

In 2017, the Fuel to Go & Play team collaborated with the South Metropolitan Health Service Health Promotion (SMHS HP) to support local sporting clubs improve their menus.

The Kardinya Junior Football Club, locally known as the 'Kardy Kats' have embraced the healthy eating message and made significant changes to their club's canteen menu.

Canteen Manager, Mel Edgar, implemented the changes and is excited and very proud of their efforts in making the menu healthier. "Knowing that the changes will positively impact the health of more than 250 people who attend the club each week is great" Mel said.

Ruth Aspinall (SMHS HP) worked closely with Mel, providing her with support and strategies using Fuel to Go & Play resources. Having this support has been integral to the success of the initiative.

The revitalised menu now offers a range of healthier options such as toasted sandwiches, fruit toast, popcorn and fresh fruit. The selection of sugary drinks has been reduced and replaced with the healthier options of water (green) and 99% fruit juices (amber). Pies and sausage rolls were removed.



"Our club is delighted to ensure that the healthy choice is the easy choice for patrons"

MEL EDGAR, CANTEEN MANAGER

Mel said feedback from club members about the menu changes has been overwhelmingly positive. "People are now more conscious of what they are eating and where their food comes from. Healthy eating is everybody's business and our club is delighted to ensure that the healthy choice is the easy choice for players and spectators."

Congratulations to the Kardy Kats teams on kicking healthy eating goals!

**This was part of the original Fuel to Go program, funded by Healthway.*

Do you have questions?

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