



1 October 2022 - 30 September 2023



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Year 2 Summary

Fuel to Go & Play (FTGP) support provided to:

- 46 community events
- 18 State Sporting Association's (50% increase compared to previous reporting period)
- 5 racing organisations
- 62 sporting clubs receiving Healthy Sports Program grants
- 6 venues receiving Healthy Venue grants.

Significant achievements:

- Developed and delivered customised nutrition workshops for State Sporting Associations n=6
- 694 social media posts, 93,462 accounts reached
- 13,302 website visitors (98% new visitors)
- 159 individuals completed FTGP online training
- Developed 23 new resources, including Fuel Your Body for active juniors
- Developed 13 case studies; including 7 videos
- Article/interview on The Obesity Collective website
- Hosted National Community Nutrition Network meetings n=2
- Nutrition presentation for Telethon Kids Institute
- Collaboration with health agencies n=12
- 72 meetings with key stakeholders and Healthway partner organisations
- 37 site visits to Healthy Sports Program clubs
- 505,827 people reached at community events.



FTGP Pinjarra Festival

Strategy 1 - Fuel to Go & Play website

The FTGP website has continued to grow with the number of visitors increasing from previous years. New content has been developed and uploaded, with a focus on developing case studies to provide examples of how FTGP have successfully partnered and supported events, clubs and venues. New content includes:

- Resource tab - houses all FTGP resources and fact sheets
- News tab - includes:
 - FTGP e-news: n=6
 - Latest News:
 - Blog: n=4
 - Webinar: n=2
- All About Allergens Training

11 new case studies added
featuring sporting clubs, recreation venues, community and sporting events

new fact sheets added **3**



3,404
total resource downloads

Popular Pages:

1. Resources
2. Recipes
3. Healthy Sports Program

Top downloads:

1. Healthy Sport Fact Sheets (n=383)*
2. Healthway Healthy Sports Guidelines (n=142)
3. Fuel your Body booklet (n=85)
4. Fuel for Sport (n=66)
5. Catering guidelines (n=61)

*Top Healthy Sports fact sheets inc: factsheet about HSP, funding Option 1 & 2

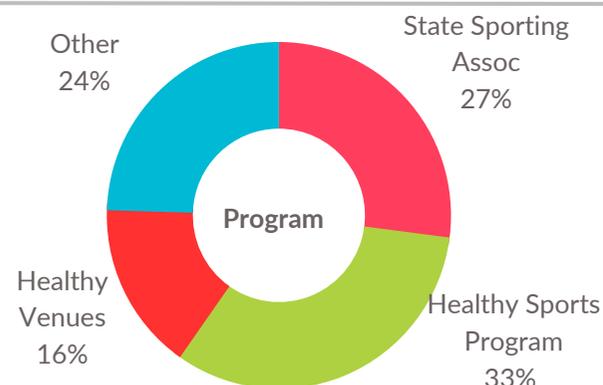
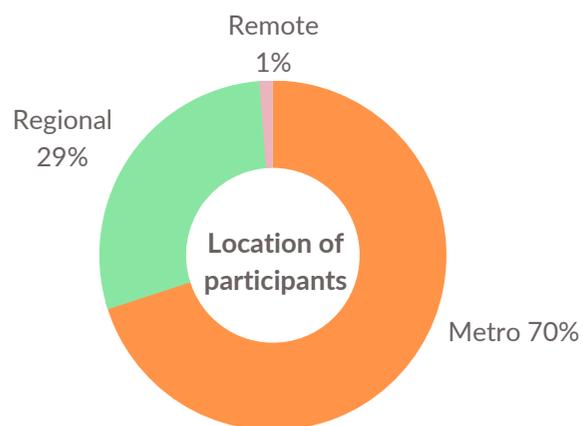
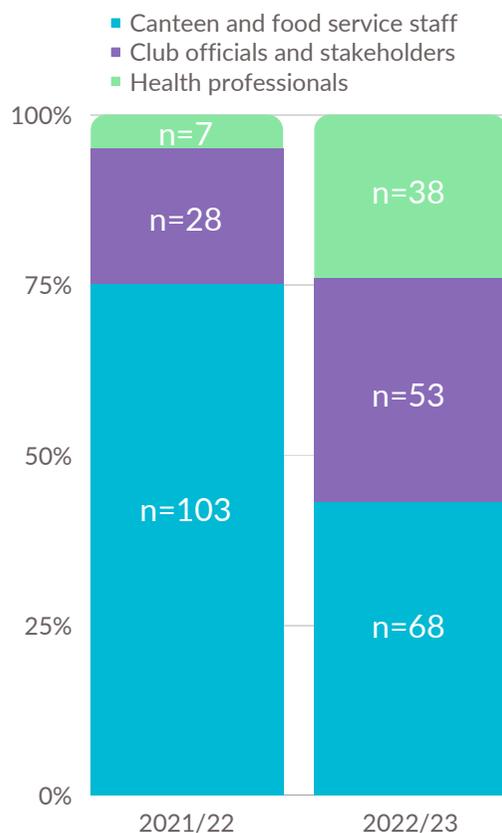
Strategy 2 - Online training

FTGP online training continues to support organisations to create healthier food environments. In this reporting period, 159 individuals registered and completed one of the three types of training on offer. This is a 13% increase in training completions compared to the previous reporting period.

A higher number completed the Health professional training this year due to a collaboration with Murdoch University, who offered the training to students as part of their (Bachelor of Food Science and Nutrition) studies. The Club official and stakeholder training also had higher completion rates as Healthway included this as a partnership requirement for sporting organisations. It was also a requirement for clubs participating in the Healthy Sports Program.

Training content was reviewed and updated using feedback from previous participants, and case studies were added.

Summary of training completed



Canteen and food service training feedback

A very comprehensive course, thank you.

Very informative and useful training.

The training online was good, the modules are very easy to understand.

Stakeholder and club official training feedback

Great course to gain understanding of best practice.

Videos were great.

There are so many great resources linked during the training that I have downloaded and will read through.

Strategy 2 - Online training

Training participants survey

Participants were surveyed upon completion of the training to identify their level of satisfaction, confidence, knowledge, and motivation with creating a healthier food and drink environment.

Participants (n=128) completed the survey with the following outcomes:

- confidence to identify, promote and recommend healthier food and drink options increased by 8%
- motivation to offer healthy food and drink options increased by 5%
- knowledge about healthy food and drink options increased by 10%.

The majority of those who completed the follow-up survey also recommended the online training to other staff/volunteers.



