

# HEALTHY SPORTS GRANT

## SAMPLE BUDGETS

### FUNDING OPTION 1 - HEALTHY CLUB (NO FOOD SERVICE)

Healthway has partnered with Fuel to Go and Play® to offer up to \$2,000 to Western Australian community sporting clubs and district sporting associations competing in a recognised competition to increase healthy eating throughout the WA sporting community.

Healthway understands that not every club has a 'home ground' but instead uses other facilities to train and for game day. Even if you don't have a food service or canteen facility there are lots of ways you can use the funds to promote the importance of healthy eating during sport.

#### HOW YOU CAN PROMOTE HEALTHY EATING AND DRINKING WHEN YOU DON'T HAVE A CANTEEN?

##### HEALTHY HALF TIME

- If your club has a large number of teams make up a kit for each coach or team manager consisting of a small cooler bag, storage container, chopping board and knife to encourage fruit and vegetables as snacks. Plus, when you receive your "congratulations kit" from Healthway it will contain handouts and items to include such as flyers, booklets and stickers

##### ACTIVATION

- Use the contents of your 'kit' to run a competition offering healthy snacks, prizes include water bottles, aprons and hats
- Early morning games, training or carnival weekends require extra fuelling so offer a healthy breakfast event by providing nutritious eggs, fruits and smoothies. Make sure you use the opportunity to promote the program by using Social media tiles, placing posters around and handing out fact sheets to members.

##### WATER WINS

- Provide cold water at training and game days by purchasing an esky and a large water cooler
- Purchase water bottles and water carriers for each player

##### TRAINING DAYS

- Set up a trestle table with a bowl of fruit and encourage healthy snacking. Your kit also includes mini blackboards for health messages
- Provide fruit smoothies to show how easy it is to make a great 'fuelling snack'. Purchase a blender, milk, fruit, cups and containers. Ensure all the items are kept in one place so it can be handed to new club managers and coaches

##### PLAYER INCENTIVES AND PROMOTIONS

- Rewarding players for "best on ground" can be the perfect opportunity to promote health. Rather than vouchers for food based stores use the grant funds to buy vouchers for sports stores in your local area.

## HEALTHY SPORTS COORDINATOR

Healthway will provide up to \$500 by way of a voucher for a Healthy Sports Coordinator to communicate to the club about participation in the program, purchase items, run activations such as fruit stands, send out healthy eating information to members and be the advocate within the club for health initiatives.

The list below is not exhaustive, call Healthway and discuss your amazing idea today.

| HEALTHY HALF TIME  | Cost   |
|--|--------|
| Gift voucher for Healthy Club Coordinator  | \$500  |
| 50 x water bottles – Fuel to Go & Play® Logo   | \$225  |
| 10 x best player vouchers (sports stores, \$20 each)   | \$200  |
| Fruit for half time snacks at training and game days   | \$100  |
| 50L Esky on wheels for fruit and veg snacks  | \$100  |
| Containers for fruit storage and transport   | \$50   |
| 59L portable water cooler  | \$200  |
| Total  | \$1375 |
| EDUCATE AND ACTIVATE   | Cost   |
| Gift voucher for Healthy Club Coordinator  | \$500  |
| 1 x nutrition seminar for members; tailored to children and/or adults (contact Fuel to Go & Play® for a quote) | \$650  |
| Blender for healthy fruit smoothies  | \$50   |
| Smoothie ingredients and serving cups  | \$200  |
| Total  | \$1400 |
| ACTIVATION   | Cost   |
| Gift voucher for Healthy Club Coordinator  | \$500  |
| Healthy breakfast: ingredients and serving items   | \$300  |
| Smoothie station: blender, ingredients, serving items  | \$250  |
| Free standing blackboards, corflute signage or banners to advertise a healthy club                             | \$400  |
| Total  | \$1450 |
| WATER WINS   | Cost   |
| Gift voucher for Healthy Club Coordinator  | \$500  |
| 50 x water bottles – Custom print insulated  | \$700  |
| Water carriers - 8 bottle x 4  | \$200  |
| 10 x best player vouchers (sports stores, \$20 each)   | \$200  |
| Total  | \$1600 |

Further information and grant application guidelines can be found on the Fuel to Go & Play website. Please direct any further questions to Healthway via [healthway@healthway.wa.gov.au](mailto:healthway@healthway.wa.gov.au) or call 133 777.