



HEALTHY SPORTS TOOLKIT

CAMPAIGN ASSETS AND RESOURCES
FOR YOU TO USE IN YOUR CLUB.





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WHY HEALTHY SPORTS?

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.

BE A HEALTHY SPORT

By working together, we can create change and give kids throughout WA the healthy start they deserve. Use this toolkit to promote your involvement in the Healthy Sports program and make healthy eating the norm in sport!

IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

41% of junior players eat unhealthy snacks at halftime;

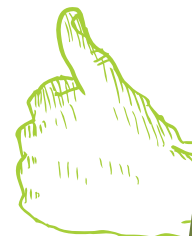
60% eat unhealthy snacks at fulltime;

Most parents think that healthy eating and drinking is important and would like to see healthy options in the club environment; and

Parents strongly support having pre-cut fruit at halftime.

THE HEALTHY SPORTS PROGRAM SUPPORTS PLAYERS TO FUEL UP WITH HEALTHY FOODS AND DRINKS. TO DO THIS, PARENTS, COACHES AND MANAGERS CAN TAKE SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy halftime snacks
3. Encourage healthy choices after sport
4. Give healthy rewards e.g. praise, games, awards
5. Be a role model: drink water and eat healthy foods in front of junior players!



RESOURCES:

HEALTHY SPORTS COORDINATOR CHECKLIST

Complete all of the actions on the Coordinator checklist throughout the season and make sustainable healthy changes at your sports club.

Remember to engage the Fuel to Go & Play® team for guidance and support.

The graphic features a green background with a pattern of fruit and vegetables. At the top, the title 'HEALTHY SPORTS COORDINATOR CHECKLIST' is written in blue and white. Below the title is a white checklist card with a red pushpin at the top left and a green pencil at the top right. The card has a header that says 'TICK OFF THESE ACTIONS AND KICK HEALTHY GOALS AT YOUR CLUB.' and a list of ten actions, each with a checkbox. The actions are: Club president signed Healthy Sports Pledge, Communicated participation in the Healthy Sports program with members (fact sheet), Fruit Roster sent to all Junior team managers using the email template, Healthy Sports posters featured in club e-newsletters/club website, Healthy Sports posters situated throughout the club rooms, Healthy Sports social media tiles posted (Facebook/Instagram etc), Club representative completed the Fuel to Go & Play® Club Officials and Stakeholder online training, Coordinated at least one educational activation for club members to promote healthy eating and drinking (see page 7 of the Healthy Sports Toolkit for ideas), and Provided links for online training, healthy recipes and nutrition information to the Canteen Coordinator (if relevant). At the bottom of the graphic, there is a section for sharing photos and the Healthway logo.

HEALTHY SPORTS COORDINATOR CHECKLIST

TICK OFF THESE ACTIONS AND KICK HEALTHY GOALS AT YOUR CLUB.

Club president signed Healthy Sports Pledge	<input type="checkbox"/>
Communicated participation in the Healthy Sports program with members (fact sheet)	<input type="checkbox"/>
Fruit Roster sent to all Junior team managers using the email template	<input type="checkbox"/>
Healthy Sports posters featured in club e-newsletters/club website	<input type="checkbox"/>
Healthy Sports posters situated throughout the club rooms	<input type="checkbox"/>
Healthy Sports social media tiles posted (Facebook/Instagram etc)	<input type="checkbox"/>
Club representative completed the Fuel to Go & Play® Club Officials and Stakeholder online training	<input type="checkbox"/>
Coordinated at least one educational activation for club members to promote healthy eating and drinking (see page 7 of the Healthy Sports Toolkit for ideas)	<input type="checkbox"/>
Provided links for online training, healthy recipes and nutrition information to the Canteen Coordinator (if relevant)	<input type="checkbox"/>

SHARE PHOTOS of your Healthy members in action on the club's social media platforms and e-newsletters. Remember to tag @healthwayWA, #healthwayWA and #creatingahealthierWA

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DOWNLOAD CHECKLIST

RESOURCES: HEALTHY SPORTS CLUB PLEDGE

Engage your Club President to take the pledge, get your committee on board and proudly share it with your club members.



↓ DOWNLOAD PLEDGE POSTER

RESOURCES: HEALTHY HALFTIME FRUIT ROSTER

Distribute this email template and Fruit Roster to your Team Managers and ask them to share the information with their teams. Get everyone on board!

Subject heading: **TEAM NAME – Healthy Halftime Fruit Roster**

Hi Team!

This season, (Club) is taking part in Healthway's Healthy Sports program. The program strives to create a healthy environment for our kids and give them the best chance to feel great and play to the best of their ability. Our team can get on board by supporting junior players to fuel up with water and healthy halftime snacks.

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. We don't need sports drinks, sugary drinks or lollies to play sport. Good fuels include fruit, vegetables, whole grains, low fat dairy products and water.

