

# HEALTHY SPORTS GRANT

## SAMPLE BUDGETS

### FUNDING OPTION 2 - HEALTHY CLUB + GREEN CANTEEN

Healthway has partnered with Fuel to Go and Play® to offer up to \$4,000 to Western Australian community sporting clubs and district sporting associations competing in a recognised competition to increase healthy eating throughout the WA sporting community.

Clubs with a canteen/kiosk can use the funds to purchase a voucher for the designated Healthy Sports Coordinator, carry out health initiatives and/or activations; and purchase equipment for a Green Canteen that will assist in increasing the availability of healthy food and drink options provided through the club canteen/kiosk.

#### HEALTHY INITIATIVES AND ACTIVATIONS

##### HOW YOU CAN PROMOTE HEALTHY EATING AND DRINKING?

###### WATER WINS

- Purchase a large water cooler, or esky or have a water bubbler installed
- Purchase water bottles and water carriers for each player

###### EDUCATE AND ACTIVATE

- Provide fruit smoothies to show how easy it is to make a great 'fuelling snack'. Purchase a blender, milk, fruit, cups and containers.
- Use the contents of your 'kit' to run a competition offering healthy snacks, prizes include water bottles, aprons and hats
- Run a nutrition education session for members
- 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.

#### GREEN CANTEEN

Funds can be used to upgrade club owned canteen equipment to enable staff to safely prepare and store healthy fresh food for members. New equipment can also be purchased such as countertop display fridges, sandwich press, soup kettle, blender, basic kitchenware and utensils. Larger equipment such as fridges, freezers and bain maries can ensure preparing large quantities of food for busy club days is easy.

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

<b>WATER WINS</b>	<b>Cost</b>
50 x water bottles – Custom print insulated	\$700
50 x water bottles – Fuel to Go & Play® Logo	\$225
Water bubbler (plumbed in)	\$1,700
59L portable water cooler	\$200

<b>EDUCATE AND ACTIVATE</b>	<b>Cost</b>
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
10 x best player vouchers (sports stores, \$20 each)	\$200
Smoothie station: blender, ingredients, serving items	\$250
Free standing blackboards, corflute signage or banners to advertise a healthy club	\$400

<b>SMALL EQUIPMENT</b>	<b>Cost</b>
Food processor	\$500
Blender (commercial grade)	\$400
Soup warmer/slow cooker	\$200
Sandwich press (commercial grade)	\$500
Professional cutting boards	\$35
Popcorn maker	\$40
Rice cooker	\$300

<b>LARGE EQUIPMENT</b>	<b>Cost</b>
Fridge	\$1,000
Freezer	\$1,000
Display fridge	\$600
Bain marie	\$800
Bench top display fridge	\$900

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.