (300ml or less)
- ✓ Popcorn
- ✓ Soup
- ✓ Veggie pasta salad

**SELECT CAREFULLY**

- Fruit bun
- Scrolls
- 99% fruit juice (300ml or less)
- Artificially sweetened drinks
- Small fruit muffin
- Muesli bars
- Date/nut balls
- Pikelets

**LIMIT OR REMOVE**

- ✗ Deep fried foods ie. hot chips
- ✗ Sugary drinks
- ✗ 99% fruit juice (greater than 300ml)
- ✗ Pizza with salami
- ✗ Sports drinks
- ✗ Croissant
- ✗ Cup cakes
- ✗ Chocolate
- ✗ Lollies
- ✗ Ice cream

Fuel to Go & Play  
healthway  
SCHOOL CANTEEN



# HOW CAN FUEL TO GO & PLAY® SUPPORT YOU?

## IN THE CANTEEN:

- ✓ Upskilling food service staff on how to offer healthy options
- ✓ Developing a healthier menu
- ✓ Placement and promotion of your healthy options
- ✓ Promoting healthy eating at your venue (i.e. meal deals)



## AT YOUR EVENT:

- ✓ Working with mobile food vendors and caterers
- ✓ Take home healthy eating information (including recipes) for patrons
- ✓ Nutrition education
- ✓ Healthy eating activities



## FOR YOUR COMMUNITY:

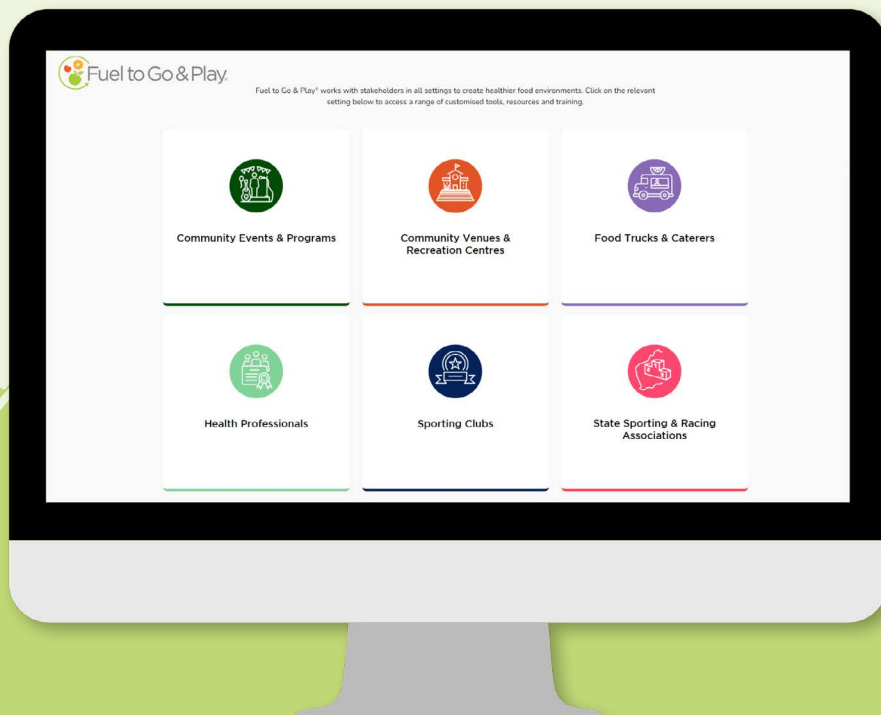
- ✓ Healthy eating information for newsletters
- ✓ Healthy recipes
- ✓ Nutrition information sessions
  - for enhanced sports performance
  - for general healthy eating



# TOOLS AND RESOURCES

The **Fuel to Go & Play® website** houses a suite of free online training and resources, such as fact sheets, case studies and recipes, to support you with creating a healthier food environment. You can access a wide range of resources in the setting that represents your organisation.

