



# **State Sporting Association Toolkit**

Fuel to Go & Play® Community Nutrition Services - information and resources to support the provision of healthier food and drinks at state sporting events and clubs.



# About Fuel to Go & Play®

Fuel to Go & Play® is an initiative of the Western Australian School Canteen Association Inc. (WASCA). It aims to support State Sporting Associations, sporting clubs, recreation venues and community event organisers create healthier food and drink environments.

As a stakeholder, you are best placed to determine which resources in this toolkit will best support you and your clubs/sporting events.

Please contact your Healthway Partnership Officer for more information. The Fuel to Go & Play® team are also available to offer further information and support.

Contact the team at [\*\*fueltoغو@education.wa.edu.au\*\*](mailto:fueltoغو@education.wa.edu.au)



# Creating healthier clubs

Creating a healthier club environment to support the health and wellbeing of your community is easy. This booklet provides you with a range of ideas and strategies to ensure your members and supporters have the Fuel to Go & Play®!





# What is a food service?

Fuel to Go & Play® supports all food services, whether it is a franchised café, volunteer run canteen, mobile food vendor, caterer or simply a BBQ and esky rolled out on game days.

A food service includes:

- Onsite canteen, cafe, kiosk or coffee shop
- Small portable barbeque used on game days and at special events
- Esky filled with drinks and fruit used during activities
- Drinks and snacks provided to players before, during and after games
- Caterers and mobile food trucks at sporting events.





# Healthy foods and drinks

Fuel to Go & Play® uses a traffic light system to rate food and drinks as green, amber or red, based on their nutritional value. This helps to identify healthy options. The Fuel to Go & Play® team are here to help you add more green items and reduce red items to make menus healthier.



# How can we support canteens?

Fuel to Go & Play® can support you in the canteen with:

- Upskilling food service staff on how to offer healthy options
- Help with developing a healthier menu
- Promoting healthy options on the menu



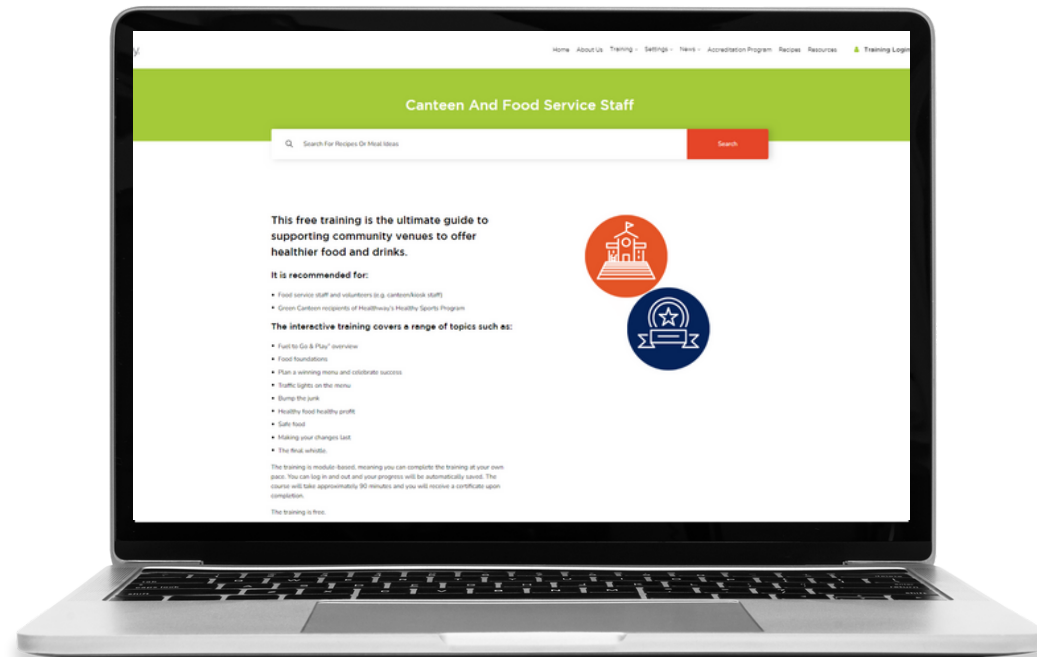
# Tools and resources for canteens

The Fuel to Go & Play® website houses a suite of free online training and resources, such as fact sheets, case studies and recipes, to support you to create a healthier food environment: visit our State Sporting Association page to download.

## Canteen online training

### Canteen and Food Service Training

This free training supports foodservice managers/kiosk operators and staff to learn about offering healthier food and drinks.





# Tools and resources for canteens

Having fresh healthy options available at your canteen can help players and spectators fuel up and perform at their best!