Participants were also surveyed **6 months** after completing the training to identify any changes that were made to the food service as a result of completing the training. It is encouraging that the training is successful in significantly improving menus.

n=157
participants
invited

n=25 responded

81%

n=14

green items on offer
had increased (e.g.
more fruits and
vegetables available)



83%

n=15

red items on the menu
had decreased (e.g. less
sugary drinks/
confectionary)



Popular resources downloaded from the FTGP website after training:

- Posters
- Fact sheets
- Healthy food and drink policy template



Strategy 3 - Portal

The portal houses data from all venues that have been supported by FTGP. Phone and email engagement, information from site visits and comprehensive canteen menu and vending machine assessments are recorded in the portal. Venues (n=85) in this reporting period include:

- Healthy Sports Program clubs: n=61
- Healthy Venue grants: n=1
- Racing venues: n=3
- Healthier Vendor Guide food vendors: n=20.

Portal upgrades will occur in the next reporting period to improve its functionality and address the following:

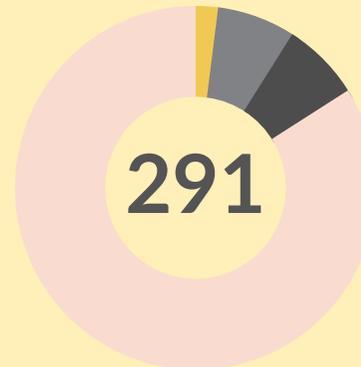
- update dashboard functionality
- include FTGP training data
- improved capability to export data for report writing
- improve usability for health professionals.

35

Menu Assessments
added this reporting period

Portal summary: May 2020 - September 2023

Venues



- Entertainment Venue 2%
- Playcentre/food trucks 7%
- Recreation centre 7%
- Sports clubs 83%

Traffic Light Support

Traffic Light menus n=188

32%

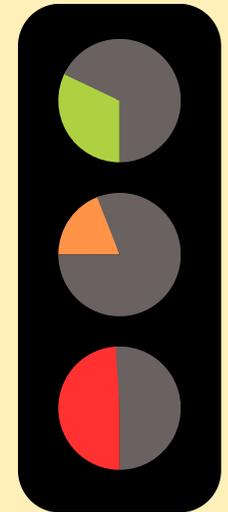
Target >40%

19%

Target <30%

49%

Target <30%

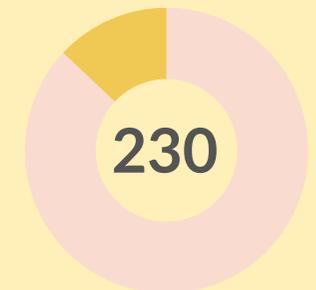


Venues per region

East Metropolitan 65
Goldfields 8
Great Southern 10
Kimberley 4
Midwest 15
North Metropolitan 64
Pilbara 7
South Metropolitan 73
South West 21
Wheatbelt 24



Food Environments



- Vending Machines 13%
- Canteen, Cafe, Kiosk 87%

Strategy 4 - Accreditation Program

The accreditation program is an effective strategy that provides an opportunity to continue engaging with Healthway funded sporting clubs and venues upon completion of their grants. The program aims to increase the sustainability of Healthway funded projects and ensures that these venues continue to focus on maintaining a healthy food environment. The accreditation program also provides a platform to encourage and support other venues (non Healthway grant recipients) to create healthy food and drink environments, and gather additional case studies to generate further interest in grants programs.

In this reporting period, ongoing support was provided to venues (n=16) to assist them to progress and achieve higher levels of accreditation, including:

- Level 1 Accredited venues; n=15
- Level 2 Accredited venues; n=1
- Level 3 Accredited venues; no venues.

There was no promotion of the accreditation program in this reporting period.



Strategy 5 - Develop and maintain partnerships

Maintaining and fostering partnerships assists to maximise opportunities to deliver project outcomes. Collaborations for this reporting period include:

- **Butterfly Foundation**
 - Met with Butterfly Foundation to discuss opportunities to assist sport clubs support their members with Body Kind Clubs resources. FTGP will look to include these resources in a future FTGP e-news
- **Cancer Council WA**
 - FTGP have actively promoted the Packed with Goodness program to all clubs participating in the Healthy Sports Program, together with promoting it on FTGP social media platforms
- **Containers for Change (CFC)**
 - FTGP hosted a webinar “Two ways to generate funds for your sports club” and invited CFC. Attendees (n=22) were encouraged to participate in the CFC program which generates funds for sporting clubs by recycling bottles and cans
- **Department of Health (DOH)**
 - FTGP uses the DOH Healthy Options WA Food and Nutrition Policy to assess food and drinks
 - In August FTGP hosted an online webinar for venues with a food service outlet, advising them of the training requirements as part of the new Food Safety Standard 3.2.2. Sporting clubs and recreation venues (n=73) attended the webinar and a recording of the seminar was made available on the FTGP website (n=65 views)
- **Healthway / State Sporting Associations**
 - Presented at Healthway’s Action on Nutrition workshop for State Sporting Organisations on FTGP resources and support available (n=~50 attendees)



TKI food as fuel presentation

Strategy 5 - Develop and maintain partnerships

- **Health professionals**
 - Health professionals completing FTGP Health Professional online training are provided access to the portal to upload information on venues that they are supporting
 - 96 health professionals have subscribed to the FTGP e-news, to stay informed with FTGP information, resources and activities
- **Local Governments**
 - To increase uptake of HSP grants FTGP contacted local councils (n=6) to promote the grants to their registered sporting clubs
 - City of Vincent - FTGP provided support to the City of Vincent to improve food service outlets at the Loftus Recreation Centre which hosts Gymnastics WA events
 - City of Melville - FTGP Catering Guidelines and policy templates are being used by the City of Melville.
- **National Community Nutrition Network (NCNN)**
 - FTGP established this networking group in 2022, with n=13 members. The group meet twice a year to collaborate and share learnings. In this reporting period there have been two meetings, February and August 2023
- **North Metro Health Service (NMHS) / South Metro Health Service (SMHS) / East Metro Health Service (EMHS)**
 - FTGP regularly engage with health services to facilitate collaboration. For example, SMHS are in regular contact with FTGP as part of their support of venues receiving a Healthy Venue Grant
- **Obesity Collective**
 - In June, FTGP was interviewed by the Obesity Collective who wrote an article; [FTGP Fuelling Healthy Communities](#) to inspire other organisations on how Healthway and FTGP are creating healthy food environments. This article is housed on the Obesity Collective website in their Actions Hub
- **SportWest**
 - The Healthway Healthy Club award is part of SportWest's annual awards in February. FTGP assisted Healthway and SportWest to review applications and determine a winner. In this reporting period Mirrabooka Squash Club (Healthy Sports Program recipient) was the winner
- **Telethon Kids Institute (TKI)**
 - FTGP developed and delivered a nutrition education session in August for TKI staff as part of their staff wellbeing program
 - Consultation for the "Healthy Nudges" research project measuring the sale of healthy food and drinks when they are promoted at sporting clubs and recreation venues
- **WA Country Health Service (WACHS)**
 - WACHS provided FTGP with a list of their regional Health Promotion Co-ordinators and are supportive of them engaging with FTGP, completing Health Professional online training and promoting the Healthy Venue and Healthy Sports Program grants in their respective regions.