 **GET RESOURCES**



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Community Nutrition Services

## Catering for vegetarians

**Great menus for your vegan and vegetarian customers**

Vegetarian diets are common and increasing. There are a number of reasons why someone chooses to be vegetarian e.g. ethical reasons, religious beliefs, environmental concerns, taste or health.

Catering for vegetarians, and other dietary requirements, can be tricky. Try our tips to make preparing vegetarian meals in community venues a little simpler.

**33%** of Australians are reducing their meat consumption!

**What are the different types of vegetarian and vegan diets?**

**Vegan**  
Avoids all animal foods and products including meat, fish, dairy and eggs, also avoid food and drinks made from animal products such as honey, gelatin and certain lollies (some contain colours made from animals or insects).

**Lacto Vegetarian**  
Avoids meat, fish, and eggs, but does consume milk, yoghurt, cheese and/or alternatives.

**Ovo Vegetarian**  
Avoids meat, fish and dairy products, but does consume egg and egg products.

**Lacto-ovo vegetarian**  
Avoids meat and fish, but does consume dairy, egg and egg products.

**Pescatarian**  
Avoids meat but still consumes fish and seafood. May or may not eat eggs and dairy.

**Plant based (flexitarian)**  
Not a strict vegetarian but limits their consumption of animal foods and products, with a focus on eating a mostly plant based diet.

For a range of great vegetarian recipes visit: [www.schoolcanteens.org.au/recipes/](http://www.schoolcanteens.org.au/recipes/)

1

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## Know what your customers want

**Top tips for surveying your customers**

Knowing what your customers want is essential for designing a successful menu. As well as understanding who attends the venue (e.g. sport participants, spectators, staff and the general public who may pass through) it is also important to know what types of food and drink they are after.

One of the easiest ways to find out what your customers want, is to ask them! This can be done with a simple question at the point of sale, or by conducting a short survey.

**Surveying customers**

How you currently communicate with your customers will determine the best way to survey them:

- If you have a Facebook page, create a 'poll' offering potential menu items customers can vote for
- Include a link to an online survey via email or an eNewsletter
- Online surveys set up through [SurveyMonkey.com](http://SurveyMonkey.com) allow you to ask up to 10 questions free of charge. Best of all the results are automatically collated for you!
- Do customers sit to eat or drink at the venue? Consider placing surveys on each table and encourage customers to complete while they eat (see sample questions on next page).

**Do ask**

- Short and simple questions
- One question at a time
- Feedback on current menu items
- What items customers would like to see offered

**Don't ask**

- Multiple questions at once e.g. 'How did you like our food and service?'
- Too many questions! No more than five to keep the survey brief
- Biased questions e.g. how good was your food?

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fuelto@education.wa.edu.au](mailto:fuelto@education.wa.edu.au)  
@fueltoandplay

healthway  

# HEALTHIER VENDOR GUIDE

The [Healthier Vendor Guide \(HVG\)](#) is a go-to-guide for organisations and event planners that are responsible for coordinating the food and drinks on offer. Use these vendors to attend your event. Don't forget to request their healthier menu suitable for Healthway partnered events.

 **GET THE GUIDE**

## Certified Healthier Vendor

### SPRING 2023

Your guide to sourcing healthier food and drink vendors for community events & sporting clubs.



Certified Healthier Vendor  
Tomato & Basil  
2023.

# MERCHANDISE

Branded Fuel to Go & Play® merchandise is available to help you promote the healthy food and drink options and healthy eating.

## FOR THE (ANTEEN):

- ✓ caps and aprons for canteen staff
- ✓ countertop menu boards to promote your healthy options
- ✓ stickers to badge up healthy food and drink options
- ✓ bunting and posters
- ✓ fridge decals to promote water.

## FOR PRIZES AND GIVE AWAYS AS PART OF A HEALTHY EATING PROMOTION OR ACTIVITY:

- ✓ water bottles
- ✓ recipe cards / healthy eating information.

