



Fuel to Go & Play® aims to support Healthway with creating healthier food and drink environments, through their Healthy Partnerships Program. Organisations, community venues and events, sporting clubs and government owned recreation facilities funded by Healthway have access to a wide range of resources, training and support.

Key Messages

- Create healthier food environments in community venues e.g. sport, recreation, entertainment venues
- Increase the community's knowledge about the importance of eating a healthy diet
- Increase fruit and vegetable consumption in the community.

Social Media Assets

Images can be available from the [Fuel to Go & Play Website](#).

Contact Personal

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Post



Social Media Copy

We encourage our kids to play sport, keep active and be healthy, so why do we give them lollies as a half time snack?

Let's send the healthy message for our kids and introduce fruit as the half time snack!

Tags:

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@fuelto goandplay
#HealthwayWA
#creatingahealthierWA
#FTGPHappySports



Half-time oranges have copped some flack in recent times claiming that the acidity in oranges is harmful to tooth enamel. The truth is, oranges provide a great source of vitamin C which is necessary for healthy gums.

If your team needs a half time snack, oranges are perfect as they are full of energy and good nutrition.

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If a mid-game snack is necessary, fruit is a filling and nutritious option for our kids. Containing energy, vitamins, minerals and antioxidants. The best choice for fuelling up mid-game.

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Post	Social Media Copy
	<p>Level up your fundraising sausage sizzle by adding some healthy options to attract new customers.</p> <p>https://www.fueltogether.com.au/wp-content/uploads/2022/07/Better-BBQs.pdf</p> <p>View the @fueltogetherandplay Better BBQ's resource to get some new tips to make your next sizzle a success.</p> <p>Tags:</p> <p>@HealthwayWA @fueltogetherandplay #HealthwayWA #creatingahealthierWA #FTGPHappySports</p>
	<p>Make money, not waste!</p> <p>Whether you're hosting a team or club event, running a canteen, rostered on for half time snacks or just thinking about your next meal, choosing fruits and vegetables that are in season ensures a tasty, popular and most of all cost effective option.</p> <p>For more tips, read this https://www.fueltogether.com.au/wp-content/uploads/2022/05/Make-money-not-waste.pdf</p> <p>Tags:</p> <p>@HealthwayWA @fueltogetherandplay #HealthwayWA #creatingahealthierWA #FTGPHappySports</p>



What is tasty, relatively cheap and fun to prepare? FRESH fruit and vegetables.

Nothing beats a meal made with fresh ingredients.

Share with us your favourite fresh ingredients and what recipe you love to cook with them.

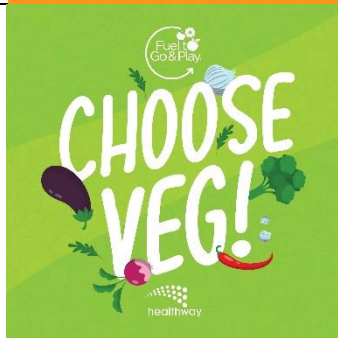
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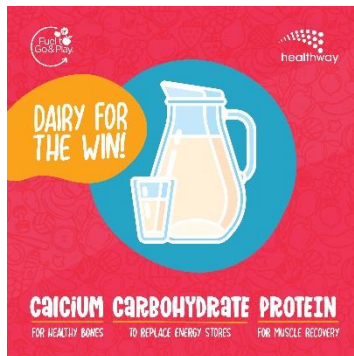
Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you to perform at your best.

Stay hydrated and drink water before, during and after your game.

For more hydrating ideas download: <https://www.fueltogether.com.au/wp-content/uploads/2022/05/Choose-water.pdf>

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Did you know dairy products contain protein for your muscles to grow and repair, and calcium for strong bones.

Looking for a quick snack or too nervous to eat? Try a liquid meal instead.

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When you're choosing your next meal, include a range of colourful fruits or vegetables.

And try new recipes with your favourite vegetables – you may be presently surprised.

Share with us in the comments how you make fruit and veg the hero!

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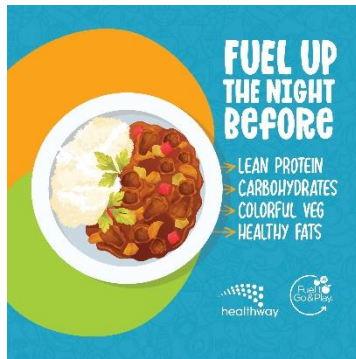
What should I eat before a game?

3-4 hrs before your game aim to fuel up with a meal which contains healthy carbohydrates (breads, rice and pasta) and protein (either lean meats, legumes or dairy).

1-2 hrs: top up the tank before you play and prioritise carbohydrate rich snacks (yoghurt and fruit, fruit and cheese, or an English muffin)

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What you eat the night before a game is just as important as what you eat on game day.

Choose meals that build energy stores – lots of colourful veg, carbohydrates like rice, pasta or chickpeas, and lean protein like chicken, salmon or beans.

Stuck for ideas – visit <https://www.fueltogether.com.au/recipes/>

Tags:

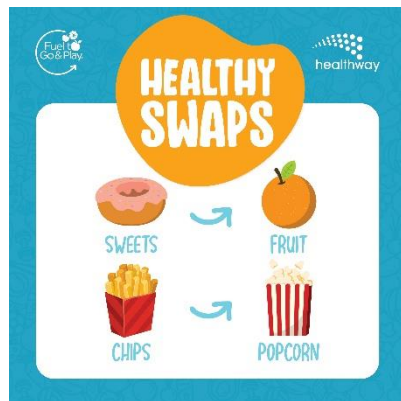
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Looking to excite your club with some new fundraising options? Use our fundraising tool kit that shows just how fun and easy it can be - <https://www.fueltogether.com.au/wp-content/uploads/2022/11/FTGP-Fundraising-Kit.pdf>

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Hungry?

Try swapping your snacks for something that is going satisfy your hunger and support your health.

Swap out the processed snacks for a piece of fruit or popcorn instead.

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Stay hydrated and fuelled by making the right call.

A banana and water combo keeps you hydrated and provides all the energy and nutrients to get you through the game.

Did you know that a 900ml sports drink contains 9 teaspoons of sugar?

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4 R's of Recovery

Refuel with carbohydrates
Repair with protein
Revitalise with fruit and veg
Rehydrate with water

https://www.fueltogether.com.au/wp-content/uploads/2022/05/Factsheet_WhattoEatandDrink_HR_V2.pdf

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Hydration is just as important in the days and hours before a game as it is during and after the game.

Set a new challenge for yourself – carry a water bottle everywhere you go and sip regularly throughout the day.

Keep on top of your hydration to keep on top of your game!

Tags: For more hydrating ideas download: <https://www.fueltogether.com.au/wp-content/uploads/2022/05/Choose-water.pdf>

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