Strategy 6 - Social Media

The social media strategy, developed in 2022 provides a strategic roadmap for FTGP and Healthway to create and maintain a social media presence to:

- increase awareness of healthy food reform in community settings
- promote Healthy Sports Program grants
- promote Healthy Venue grants
- increase brand awareness and engagement
- promote key messages, resources and support.

Compared to the previous reporting period an increase (22%) in website traffic occurred as a result of the FTGP social media platforms.

Facebook

Analytics

Facebook engagement:

- published 341 posts
- reached 43,665 accounts
- 241 new likes (total 549)
- 383 new page follows (total 793).

43,665
accounts reached
93%
*increase in comparison to
previous reporting period*

13,080
page visits
382%
*increase in comparison to
previous reporting period*

Facebook learnings include:

- posts that received greater engagement included a carousel of images rather than images included as part of a tile
- boosting posts is an effective way to increase engagement
- FTGP tried a number of competitions, eg: recipe competition, however received no engagement. FTGP will continue to explore competitions on social media to increase platform engagement.

Top Post

Perth Hockey Stadium



3,566
Accounts reached

117*
Post engagement

20
Likes

1
Share



*Post engagement includes likes, reactions, comments, shares, and link clicks.

Strategy 6 - Social Media

Instagram

Instagram reels were a major focus of the 2023 social media strategy and contributed 62% to the total accounts reached. As a result, this will be explored further in the future.

Instagram engagement:

- published 353 posts and stories
- 28 reels developed
- reached 49,767 accounts
- 8 collaborated posts
- 212 new followers (total 431).

Gymnastics WA collaborated social media tiles



When it comes to sticking the landing, fuelling your body with healthy food and drink before, during and after events is key.

- Prioritise meals and snacks which are rich in carbohydrates (bread, rice, cereal, milk) fruits, vegetables and contain lean sources of protein to help build your energy stores.

Check out the post below for fuelling and recovery ideas. Don't forget to hydrate with water to reduce the risk of dehydration and fatigue.

858
Accounts reached

50
Reactions

7
Shares

2
Comments

4
Saves

Top Post
7,873
Total Plays

5,350
Accounts reached

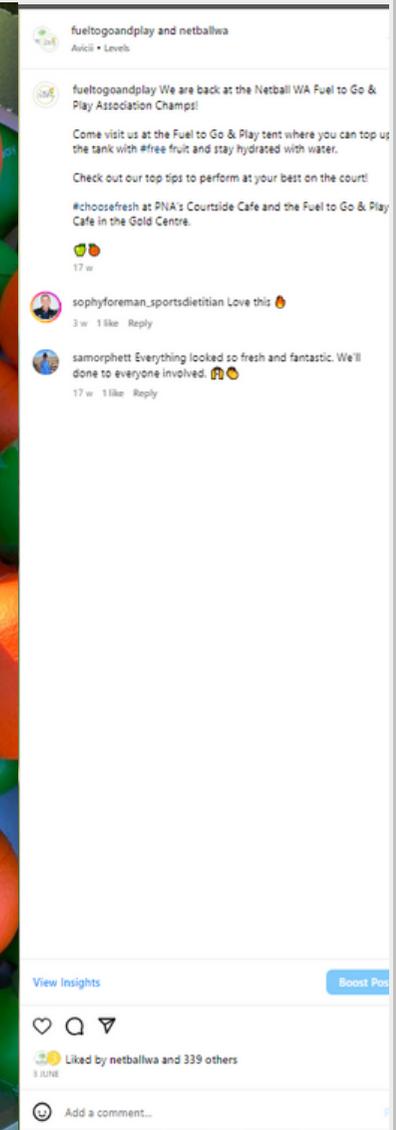
340
Reactions

5
Shares

2
Comments

2
Saves

Netball WA Assoc Championships Reel



Strategy 7 - Resources

FTGP developed new resources (n=23) to meet the needs of Healthway and partnering organisations. Video case studies (n=7) provided an opportunity to showcase best practice and promote a partnership approach to food environment reform. Factsheets and toolkits (n=10) were developed. Written case studies (n=6) also contributed to sharing the learnings and success of others.

Fuel to Go & Play toolkits

Toolkits have been developed for State Sporting Associations and community event organisers, providing them with information and resources to assist with creating healthier food environments.

State Sporting Association Toolkit



Total downloads
n=8
Social media post
88 accounts reached
4 link clicks

Community Event Toolkit



Total downloads
n=28

Healthy eating information/resources

Active juniors booklet

This resource provides active juniors with the nutrition essentials they need to optimise their growth and development so that they perform their best. Content includes the following information:

- Building the foundations
- Everyday fuelling plate
- Fuelling for game days
- Recovery
- Safe lunchboxes
- Recipes and activities.

332
hard copies
distributed



85
total
downloads

Resources - new and updates

Donation request template

FTGP developed an editable template to assist clubs to source donations of fruits and vegetables.

FTGP undertook a review and updated the following resources;

- Carnival and Final series
- Fundraising Toolkit

6 FTGP e-news
distributed

FTGP e-news aims to share a variety of case studies, resources, recipes and information. It was distributed 6 times via Mailchimp and all editions are housed on the [FTGP website](#). The subscription list has increased from n=416 to n=452.

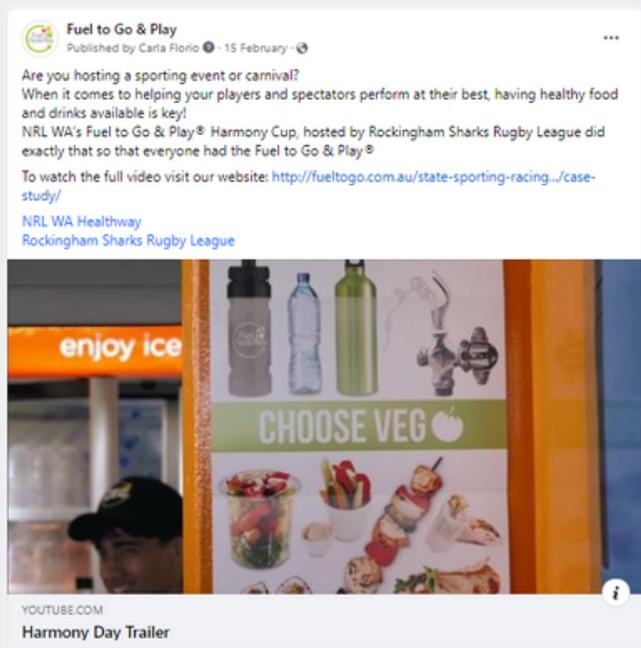
Strategy 7 - Resources

Case studies to promote best practice

Healthier Sporting Events

The Harmony Cup, hosted by the National Rugby League WA (NRL WA), provided the perfect opportunity to showcase and promote the positive strategies to assist other State Sporting Associations with developing a healthier sporting events. Filmed in October 2022, the case study was launched in February 2023, and marketed through a variety of channels, including social media and e-news dissemination, in collaboration with NRL WA and Healthway.