**For more information on other resources available, contact your Healthway Partnership Officer or the Fuel to Go & Play® team.**





# CUSTOMISED FUEL TO GO & PLAY® RESOURCES JUST FOR YOU

Feel free to chat to us about developing specific resources to suit your needs. Some examples include:

- ✓ Tennis West, Netball WA & Swimming WA: Healthy eating information and recipes for inclusion in their newsletters
- ✓ Social media tiles specific for your sport or event
- ✓ Healthy recipes to hand out at community events.



## Keep fuelled with warm porridge

Porridge is one of our favourite breakfasts, especially at this time of the year as the weather is cooler. Enjoy a warm bowl of porridge, topped with your favourite fruit to keep you fuelled for longer.

Hungry for more? Head to the Fuel to Go & Play® website for more recipe ideas: [www.fuelto go.com.au](http://www.fuelto go.com.au)

VIEW RECIPE



## Berry Yoghurt Cup

### Healthway - Fuel 2 Go & Play

Berry yoghurt cups are an easy on the go breakfast for those busy mornings or before a game!

Hungry for more? Head to the Fuel to Go & Play® website for more recipe ideas: [www.fuelto go.com.au](http://www.fuelto go.com.au)

MORE INFO

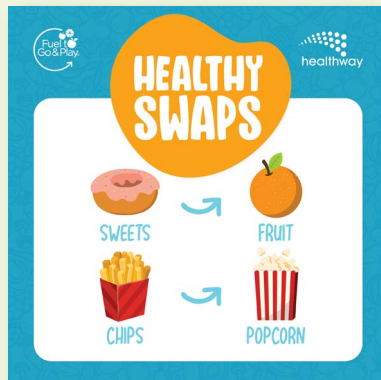
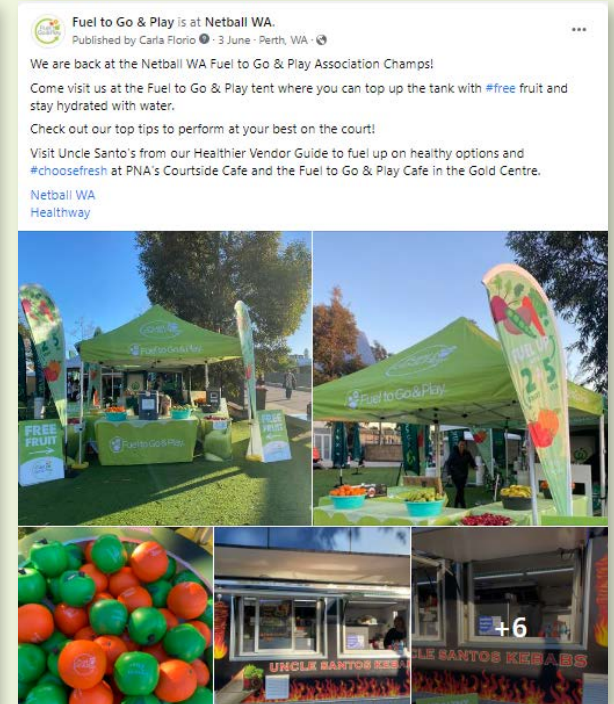
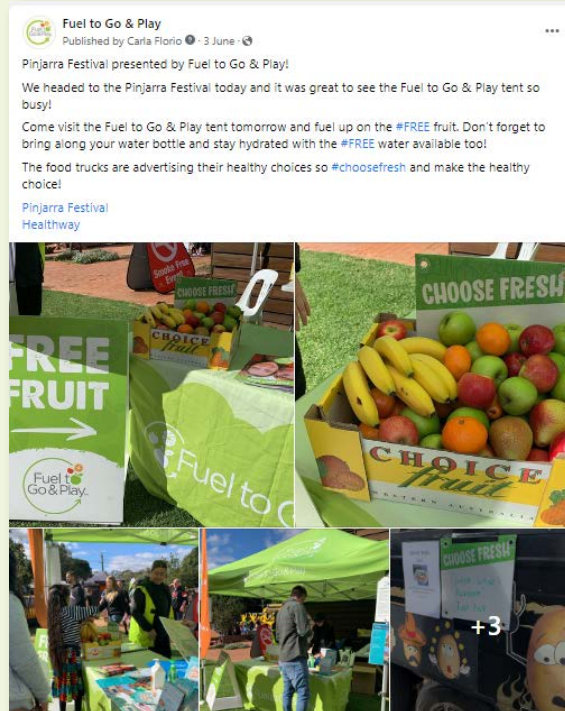


# SOCIAL MEDIA

Fuel to Go & Play® has a suite of social media tiles to make it easy for you to promote healthy eating messages and promote healthy options available at your event. Visit our website to access the full suite of social media tiles.