Does your menu offer seasonal healthy options such as:

- sandwiches and wraps, muesli cups, burgers loaded with salad, soups, fruit cups
- offer a healthy meal deal (i.e. wrap with water combo)
- promote the sale of water over sugary drinks.



Attract more customers with a clean and well-presented canteen. Use our Fuel to Go & Play® promotional material to help your customers identify your healthy options including:

- stickers
- counter-top menu boards
- bunting.

# Tools and resources for canteens

For more ideas on how to green up your menu download the following fact sheets:

- Green ideas for your menu
- Green up the menu
- Healthier cooking methods
- Tap into water
- Fuel up the menus.



Fuel to Go & Play® provides free menu reviews to help you identify your canteens healthy options. Send your menu to Fuel to Go & Play® to receive a FREE promotional pack



# Healthier Vendor Guide

The Healthier Vendor Guide (HVG) is a go-to-guide for organisations and event planners that are responsible for coordinating the food and drinks on offer at events. It is updated quarterly for summer, autumn, winter and spring.

**Certified  
Healthier  
Vendor**



**WINTER  
2023**

Your guide to  
sourcing healthier  
food and drink  
vendors for  
community events  
& sporting clubs.



Food trucks are a great way to take pressure off the canteen at major sporting events! Request that they have healthy options available to give your community the Fuel to Go & Play®.





# Other ways we can support you

Fuel to Go & Play® can support you beyond the canteen:

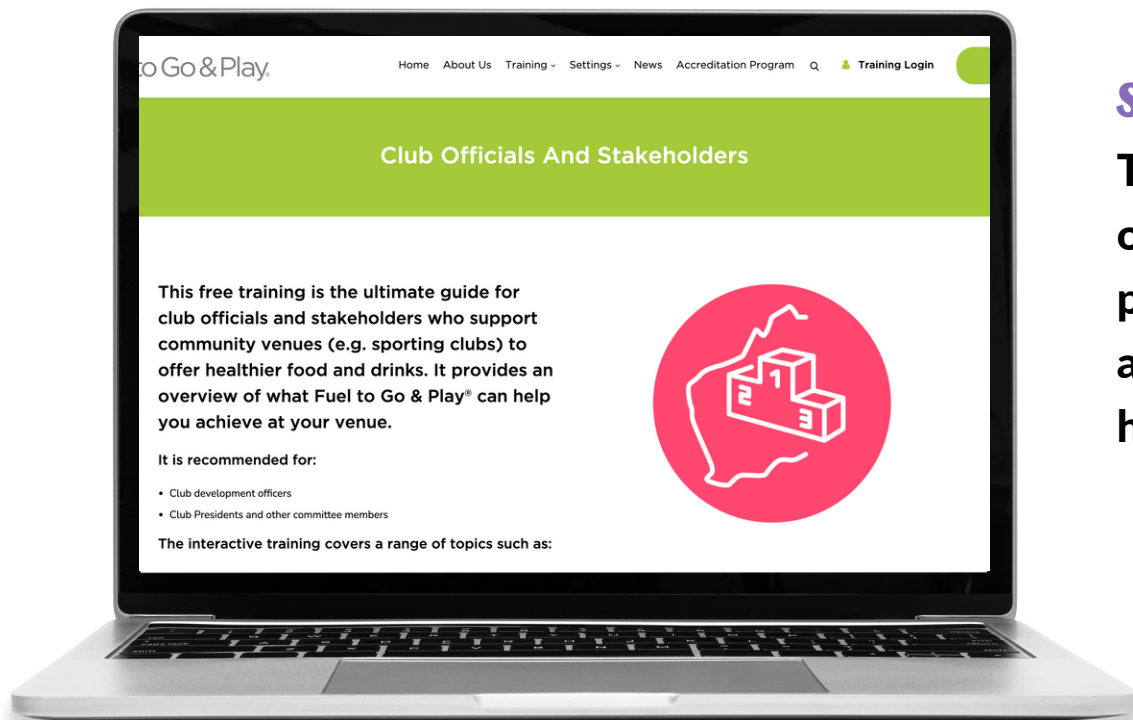
- Promoting healthy eating to your members
- Educating your members about healthy eating
- Working with mobile food vendors and caterers at your events.



