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9264 5096

Your Guide to Providing  
Healthier Food and Drinks  
in Sport, Recreation and  
Entertainment Venues

# Fuel to GO GO GO



## Taking Fuel to Go to Regional Areas Geraldton – February 2011



On the 18<sup>th</sup> February, the Fuel to Go Team arrived in Geraldton to hold a Fuel to Go workshop. This workshop was focused on strategies for creating profitable canteens and of course, ideas for improving the range of healthy food and drink choices.

The workshop was successful and the Geraldton Hockey Association were a stand-out!

The Fuel to Go resource classifies food and drinks into Green, Amber and Red categories. We generally recommend that clubs work towards offering a minimum of 40% Green products and a maximum of 30% Red items.

We were all thrilled when the menu assessment activity revealed that out of 40 products, 33% were Green, 12% amber and 55% red. This club is well on its way to reaching the recommended percentages. The great Green items on the menu include:

- Hamburgers with salad
- Toasted sandwiches
- Water
- Flavoured milk
- 100% fruit juice boxes (250ml)
- LOL – carbonated fruit juice (250ml)



During the workshop we also discussed ways of improving the menu, some examples include:

- Changing from regular pies and sausage rolls (Red) to the approved Amber varieties listed in the Star Choice™ Buyer's Guide.
- Increasing the range of Green beverages on offer - this can be as simple as increasing the range of flavours of flavoured milk, 100% fruit juice or LOLs
- Reducing the range and/or size of soft drinks
- Increasing the range of sandwiches, rolls or wraps

Congratulations to the Sharon and Tanya from the Geraldton Hockey Association for their enthusiasm and fantastic work!

**If your club is interested in attending a Fuel to Go Workshop, please contact the Fuel to Go Team**

**[fueltoogo@det.wa.edu.au](mailto:fueltoogo@det.wa.edu.au) or 9264 5096**

# Fuel to Go - Assisting Sporting Clubs to Provide Food and Drinks Fit for their Members

## Some frightening figures

The rising prevalence of obesity is of great public health concern. In Australia approximately 4.9 million adults are overweight and a further 2.5 million are obese, equating to 53% of adults being overweight, and of these, over one third (32%) are classified as obese.

A recent survey conducted on Western Australia's 12-17 year olds indicate that:

- one in five are overweight or obese
- one in ten ate fast food at least three times a week
- 25% eat the recommended 4 serves of vegetables per day
- 40% are eating the recommended serves of fruit per day



Australian health experts are concerned that this is the first generation of teenagers that could experience a decrease in life expectancy. Poor nutrition and inadequate exercise is creating a '**chronic disease time bomb**' among our children and youth.

## Why tackle this issue of healthy eating?

The Victorian Healthy Canteens Project found that at sports clubs there was strong customer demand for healthier choices and that replacing food and drinks high in fats, salts and sugars with healthier options **did not** reduce profits.

Evidence from this study suggests that:

- 51% believe that there are not enough healthy food options sold at community sports clubs
- 82% agreed that it is the responsibility of local community sports clubs to promote healthy eating
- 85% agreed that in the interests of children's health, sporting clubs should reduce the sale and consumption of junk food
- 88% indicated that there would be no difference to their participation at their club if junk food sales were reduced
- 74% agreed that community sports clubs should reduce the sale and consumption of junk food in the interests of adult's health

Children are receiving inconsistent health messages at sporting venues, with healthy lifestyles being promoted through sports participation, but unhealthy dietary choices being provided at sports and recreation centres.

From the WA School Canteen Association's preliminary work in this area, it has been observed that the majority of food outlets at sporting venues sell mostly unhealthy food and beverages.

Sport, recreation and entertainment venues can play a big role in promoting healthy messages to the community. Not only can they encourage families to lead an active lifestyle, but they can also support healthy eating by offering some healthy alternatives.

## What foods appear to be the problem?

The diets of Australian children and adolescents include significant amounts of 'extra' foods. 'Extra' foods are those that are not considered "every day" choices and therefore should be limited in the diet. These 'extra' foods contribute to 41% of daily energy intake, rather than the 5-20% recommended in the Australian Guide to Healthy Eating.

The types of foods that contribute the most are:

- Hot chips
- Soft drink
- Ice cream and Icy poles
- Cordials



RED



RED



RED

## What can my club do?

The Fuel to Go project provides support and resources for sporting clubs, recreation centres or entertainment venues who are concerned about the health and well being of their patrons. It assists them in offering healthier food and drink options at their food outlets.