We can also promote your event on our socials.

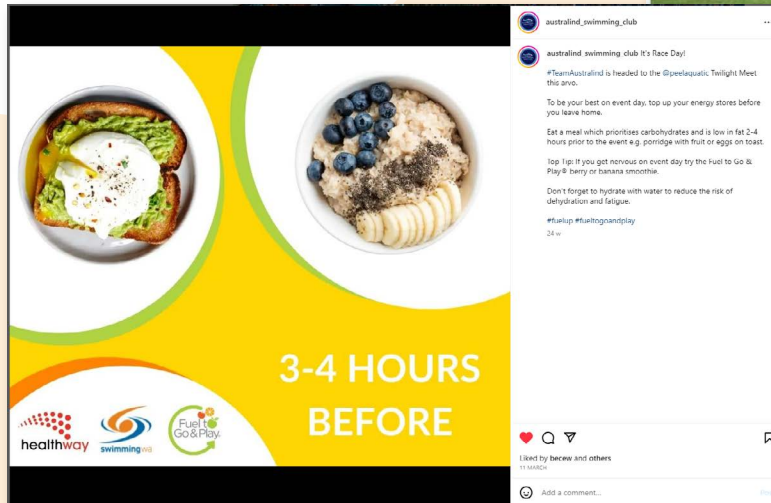
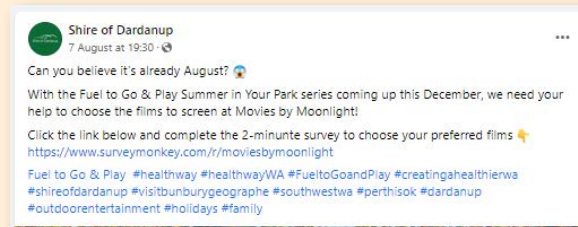
↓ GET RESOURCES



# Let's SHARE STORIES

We would love to see your Fuel to Go & Play® moments! Share with us how your event or venue has the Fuel to Go & Play®.

**Don't forget to tag us: #fueltogo #fueltogoandplay #fuelup #beyourbest #creatingahealthierWA #healthyating**



# KEY MESSAGES TO PROMOTE

FUEL UP WITH FRUIT

FUEL UP WITH VEG

FUEL UP - CHOOSE WATER

CHOOSE FRUIT

CHOOSE VEG

CHOOSE WATER

CHOOSE WATER...WATER WINS!

BE YOUR BEST - CHOOSE FRUIT

BE YOUR BEST - CHOOSE VEG

BE YOUR BEST - CHOOSE WATER



Fuel to Go & Play® has a suite of PA and MC announcements that you can use to promote healthy eating throughout the day. Contact the team for details.

# WHAT ARE OTHERS DOING?

Be inspired by other organisations who have partnered with the Fuel to Go & Play® team to promote healthy eating:

## PERTH NETBALL ASSOCIATION'S COURTSIDE CAFE



## PEARL COAST GYMNASTICS CLUB - SOMERSAULTING TO GOOD HEALTH



# WHAT ARE OTHERS DOING?

NATIONAL RUGBY LEAGUE WA'S HARMONY (UP)



NETBALL WA'S FUEL TO GO & PLAY ASSOCIATION (CHAMPIONSHIPS)



DARDANUP BULL AND BARREL FESTIVAL



# HUNGRY FOR MORE?

Contact the Fuel to Go & Play® team with any questions  
or for a chat as to how we can support you.



(08) 9264 4999



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@fueltogoandplay