# Tools and resources for clubs

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## Online training for club officials



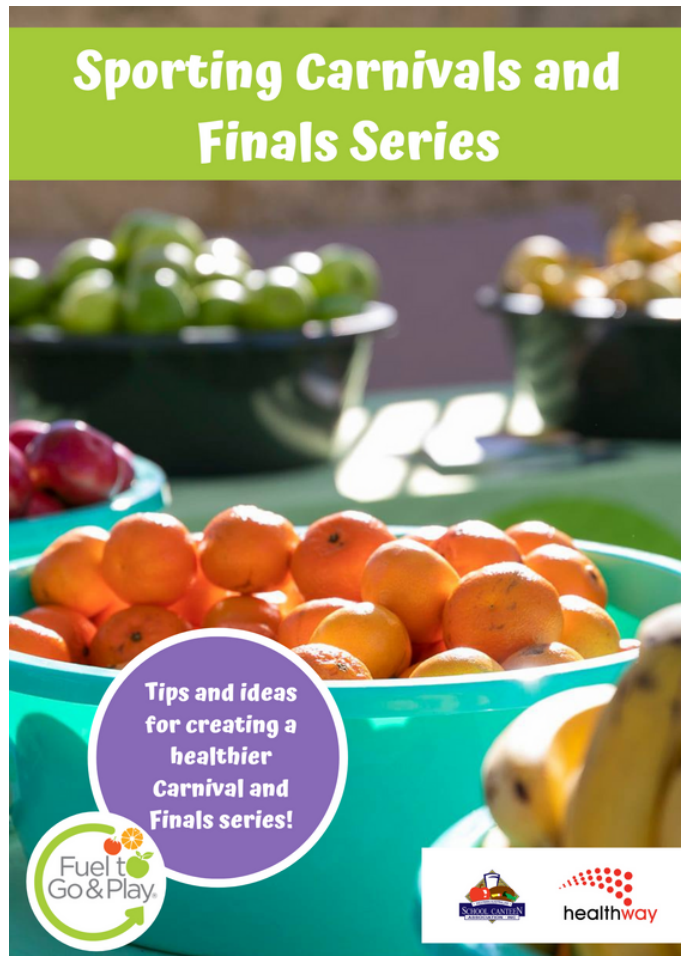
### Stakeholder and Club Officials

This free training is the ultimate guide for club officials and stakeholders interested in promoting healthy eating at clubs. It provides an overview of what Fuel to Go & Play® can help you achieve at your club.



# Tools and resources for clubs

## Hosting Carnivals and Finals?



Hosting Carnivals and Finals are a great opportunity to raise the profile of your club and generate extra income. Create an inclusive and healthy environment by:

- Providing water stations for spectators and players to stay hydrated with water
- Offer a free fruit stand. Contact your local supermarket to donate fruit
- Engage some food trucks to take the pressure off your canteen

For more ideas on how to create healthier events download the [Fuel to Go & Play Carnival and Final Series booklet.](#)



# Tools and resources for clubs

## Fundraising ideas



Fundraising is a great way to raise much needed funds for your club. Excite your club with some new fundraising options such as:

- Fruit and vegetable boxes/bags
- Smoothie days – hire a smoothie bike and get your members to make their own fuelling or recovery smoothie
- Seeds and plants with accompanying recipes
- Socks

For more information and ideas on healthier fundraising ideas download the **Fuel to Go & Play® Fundraising toolkit**.

# Tools and resources for clubs

## Player education

### Fuel your body



Tips to help  
you perform  
at your  
best!



For players to perform at their best on game day they need to fuel their body with healthy food and drinks. This is important every day and on game day!

Download our [Fuel your body](#) booklet to help your players fuel their bodies with healthy food and drink to perform at their best!



# Merchandise

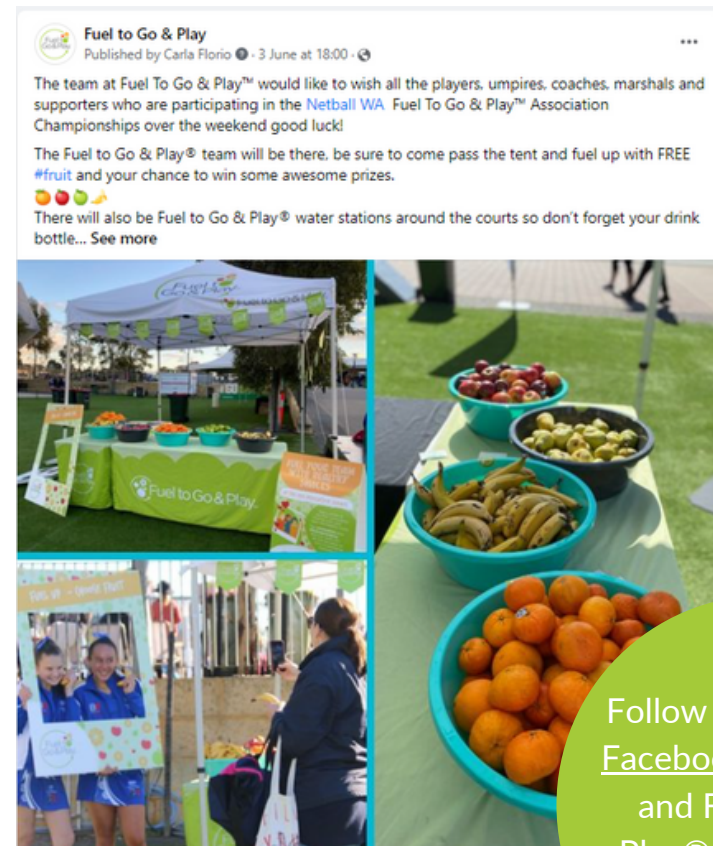
Healthway and Fuel to Go & Play® have merchandise to help you promote healthy eating at your club and your events.