As parents, managers and coaches, we can take some simple actions to help junior players make healthy choices:

1. Pack a water bottle to drink before, during and after sport
2. Bring fruit for a healthy halftime snack
3. Encourage healthy choices after the game
4. Give healthy rewards e.g. praise, playtime, awards
5. Be a role model: drink water and eat healthy foods yourself!

Attached to this email, is a Healthy Halftime Fruit Roster (with how-to-tips). Please have a look at the roster and arrange to bring halftime fruit for our team on your allocated week, or let me know if you need to swap weeks with someone else.

Thank you!

(Manager)

HEALTHY HALFTIME FRUIT ROSTER

TEAM NAME:			MANAGER:	COACH:
Round	Date	Player	Venue	Phone
1	XXX	XXX	XXX	XXX
2	XXX	XXX	XXX	XXX
3	XXX	XXX	XXX	XXX
4	XXX	XXX	XXX	XXX
5	XXX	XXX	XXX	XXX
6	XXX	XXX	XXX	XXX
7	XXX	XXX	XXX	XXX
8	XXX	XXX	XXX	XXX
9	XXX	XXX	XXX	XXX
10	XXX	XXX	XXX	XXX
11	XXX	XXX	XXX	XXX
12	XXX	XXX	XXX	XXX
13	XXX	XXX	XXX	XXX
14	XXX	XXX	XXX	XXX
15	XXX	XXX	XXX	XXX

TIPS

- HOW MUCH FRUIT?** Allow for half an orange, banana or apple per player for a halftime snack. Add a little extra if you are providing post game snack as well.
- SHORT ON TIME?** Cut fruit the night before and store in the fridge in a sealed container.
- STOP SPOILING.** For non-citrus fruit, squeeze a lemon-juice drop to stop it going brown.
- STAY COOL.** Pack fruit in an icy bag with an ice brick or two.
- WHAT ABOUT WASTE?** Bring a separate container for kids to put the fruit skins into.

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↓ **DOWNLOAD FRUIT ROSTER**

RESOURCES: ACTIVATION IDEAS

1.

WATER WINS

Set a date early in the season to launch the Healthy Sports program at your club. Consider offering a 'Special' on bottled water (sell for cost price on launch day) to promote the 'Water wins' message.



2.

FUEL UP WITH FRUIT & VEG

Provide free whole fruit, fruit salad cups or veggie sticks with dip to educate your members that fruit and veg is a great source of energy to prepare for and recover from playing sport.

3.

SUPER SMOOTHIES

Hire a smoothie bike for a day and let your members make healthy smoothies for a fun after sport snack. Smoothie bikes may be available to hire through your local council or metropolitan health service.



4.

WINNERS ARE GRINNERS

Run a competition and encourage your teams to submit photos of their Healthy Halftime snacks. Prizes could be; water bottles, green canteen vouchers, movie tickets, club merchandise etc.



6.

COACHING CHAMPIONS

Create a 'Healthy game of the week' for coaches to play with their teams and remind them to highlight the importance of healthy eating for sports performance. It might be as simple as naming cones after fruits and veg.

5.

NUTRITION TIPS

Book a Sports Nutritionist or Dietitian to deliver a healthy food and drink education session for your members. Ask them to cover pre, during and post game nutrition specific to your sport and age of your membership.

RESOURCES: POSTERS & FLYERS

You will receive hard copy posters on completion of the Fuel to Go & Play® training.

Display these posters and flyers on your website, social media and clubroom.



A3 posters



A4 digital flyers

RESOURCES: SOCIAL MEDIA TILES & NEWSLETTER INSERTS

Post these social media tiles on Facebook or Instagram, include them in your club newsletters.

Ask team managers to send or post photos of healthy players in action and share on social media and your club newsletter.

Use tags:

@HealthwayWA

#HealthwayWA

#creatingahealthierWA

#FTGPHealthySports



DOWNLOAD RESOURCES

RESOURCES: FACT SHEETS

Share these fact sheets with your club members and educate them with simple tips on how to best prepare the body for playing and recovering from sport.

ABOUT HEALTHY SPOETS!

Playing sport is great for health and wellbeing, and the right fuel makes you the best performer. The Healthy Sports program aims to create environments that support players to drink the Good and fuel up with healthy foods and drinks. Our club is proud to be a Healthy Club and promotes the health and wellbeing of our members by ensuring everyone has access to healthy options.

IN 2002, HEALTHY SPORT CONDUCTED A SURVEY OF 100 PEOPLE INVOLVED IN JUNIOR SPORT. MANY OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

- 41% of junior players eat unhealthy snacks at halftime.
- 60% eat unhealthy snacks at halftime.
- 87% of parents think that healthy eating and drinking is important for their children, and even more important at sporting games.
- 88% of parents and others supported having a cut fruit at halftime.

