



Fuel to Go & Play® for carnivals and finals series



Fuel to Go & Play®

Carnival days are long, with many back-to-back games so it is important that all players are fuelled up and stay hydrated. Equally important are finals series where providing healthy food and drink choices will ensure that everyone involved can play at their best.

The information provided in this pack will give you plenty of fresh ideas to cater for the needs of both players and spectators, including:

- Healthy options for the canteen - delicious menu, product and recipe ideas for your kiosk/canteen
- BBQ - easy BBQ tips and ideas
- Hydration - water hydration strategies
- Fuelling ideas - recipes and promotion of free fruit
- Helpful event information for participants - (i.e. details on the types of services/catering available)
- Healthier Vendor Guide - a list of healthier mobile food vendors (i.e. coffee carts and other providers) for your event.



Coordinating large events is a big task, and a great opportunity for clubs to raise funds through the canteen. It is also easy to create a healthier event for everyone.

Fuel to Go & Play® at the canteen

FUELLING UP ON HEALTHY FOOD AND DRINKS

Make sure your canteen has plenty of healthy options on offer that suit the time of the event and season

Morning meals

- Cheesy melts
- Crumpets and honey
- Fruit and yoghurt
- Granola/muesli cups
- Smoothies
- Toast
- Toasted sandwiches
- Warm porridge with fruit
- Yoghurt pouches and toast.



Fuel to Go & Play® at the canteen

Be sure your canteen has a variety of healthy snacks on offer for players to refuel on between games

Fuel up with these snack ideas

- Cheese & crackers
- Crumpets with egg
- Fresh fruit
- Hummus with vegetable sticks/pita bread
- Popcorn small servings
- Reduced fat milk (300mL)
- Rice cakes with nut spread or cheese
- Smoothies
- Trail mixes
- Yoghurt.



Did you know?

Calcium rich food and drinks like yoghurt, cheese & plain milk are great snack ideas as they contain all the important nutrients for healthy fuelling, recovery and strong bones!



Fuel to Go & Play® at the canteen

Main menu ideas to fuel up

- Wraps, rolls or sandwiches filled with:
 - cheese and salad
 - curried egg using mayonnaise
 - lean chicken, beef or turkey and salad
 - tuna and salad.
- Toasties made filled with cheese and:
 - baked beans
 - lean chicken and avocado
 - tomato.
- Sushi and/or rice paper rolls filled with vegetables and lean meat or seafood.
- Soups, pastas or stews made with healthy 'green' ingredients.



Check out the
[WASCA website](#)
for a range of
healthy recipes

Fuel to Go & Play® at the canteen

Recovery ideas for competitors

- Baked spud* with
 - chicken and cheese
 - chilli con carne
 - tuna and cheese

**swap the sour cream for Greek yoghurt*
- Beef/chicken and vegetable stew with rice or pasta
- Sandwiches, rolls, wraps and toasties filled with
 - baked beans
 - chicken, cheese and tomato
 - tuna and cheese
 - egg and cheese.



- Chicken and vegetable rice
- Fruit and yogurt
- Healthy hamburger loaded with salad
- Pasta and meatballs
- Pasta salad with chicken & vegies
- Soup with toast
- Sushi
- Rice paper rolls.

Fuel to Go & Play® canteen layout

The 4 P's

POSITION

Make water the feature in your fridge

- Place at eye level
- Fill the fridge with water only
- Offer cold and room temperature water
- Place water in prime positions: e.g. next to the register; create a display on a shelf/counter
- Remove sugary drinks from display so they are less visible.



PRODUCT

- Offer still and sparkling water
- Offer water in dispensers with fruit and ice.

PROMOTION

- Include water in all meal deals as a standard e.g. sandwich or burger with water.

PRICE

- Make water cheaper than other drinks
- Increase unhealthy food by 20% whilst reducing healthy food by 20%.

Fuel to Go & Play® at your BBQ

Hosting an event is a great opportunity for your club to offer a fundraising sausage sizzle. This is also an opportunity to think beyond a 'sausage in a bun' and put some other healthy items on the BBQ. This will attract more customers!