Video Analytics*



3,503

Accounts
reached

1,212

Total Plays

58

Reactions

9

Shares

3

Saves

*video analytics includes, YouTube, Facebook and Instagram

Other case studies developed

Community Events

- Coogee Live, Mandurah Performing Arts Centre, Dardanup Bull & Barrel

Healthy Venues

- Mike Barnett Sports Complex and Murray Aquatic Leisure Centre in partnership with SMHS and Healthway

Sporting Clubs

- Joondalup Giants NRL club, South Perth Lions NRL club

Healthy Sports Program

- Joondalup Giants, Wakeboard WA, Kwinana Tigers
(See Strategy 8)

Other resources developed

Carnivals and finals series canteen packs

were developed for sports clubs hosting finals.

Packs included:

- booklets, posters
- serving trays, napkins
- bunting, menu board and stickers to promote healthy options
- caps, aprons and water bottles.



Community Event Vendors Expression of interest form

- a template to assist event organisers communicate Healthway partnership requirements to food vendors

Recipe competition guidelines

- to assist organisations with identifying healthier recipes submitted as part of a recipe competition

Strategy 7 - Resources

Healthier Vendor Guide

Four editions of the Healthier Vendor Guide (HVG) were developed and distributed seasonally. There are currently 20 vendors listed in the HVG. Three vendors enquired to join the HVG during this reporting period including Nadee Cuisine who was successful, and vendors (n=2) were removed (due to either failure to meet traffic light percentages or having unsuitable truck promotions).

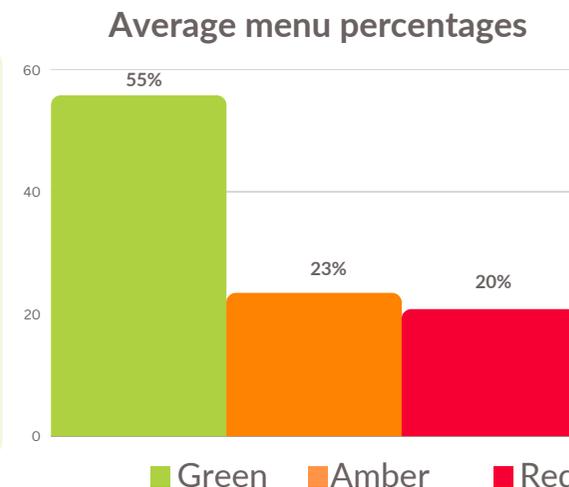
FTGP provides all Healthway funded organisations and event organisers with a copy of the Healthier Vendor Guide. It is also housed on the FTGP website. All HVG vendors receive the following resources quarterly:

- magnet for their food truck
- e-news
- menu board stickers for healthy options.



To be included in the HVG, vendors are required to have their menus assessed bi-annually. In this reporting period n=50 menu assessments were completed to ensure that vendor menus complied with the HVG requirements (min 40% green, max 30% red).

100%
vendors indicated menu assessments were useful



Annual survey of HVG vendors

19
vendors surveyed



47%
response rate n=9

100%

Satisfied with FTGP correspondence

100%

supportive of offering a healthy 'green' food option

89%

supportive of having sugary drinks off display

As a result of being a Certified Healthier Vendor

Enquiries to attend Healthway events have increased

100%

✓ Agree

n=9

Request for healthier menus have increased

67%

✓ Agree

n=6

100%

Very/extremely satisfied with the HVG

89%

Very/extremely satisfied with the HVG magnet

89%

Very/extremely satisfied with HVG Healthy Option stickers



Uncle Santos - Netball WA Association Championships

Strategy 8 - CNS Services: Community Events

A total of n=36 organisations were supported for their n=46 events receiving tailored support for each event. Key achievements include:

- Shire of Dardanup's Teddy bear's picnic booklet which included 5 Fuel to Go & Play recipes
- New vendor signage to promote healthy food and drinks
- FTGP advocating for the removal of specific food vendors which offer a majority of deep fried 'red' items from Healthway partnered events
- FTGP judged the recipe entries for the Busselton Jetty Swims healthy recipe competition
- Event organisers used social media to promote their healthier vendors

Challenges:

- Limited correspondence with vendors to identify their healthy options
- Event organisers not communicating requirements to food vendors
- Vendors not complying with the non display of sugary drinks at events
- HVG vendors not being available to attend events.



12% increase in events supported



Fuel to Go & Play Pinjarra Festival

Vendors attending events



Food vendor with non display of sugary drinks and healthy food options

505

Total food vendors



24

Certified Healthier Vendor's



338

Menu Reviews

204% increase
↑
menu reviews

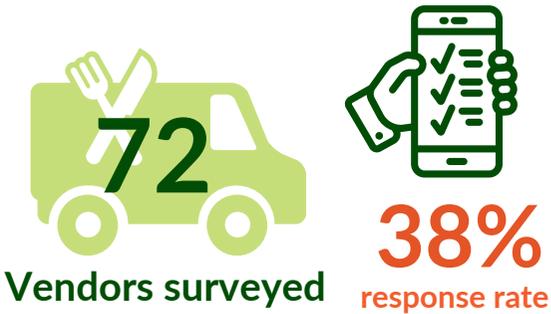
Vendor menus were reviewed to identify healthy food option.

Significantly more menu reviews occurred in this reporting period than previous years due to multiple conversations and negotiations with a greater number of food vendors. For example; there were 505 food vendors in 2022/2023 compared to 230 in 2021/2022.