# Social media

Fuel to Go & Play® has a suite of social media tiles to make it easy for you to spread the word and promote healthy eating messages. Visit our website to access the full suite of social media tiles.



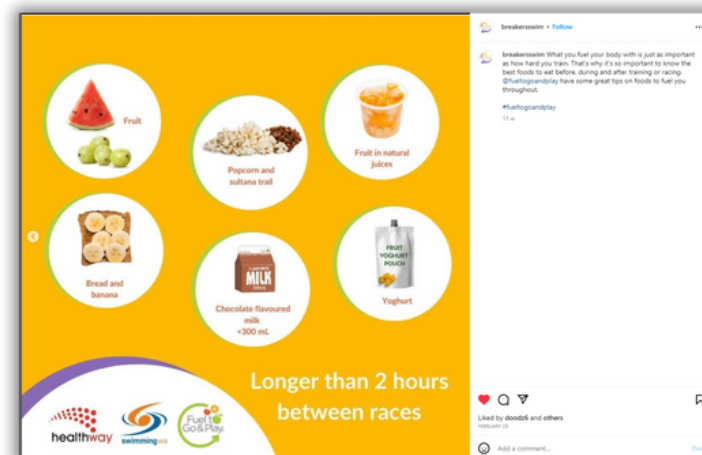
Follow Healthway on [Facebook](#) and [Twitter](#) and Fuel to Go & Play® on [Facebook](#) and [Instagram](#)

We can also promote your events on our socials

Don't forget to tag us: #fueltogo #fueltogoandplay #fuelup #beyourbest #creatingahealthierWA #healthyeating

# Social media

We would love to see your Fuel to Go & Play® moments! Share with us how your club has the Fuel to Go & Play®.



Don't forget to tag us: #fueltogo #fueltogoandplay #fuelup #beyourbest #creatingahealthierWA #healthyeating



# Customised resources just for you

Feel free to chat to us about developing specific resources to suit your needs. Some examples include:

- Swimming WA - healthy eating information and recipes for inclusion in their newsletters
- Social media tiles developed for Basketball WA's State Championships



Don't forget to tag us: #fueltogo #fueltogoandplay #fuelup #beyourbest #creatingahealthierWA #healthyeating



# Fuel to Go & Play messages

Fuel to Go & Play® also has a wide range of promotional messages for PA announcements.

## Key Messages

- *Be your best, fuel up with fruit*
- *Fuel up with veg and play at your best*
- *Water wins – rehydrate with water*
- *EAT WELL prior, during and after exercise for optimal energy and recovery*
- *DRINK plenty of water to stay hydrated*

## Suggested Master of Ceremony announcements.

- *"For bigger and longer bursts of energy, fuel your body with healthy foods including carbohydrates, protein, 2 fruits and 5 veg every day."*
- *"Drinking water helps active kids stay cool. Water is the best option to hydrate your body!"*
- *"Fuel up with healthy half-times snacks. Fresh seasonal fruit such as apples, grapes or bananas are great options."*
- *"Preparation is the key to success. Fuel up before exercise with the right choices – porridge, wholegrain toast or fruit salads are great to eat before getting active! "*
- *"Did you know the average 600ml sports drink contains 9 teaspoons of sugar? Water wins, so ditch the sugary drinks and drink water instead."*
- *"Be your best and fuel up with water before, during and after sport to stay hydrated."*
- *"Choose green at the canteen – eat lots of fruit, veg, whole grains and low-fat dairy products before and after sport."*



# What are others doing?

Be inspired by other organisations who have partnered with Fuel to Go & Play® to promote healthy eating.

## Netball WA



## Harmony Cup - NRL WA



# Contact us

The Fuel to Go & Play® team are happy to offer you further information and support. Please contact us with any questions or just for a chat.



Phone 08 9264 4999  
Email [fueltogether@education.wa.edu.au](mailto:fueltogether@education.wa.edu.au)

  @fueltogetherandplay

