



Netball WA has the Fuel to Go & Play®

State Sporting Associations have a leading role to play in, creating healthy environments at major sporting events. Netball WA through its partnership with Healthway, is promoting the Fuel to Go & Play® message and leading the way in WA!

Over the past four years, Netball WA, Healthway and the Fuel to Go & Play® team have worked together to create a healthier sporting event, the Fuel to Go & Play® Association Championships.



"Netball WA has built a long and rewarding partnership with Healthway which has seen the promotion of the Fuel to Go and Play® message and the increase of healthy food and drink offerings across the Netball Community." - Simone Hansen, Netball WA CEO.

Having a healthier food environment is a well-established strategy to ensure that players and spectators stay fuelled throughout the three-day event.

To achieve this, Netball WA worked with the Fuel to Go & Play® team to ensure that food service providers attending the event completed the Fuel to Go & Play® - **canteen managers and food service** online training to help them 'green' up their menus.



Other strategies include:

Healthy options available at all food outlets

Fuel to Go & Play® provide support to all food outlets (canteens and food trucks) by reviewing their menu and assisting them with offering some healthy options such as muesli cups, sushi, salads, sandwiches and wraps as well as burgers loaded with fresh salad.

The Fuel to Go & Play® kiosk, located in the State Netball Centre, reported that their healthy options were so popular that the weekend's supply sold out on the first day!

"Our partnership has had a tremendously positive impact on community netball right across Western Australia, as highlighted by last year's Fuel to Go and Play® Association Championships, where the healthy food options sold out on day one." - Simone Hansen, Netball WA CEO.

Recruiting food trucks

Vendors from the Healthier Vendor Guide are prioritised to attend as they offer a wider variety of healthier options in comparison to other vendors. Food trucks are a great way to help alleviate some stress from canteens at major sporting events.

Canteen reform

- Fuel to Go & Play® provide each canteen with personalised recommendations to ensure their healthy options are promoted, including:
 - moving water to eye level in fridges
 - using fridge decals to remove sugary drinks from display
 - moving confectionary behind the counter
 - having healthy options prominently displayed
 - using promotional material (stickers and menu boards) to promote the healthy options





The Fuel to Go & Play® activation has become a major highlight of the championships where players and spectators come to fuel up on free fruit, hydrate with water and participate in educational games.

"Netball WA looks forward to our continued partnership with Healthway and promoting the Fuel to Go and Play message to new and returning netballers in 2023." - Simone Hansen, Netball WA CEO.