Strategy 8 - CNS Services: Community Events

Food Vendor Surveys

All food vendors (n=72) who attended four events (Brazilian Beach Festival, Coogee Live, Pinjarra Festival and The Aussies SLS) were surveyed. Feedback from vendors (n=27) on how they contributed to creating a healthier food environment included:



According to Vendors the following healthy food options were offered

- Vegetarian toasted sandwiches
- Fruit salads
- Vegetarian curries
- Chicken salads
- Beef salads
- Vegetarian pizzas



66%
n=18

removed sugary drinks
from display

increased healthy 'green'
drinks on offer eg. water,
sparkling water

44%
n=12

96%
n=26

indicated that they offered a
healthy food option



Healthy food and drinks on offer

100%
indicated that the
event organiser
encouraged vendors
to offer healthier food
and drink options

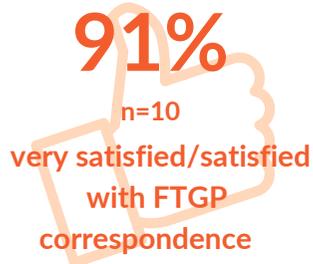
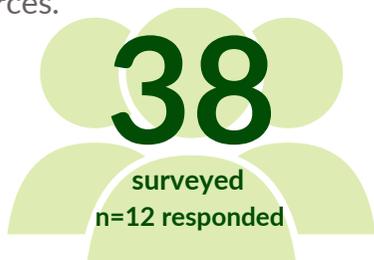


Certified Healthier Vendor - Coogee Live

Strategy 8 - CNS Services: Community Events

Event Organiser Surveys

All event organisers and/or food vendor co-ordinators (n=38) were surveyed to provide feedback on FTGP support and resources.



Working with Fuel to Go & Play team at Coogee Live is always a pleasure. The team are extremely passionate and supportive, with some great resources which are engaging, fun and easy to share with our local family communities.

Over the past 4 years at Coogee live, we have achieved some great results with our Healthy Food vendors through this initiative, and it continues to grow and spread the messaging year on year. Fuel to Go & Play makes healthier eating, simple and fun, meaning anyone can join in.

Coogee Live event organiser



Coogee Live

100%

event organisers encouraged vendors to offer healthier food and drink options

Expression of interest forms and email communications were the most popular methods to communicate Healthway requirements to vendors.

82%

n=9

included healthier food and drink promotions i.e. menu boards, healthier vendor signage



82%

n=9

used the Healthier Vendor Guide to source vendors



82%

n=9

used the Event Organiser Guide to Healthy Options



82%

n=9

said the sugary drinks fact sheet was useful

91%

n=10

said the healthy options fact sheet was useful

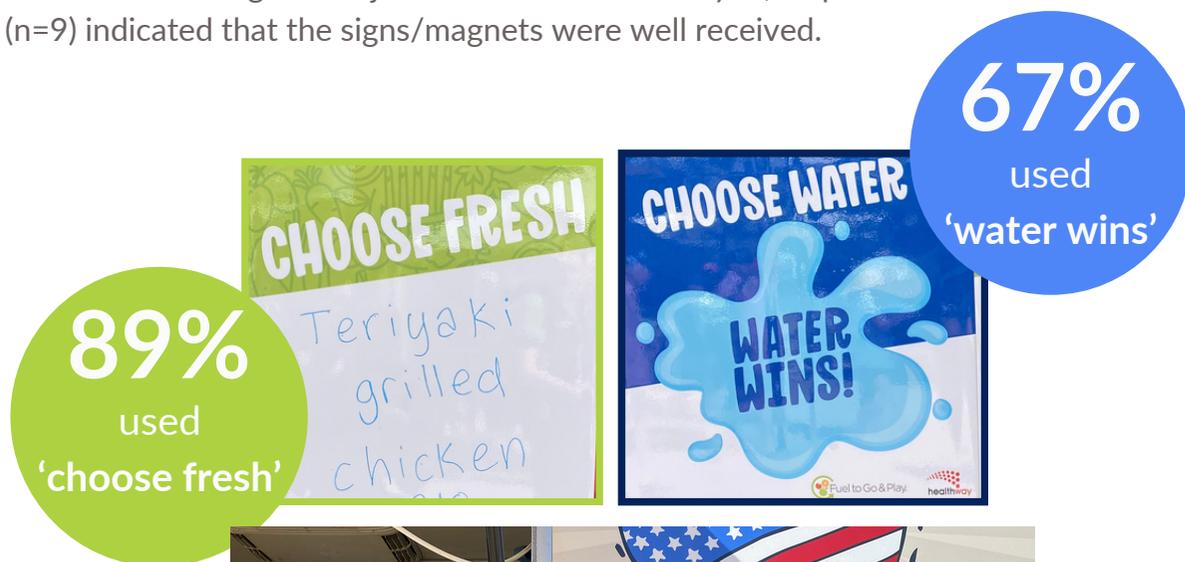
Strategy 8 - CNS Services: Community Events

New vendor resources

Together with Healthway, FTGP developed new resources for vendors to assist with the promotion of healthy food and drink options at Healthway partnered events.

- 'choose fresh' signs/magnets
- 'water wins' signs/magnets.

Vendors attending the Pinjarra Festival were surveyed, respondents (n=9) indicated that the signs/magnets were well received.



Food vendor with sugary drinks off display, choose fresh and water wins signs in action!

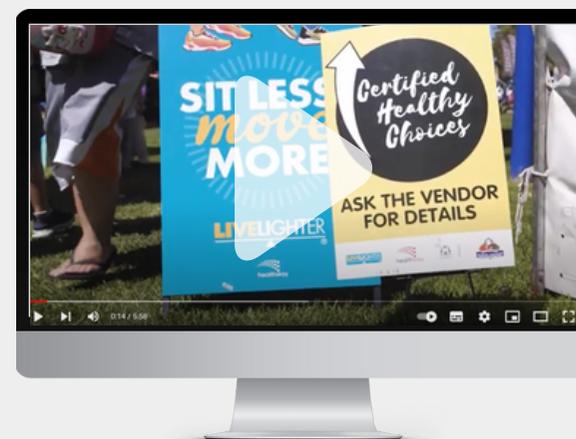
Community event case studies

Three new case studies have been developed, two written and one video case study, to showcase successful health promotion initiatives implemented by event organisers. Case studies have been downloaded and viewed over 1,850 times.

Dardanup Bull and Barrell

Mandurah Performing Arts Centre

Coogee Live



Coogee Live video launched in June 2023, and aims to assist event organisers with creating healthier community events n=46 views.