WHAT CAN YOU DO?

PARENTS, LEACHERS AND MANAGERS CAN SUPPORT YOUNG PEOPLE TO MAKE HEALTHY CHOICES WITH SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport.
2. Provide fruit for healthy halftime snacks (not lollies).
3. Encourage healthy choices after the game.
4. Give players healthy rewards e.g. games, recognition or raffle tickets at the end of season prize.
5. Be a role model: drink water and eat healthy foods in front of junior players!

GET ON BOARD!
For healthy ideas and tips for sports visit fuel4go2play.com.au

WATER WINS!

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 to perform at your best.

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.

DO YOU KNOW THE AVERAGE 600ML SPORTS DRINK CONTAINS 1 TEASPOON 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 **1.5 Kilo of SUGAR (approx.)**

STAY HYDRATED
Fluid requirements vary from person to person and depends on a number of factors including the weather, type of exercise and sweat loss.

Children often don't realize when they are thirsty and may need to be reminded to drink often, particularly during exercise. Aim for the following amounts of water per day and extra during exercise:

- 4-8 year olds = 1.2L or 5 cups
- 9-13 year olds = 1.5L or 6-8 cups
- 14-18 year olds = 1.8L or 8-10 cups
- Adults = 2L or 8-10 cups

WARNING SIGNS OF DEHYDRATION

- Dark urine
- Cramps
- Dizziness
- Dry mouth and throat
- Nausea and headache

HEALTHY FOR MORE HEALTHY TIPS?
Visit fuel4go2play.com.au or email fuel4go2play@fuel4go2play.com.au

HEALTHY HALFTIME SNACK HACKS

IF A MID-GAME SNACK IS NECESSARY, FRESH SEASONAL FRUIT SUCH AS APPLES, ORANGES, PEARS, WATERMELON, GRAPES, BANANAS OR CUCUMBERS IS THE BEST CHOICE. FRUIT IS FIBROUS AND CONTAINS ENERGY, VITAMINS, MINERALS AND ANTIOXIDANTS.

Half-size oranges have caused some fuss in recent times claiming that the acidity in oranges is harmful to teeth enamel. The truth is, it's unlikely that a few orange quarters during a game will cause any harm. Oranges provide a great source of vitamin C, which is necessary for healthy gums.

OUR KIDS ARE SWEET ENOUGH!
Junior sport rarely provides access to a great source of energy during injury. The solution is, using well-timed, healthy snacks provide extra energy and its nutritional value. Snacks that contain oil and just a good dash of honey really can give your players a great boost.

DO WE NEED SNACKS DURING SPORT?
Most junior sport is at a level where energy does not need to be replaced during half time. It is more important to fuel up with healthy food after exercise, a sandwich, cereal and milk, or a smoothie before playing sport AND to focus on staying hydrated with water before, during and after sport.

	ORANGES	VS.	SUGARS
Energy	✓		✗
Dietary Fibre	✓		✗
Antioxidants	✓		✗
Vitamins A & C	✓		✗
Potassium	✓		✗

HEALTHY FOR MORE HEALTHY TIPS?
Visit fuel4go2play.com.au or email fuel4go2play@fuel4go2play.com.au

WHAT TO EAT AND DRINK

BEFORE EXERCISE
Fuel up fast food before exercise with the right choices:

- ✓ water
- ✓ porridge
- ✓ cereal with milk
- ✓ toast
- ✓ eggs on toast
- ✓ fruit salad
- ✓ pancakes with fresh fruit

DURING EXERCISE
Keep the fuel topped up with healthy snacks and stay hydrated by sipping on water.

- ✓ water
- ✓ fresh fruit
- ✓ meal bar
- ✓ lollies

AFTER EXERCISE
Rehydrate with fluids. Refuel with healthy carbs, and rebuild with protein.

- ✓ small flavoured milk
- ✓ fresh fruit and yogurt
- ✓ wraps or sandwiches
- ✓ cheese on crackers
- ✓ chicken with rice and veggie
- ✓ baked beans on toast
- ✓ healthy hamburger
- ✓ rice paper rolls
- ✓ toastie
- ✓ soup

HEALTHY FOR MORE HEALTHY TIPS?
Visit fuel4go2play.com.au or email fuel4go2play@fuel4go2play.com.au

RESOURCES: HEALTHY CANTEEN

Simple steps such as undertaking a menu review, introducing new menu items and changing how existing items are priced or promoted can encourage healthy food and drink choices. Use these resources to assist you to make healthy changes in your club canteen and encourage your members to Grab the Good at point of sale.

Contact the Fuel to Go & Play® team for advice on how to increase healthy food and drink options without affecting your profitability. This is achieved through training, practical tools, information and recommendations.