Many clubs throughout WA have been involved with the project with clubs and venues successful in:

- Introducing or increasing their variety of sandwiches, rolls and wraps
- Substituting a healthier (Star Choice registered) range of meat pies and sausage rolls
- Offering healthier hamburgers using a Star Choice registered hamburger patty and generous amounts of salad
- Reducing the range and/or size of soft drinks
- Removing or reducing the number of lines of confectionery
- Removing or reducing the range of deep fried foods
- **Increasing their profits as a result of introducing some healthy options on their menu**



The project does not suggest that all unhealthy items are removed from the menu but to start by offering a few healthy alternatives. Gradually introducing these changes, together with focusing on promoting the healthier options seems to be the magic formula in keeping customers happy and increasing sales.

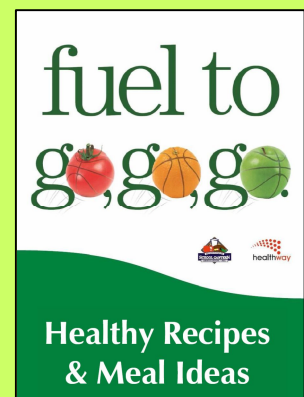
Call or email the Fuel to Go Team for more information - 9264 5096 or [fuelto go@det.wa.edu.au](mailto:fuelto go@det.wa.edu.au)

## Healthway Healthy Club Sponsorship

**If your club has applied for Healthy Club Sponsorship this resource is for you!**  
**Healthy Recipes & Meal Ideas Booklet**

This new resource features recipes and meal ideas which can be prepared using equipment that can be purchased with Healthy Club Sponsorship funds. You will find menu ideas and recipes for the following equipment:

- Display fridge
- Non-stick sandwich press
- Non-stick portable grill
- Blender
- Soup warmer



If you would like a **free** copy of this new resource, contact the Fuel to Go team by email [fuelto go@det.wa.edu.au](mailto:fuelto go@det.wa.edu.au) or phone (08) 9264 5096.

# RECIPE: Jelly & Fruit Cups

Serves 10

Traffic Light Category: **GREEN**



## INGREDIENTS

400g fresh fruit in season or tinned fruit in natural juice
2 sachets flavoured light jelly
Clear plastic cups

Method:

1. Make jelly to packet instructions and set aside to cool.
2. Place 40g (approx. 1/3 of the cup) of fruit into the bottom of each clear plastic cup.
3. Fill the remainder of each cup with jelly and refrigerate until set.

These are a great option for parents to buy for children after sport, or even for younger siblings looking for a snack.

## Thinking about your menu for the winter season?

More often than not, athletes will bring with them an array of spectators from parents and siblings to grandparents. Why not make your food service/canteen a place to feed the whole family?!

Here are some healthy winter ideas:

- Hamburgers – a favourite in summer AND winter! Using a Star Choice™ approved patty, load the burger with grilled onions, reduced-fat cheese, lettuce, carrot and tomato. With these ingredients the burger will be **GREEN**. (This was the number 1 best seller at South Coogee Junior Football Club's canteen last winter!)
- For the kids (even the big kids!) – fill a disposable cup with mashed potato and top with baked beans and a sprinkle of reduced-fat cheese. This is a **GREEN** item. You will find a variety of pre-prepared mashed potatoes in the Star Choice™ Buyer's Guide.
- Lasagne, curries, spaghetti bolognese or vegetable pasta bakes are also great for those cold winter days. There are a range of pre-prepared **GREEN** and **AMBER** options in the Star Choice™ Buyer's Guide such as pasta dishes, noodles and curries.
- Soup is another **GREEN** favourite for the winter season – especially with parents. There are a range of pre-made varieties in the Star Choice™ Buyer's Guide or why not make your own? Call us for a free copy of the Healthy Recipes & Meal Ideas booklet for some tasty recipes.
- For those with a sweet tooth,  $\frac{3}{4}$  fill a disposable cup with diced fruit (fresh or canned in natural juice) top with warm custard.
- Milo is always a hit in winter. Made with reduced-fat milk, this is a **GREEN** menu item. The Star Choice™ Buyer's Guide lists a selection of **AMBER** muffins which can be sold as a 'special deal' with a warm cup of Milo.



## Food Safety Regulations

Food Safety is essential to ensure that the health of those consuming food from your canteen is not jeopardised. **Food safety is also required by law.**

Complete the FoodSafe® Food Handler Training Program online at:

<http://www.foodsafeonline.com.au/>