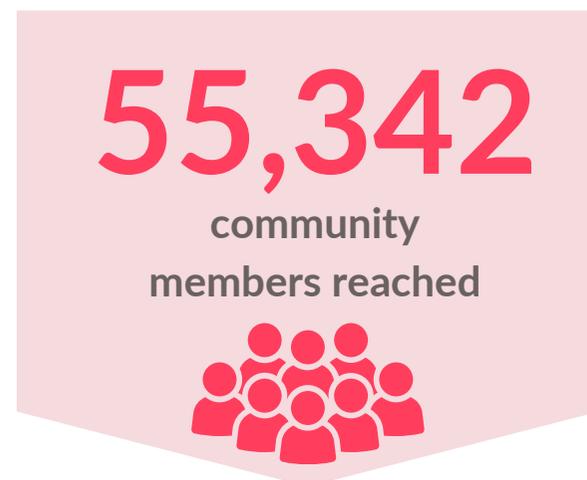
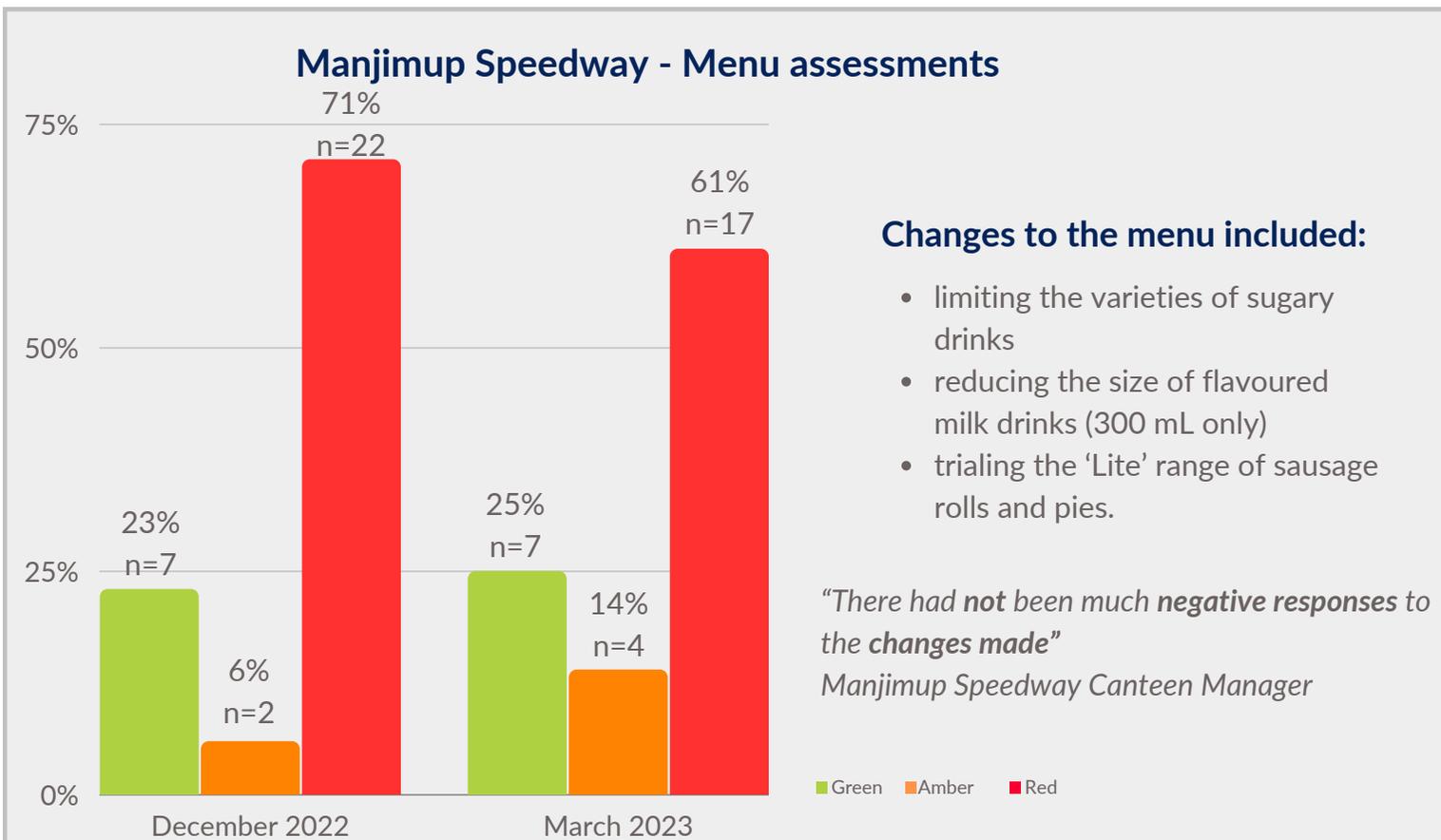
Strategy 8 - CNS Services: Racing Organisations

A total of five racing organisations were supported in this reporting period, including:

- undertaking menu reviews of food vendors attending these events (Targa West and Forrest Rally)
- supporting canteen reform (Manjimup Speedway, Collie Speedway and Speedway MC Club)
- completing canteen menu assessments (n=14).

Challenges included:

- Limited engagement with racing organisers and canteen managers
- Receiving accurate and current menus
- Organisations failing to prioritise healthy food and drink provision and promotion
- Inability to have a site visit
- No venue canteen staff completing FTGP Canteen and food service staff training.



Strategy 8 - CNS Services: State Sporting Associations

A total of 18 sporting organisations were supported in this reporting period, 16 State Sporting Associations (SSA's) and two Netball Associations. This is a 50% increase to the number supported in 2021/22. During this reporting period 25 significant events received FTGP support, for example:

- **NRL WA Junior Finals Series** - clubs hosting finals received FTGP support to trial new healthy menu options. All venues (n=4) received a Canteen Finals Pack to assist with promoting healthy options. Feedback indicated that healthy menu items were popular, with majority selling out
- **Golf WA nutrition workshop** - nutrition education for the Golf WA junior talent development team on how to fuel their bodies with healthy food and drink for best performance
- **Swimming WA, Netball WA, Gymnastics WA and Basketball WA** - customised social media toolkits were developed
- **Recipe promotion** - FTGP recipes are included in Swimming WA, Tennis WA and Netball WA e-news
- **Promotion of FTGP and Healthy Sports Program** - promoted FTGP services and HSP at Swimming WA's Expo and for the WA Football Commission for Community Development Officers.



Netball WA FTGP Association Championships

The Association Championships in June have promoted the FTGP message for five years. The FTGP message and healthy eating strategies are well embedded into the planning of the event. In 2023, FTGP supported all food service outlets (including mobile food vendors; including one HVG vendor) with identifying and promoting their healthy options, menu reviews and providing them with menu boards and stickers to ensure the 3,500 players and their families could choose from a range of healthy options.