Fuel to Go & Play® team
Telephone: (08) 9264 4999
Email: fueltoغو@education.wa.edu.au



 **DOWNLOAD HEALTHY LAYOUTS**

RESOURCES:

HEALTHY CANTEN CHECKLIST

Complete all of the steps on the Healthy canteen checklist to make sustainable healthy changes for your club members.

Remember to engage the Fuel to Go & Play® team for guidance and support.

HEALTHY CANTEN CHECKLIST

TICK OFF THE FOLLOWING STEPS TO CREATE A HEALTHY CLUB CANTEN:

STEP 1 - EDUCATION Complete the FREE Fuel to Go & Play® Canteen and Food service staff online training (1-2 hours) at www.fuelto.go.com.au/canteen-and-food-service-staff	<input type="checkbox"/>
STEP 2 - MENU Add green items to your menu. Ensure fruit and/or vegetables are always available (eg. fresh fruit, fruit salad, canned fruit in juice, salad in sandwiches/ rolls/ wraps, salad boxes etc)	<input type="checkbox"/>
STEP 3 - DRINKS FRIDGE Place green drinks (eg. plain and sparkling water, 300ml reduced fat milk) at the top of the fridge and at eye level and amber drinks (250ml 99% fruit juice, diet soft drinks) at the bottom. Use the Water Wins fridge decal stickers to promote water as the best option. Red drinks (soft drinks and sports drinks) are not permitted to be displayed but can be sold.	<input type="checkbox"/>
STEP 4 - DISPLAY Place green items (eg. fruit, sandwiches, plain popcorn, bottled water) in a prominent position at the front of the counter and label them with Grab the Good stickers and counter signs.	<input type="checkbox"/>
STEP 5 - MEAL DEALS Develop and promote a Grab the Good meal deal/ combo (eg. salad roll and bottle of water)	<input type="checkbox"/>
STEP 6 - BRANDING Remove unhealthy brand marketing (ie. posters and marketing materials of confectionery, sugary drinks etc.) and replace with Grab the Good posters and signage.	<input type="checkbox"/>

NEED HELP? Give the Fuel To Go & Play® team a call for assistance on 9264 4999

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DOWNLOAD CHECKLIST

RESOURCES: HEALTHY CANTEEN PROMOTIONAL MATERIALS

You will receive the following promotional items in your Healthy Sports welcome pack upon completion of the Fuel to Go & Play® online training and consultation. Use these resources to promote the healthiest items in your canteen and encourage your members to Grab the Good and fuel their body with healthy options.



ORDER PROMO MATERIALS



GREEN ITEM PRODUCE STICKERS

Place the stickers on items that are approved by the Fuel to Go & Play team to raise awareness of healthy options. They are a great visual guide for your patrons to make quick healthy decisions.



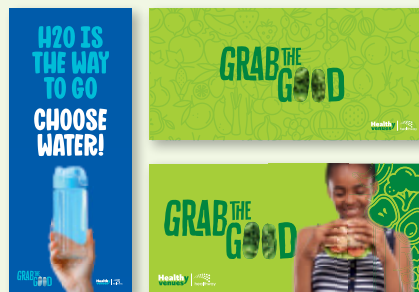
WATER WINS FRIDGE DECAL STICKERS

Prominently display your green drink items at the top of your fridge and cover the amber items with the Water Wins decal. Steer your members in a healthy direction and remind them that Water Wins!



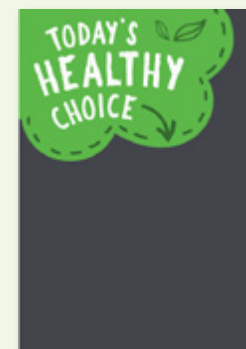
APRON AND HAT (FUEL TO GO & PLAY®)

Proudly wear the provided apron and hat to show your members that they belong to a healthy club.



GRAB THE GOOD DISPLAY STANDS

Encourage members to Grab the Good. Place these display stands amongst your fresh green food items to promote the healthiest options.



MENU BOARD

Use the chalkboard to advertise your healthy meal deals or healthy daily specials.



POSTERS

Display these around the clubrooms to educate members about healthy choices for sports performance.

MORE HEALTHY IDEAS FOR YOUR CLUB



Healthier Vendor Guide



Better BBQs



Tips for coaches
and managers



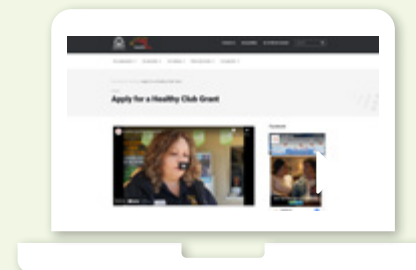
Rewards in sport



End of season wind-up



Healthy fundraising ideas



Healthy Partnership Program



Healthy half-times in
junior sport infographic

For more information contact

Fuel to Go & Play® team

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Email: fueltogether@education.wa.edu.au

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