1

Use reduced fat & salt sausages - aim for 5g or less saturated fat per 100g*

2

Make it a 'meal deal' - sell your sausage sizzle with water

3

Cut the fat

- Choose leaner cuts of meats and trim any visible fat
- Opt for lean, skinless poultry (e.g. chicken or turkey)

4

Go for wholegrains

- Swap white bread/rolls for wholegrain or multigrain varieties

5

Make vegetables the hero

- Corn on the cob
- Fruit and veg skewers
- Grilled capsicum, carrots, eggplant, zucchini and mushrooms

6

Serve with salads

- Coleslaw with a tangy greek yoghurt dressing
- Salsa - tomato, capsicum, red onion & basil

7

Swap the sauce

- Add herbs and spices for flavour
- Select no added salt /salt reduced varieties of sauce.



Fuel to Go & Play® *hydration*

Free water encourages players, spectators and members of the general public to choose water.

Portable water stations are available for hire and are recommended to encourage participants to refill their drink bottles throughout the event.

Advertise this to the community through the use of social media so they remember to bring a drink bottle to your event/game day.

Other Tips

On hot days ensure players have a shaded area to sit and drink

Consider a hot weather policy which outlines breaks for players to re-hydrate.

Contact the FTGP® to find out more about portable water stations for hire.
fueltogether@education.wa.edu.au



Fuel to Go & Play®

it's a team effort

Having a healthy event goes beyond what is sold at the canteen/kiosk. There are many other opportunities to promote good hydration and healthy eating.

Half time snacks

If a mid-game snack is necessary, fresh seasonal fruit is the best choice!

Encourage teams to bring half time oranges (or liaise with the canteen and ask them to offer them as a pre-order item for teams/parents to purchase).



Hosting a morning tea?

Use the [Catering Guidelines](#) or the [FTGP® Morning Tea Fact Sheet](#) to help you plan a morning tea that has something to meet everyone's needs.



Rewards

Encourage coaches to provide non-food rewards e.g.

- gift certificates e.g. sports shop/book store
- movie tickets
- water bottles and hats.

Keen on using food as a reward? Support your canteen/kiosk through:

- vouchers, redeemable for healthy food and drinks options
- Suggest a 'Best Player of the Day' meal deal e.g. wrap and water or a recovery smoothie.

Fuel to Go & Play®

it's a team effort



Officials and volunteers

It is important to cater for the army of officials and volunteers who are invaluable to the success of your event. Thank them by providing something healthy and delicious.

- Offer free bottled water throughout the day for officials and volunteers
- Provide a nutritious lunch such as a wrap/toasted sandwich/fruit cup and water.

External food providers, food trucks and coffee vendors

- Use vendors from the [Healthier Vendor Guide](#) to attend your event who offer a healthier range of food and drink options, including coffee vans
- If engaging a caterer, let them know that you want your event to offer plenty of healthy choices. The [Catering Guidelines](#) will assist external caterers to meet your needs.

Fundraising ideas at your event

- Use this opportunity to fundraise for your club. Raffle healthy activities/items rather than alcohol and chocolate. Some different and healthy fundraising ideas include:
 - food voucher for the canteen
 - fuel voucher
 - movie tickets/vouchers
 - personalised team coffee mug or keep cup
 - tickets to sporting events
- For more fundraising ideas check out the [Good Sports Alcohol Free Fundraising page](#).

Fuel to Go & Play®

Information for competitors

Choosing healthy food and drinks helps us perform at our best. During sports, 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.



Polenta



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.



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Information for competitors

Share information with participants attending your carnival. There are many ways you can promote the 'healthy eating' message!

Use Fuel to Go & Play® social media tiles/images in event socials including Facebook, Instagram or Twitter.



Contact the Fuel to Go & Play® team for posters and other merchandise for the canteen.

Other tips

- Event program - insert a page in the program to encourage participants to 'fuel up' for the event. Contact the team at Fuel to Go & Play® for information.
- Purchase Fuel to Go & Play® drink bottles to be used as prizes.