Carnival/finals canteen packs

4 distributed

Include:

- booklets, posters
- serving trays, napkins, caps, aprons and water bottles.
- bunting, counter top menu board and stickers to promote healthy options



Hockey WA finals activation tent

Strategy 8 - CNS Services: State Sporting Associations

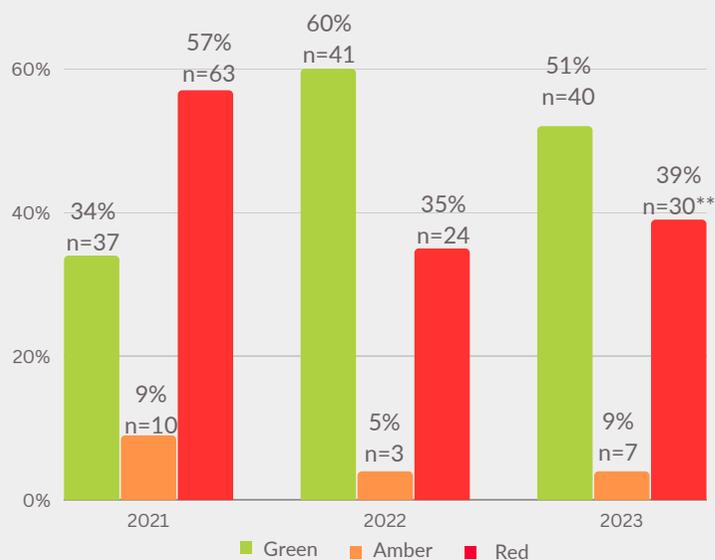
Canteen Reform / Canteen Consultancy

Perth Netball Association (PNA)

Since 2019 PNA have implemented canteen reform strategies. This year, trialling a range of healthier pizzas and soups which have become customer favourites. FTGP provided Healthway with nutrition tips, for promotion around the Courtside Cafe.



Menu Assessment comparison 2021 vs 2022 vs 2023*

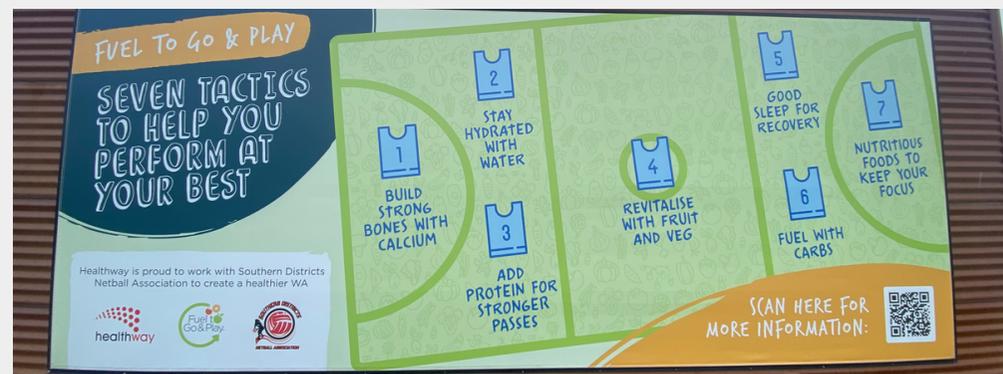


Southern Districts Netball Association (SDNA)

SDNA continued to make changes to their menu and trialled new FTGP recipes during their FTGP round e.g mac and cheese, spaghetti bolognese and pumpkin soup.



FTGP colour coded menu items and supported Healthway with the development of the seven tactics billboard.



*menu reviews do not include ice creams due to lack of information provided in 2022.

**New canteen manager appointed in 2023 & new chocolate items added, lowering the percentage of 'green' healthy items

Strategy 8 - CNS Services: State Sporting Associations

Canteen Reform / Canteen Consultancy

Hockey WA - State Hockey Centre

FTGP and Healthway have been supporting the State Hockey Centre since 2021. Through tailored advice Hockey WA have successfully implemented small achievable changes, such as increasing the number of green menu items.



Key Achievements 2022 vs 2023*

Green menu items doubled in 2023



n=15
2022

n=31
2023

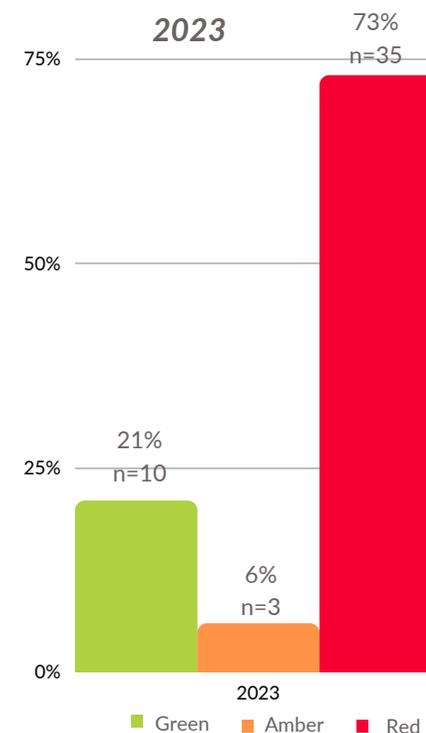
Green menu items included, pastas, curries new range of sandwiches.

Tennis West

FTGP provided canteen consultancy at the State Tennis Centre in June 2023. Recommendations to improve the food and drink environment included:

- Place water in the top section of the drink's fridge
- Use fridge decals to promote water
- Place red snack items (e.g. lollies, biscuits) behind the counter and off display
- Use counter top menu board to promote healthy options/meal deals on tournament days
- Utilise the space around the canteen to promote healthy eating and drinking messages using promotional material.

Menu Assessment



Calisthenics

FTGP provided canteen consultancy at the Swan Park Theatre Calisthenics Centre in August 2022. Recommendations focused on reducing lines of confectionary. FTGP provided phone support in 2023 with the intention to reengage in 2024.

Strategy 8 - CNS Services: State Sporting Associations

Nutrition Education

Six nutrition education sessions were developed and delivered for:

- NRL referees
- FootballWest junior talent program (n=2)
- Touch Football National Youth Championship team
- Golf WA Talent Development Program
- Gymnastics WA Coaches Lunch and Learn.



Sessions focused on everyday fuelling from the five core food groups for healthy growth and development, sports specific nutrition strategies and healthy hydration.



FootballWest Nutrition education sessions for junior talent program



NRL Referee night

NRL WA: Referees rapid fire nutrition session

FTGP and Healthway briefed NRL WA referees on the FTGP message and their role as ambassadors. The event concluded with a rapid fire question and answer session about fuelling before, during, and after games. Referees also received a customised (Adults and Junior) Fuelling for Best Performance Referees booklet.

FTGP reviewed catering options for the referee dinner held after the briefing session to ensure healthy options were available.

Golf WA: Nutrition for a hole in one!

FTGP partnered with Golf WA and delivered a nutrition education session for their junior talent development program.

The session, attended by 30 junior golfers and their parents focused on healthy fuelling to support their performance.

FTGP provided healthy fuelling and recovery snacks for players to sample including trail mix, fruit and small flavoured chocolate milk.

The Talent Development education FTGP workshop was extremely beneficial and I hope we can work together more in the future to get this information out to more golfers and families!

Golf WA Game Development & Performance Manager



FTGP trail mix for Golf WA nutrition workshop

Strategy 8 - CNS Services: State Sporting Associations

Satisfaction survey

SSA key stakeholders (n=15) who engaged with FTGP were surveyed.

Effective FTGP strategies included:

- canteen reform support including menu review and canteen set up
- nutrition education sessions
- development of digital resources; which helped SSA's encourage healthy eating and drinking to their members
- resources including recipes



NRL WA Harmony Cup

15



SSA stakeholders invited to provide feedback

n=7 responded



Satisfied with FTGP resources and support
n=6

Great access to resources that we can incorporate into our existing programs for our athletes.



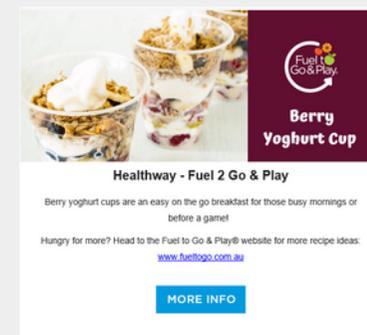
Netball WA FTGP Association Championships

Most useful services

1. FTGP introduction sessions
2. Email/phone support
3. Junior nutrition session
4. Social media collaboration posts

Most useful resources

1. Active juniors booklet
2. Newsletter inserts i.e recipes
3. Drink bottles for prizes
4. FTGP social media tiles



Tennis WA FTGP e-news recipe inserts

Strategy 8 - CNS Services: Healthy Sports Program



Healthy Sports Program clubs (n=62) supported in this reporting period included 68% metropolitan and 32% regional. A tailored approach was employed to cultivate meaningful relationships with communication strategies personalised to each club and their stakeholders. Total site visits (n=37) of these n=30 were initial. Regional clubs received a phone call in lieu of a visit (n=13) and site visits (n=4) are scheduled when back in season. To assist in increasing number of clubs participating FTGP actively promoted the grants using social media and by contacting partnering organisations and local councils (n=6).

47 New clubs supported

62 Total clubs supported



Resources disseminated

- 38 sets of bunting
- 220 FTGP posters
- 32 Water wins stickers
- 44 Healthway resource packs
- 88 FTGP drink bottles, aprons, hats
- 45 Star Choice Buyers Guides.

Resources survey (n=19)

Resources identified as useful in the initial resource pack received were:

- Large posters (100%)
- Water wins stickers; Healthy choice stickers; Fuel up posters (84%)
- Mini blackboard; FTGP water bottles; tips for a healthier canteen booklet (79%)

Resources identified as useful sent in follow up emails were:

- Coordinator checklist; club pledge; link to FTGP website (95%)
- Healthy Sports Club Grants toolkit (90%)
- Fact sheets i.e Water wins, Half time snacks (84%)

Requests for new resources included: cardboard serving containers, serviettes, recipe books



52 HSP participants completed FTGP training



Club Engagement

550 total communications with clubs

412

Personal emails



105

Phone calls



37

Site visits



Challenges and learnings

- Identifying the Healthy Club Co-ordinator
- Co-ordinating regional visits
- Non food service clubs required different support and resources

Strategy 8 - CNS Services: Healthy Sports Program



case study videos 3

The purpose of the case studies are to demonstrate to other clubs what items can be purchased with the funds and how the merchandise can be used to create a visually appealing environment that promotes healthy food and drinks.

Kwinana Tigers Hockey Club

Whole club approach to a healthy food and drink environment. Purchased bench top display fridge and kitchen equipment.



Joondalup Giants NRL Club

Purchased a bench top display fridge, Teresa, the healthy club co-ordinator has indicated that the display fridge “helps with the sales of healthy options”.



Wakeboard WA

Even without a food service, this club successfully promoted free fruit, water and healthy burgers at events.

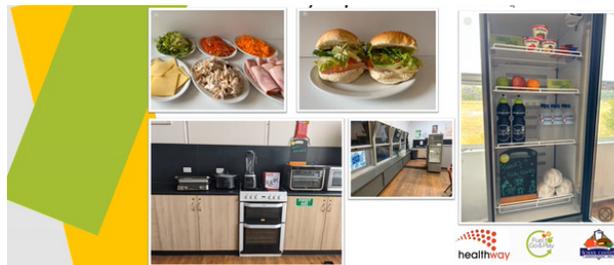


Webinar presentation

1



22 Attendees



Albany Equestrian Centre foodservice

Albany Equestrian Centre

Shared their story as part of the FTGP “Two ways to generate funds for your sports club” webinar. Sharing the process of applying for a grant and the changes made, including barriers and how to overcome them.

Strategy 8 - CNS Services: Healthy Venues Project

FTGP provided support to n=6 venues in this reporting period. A collaborative and flexible approach for providing support has been implemented based on capacity from area health service staff and FTGP.

Support offered by FTGP includes:

- menu validation (n=2) and general advice to SMHS on using the DOH Healthy Options criteria with classifying food and drinks
- product reviews (n=2)
- site visit (n=3) to provide tailored canteen reform recommendations
- access to online training
- advisory service including phone and email support
- active member of the Healthway Healthy Venues reference group.



Challenges include:

- EMHS no longer participating in this project, requiring FTGP to increase support to three venues
- Serpentine Jarrahdale Community Rec Centre having staffing issues limiting their capacity to achieve grant requirements.

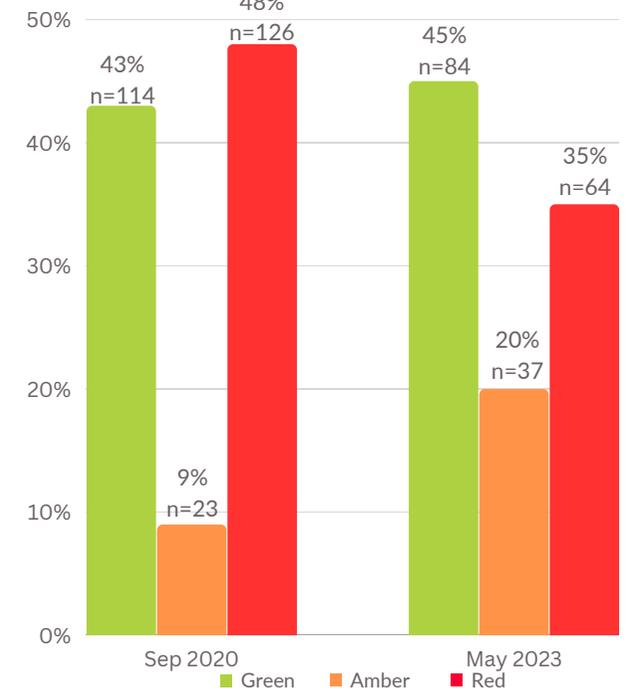
Aqua Jetty: Making healthy splashes!

Aqua Jetty, with support from SMHS, have been improving their menu throughout the grant period, and have removed n=62 red items. More details will be provided upon completion of the grant in January 2023.

Current changes include:

- removing confectionary items (n=22)
- swapping sugary drinks (n=9) for sugar-free varieties
- altering menu items such as burgers from deep-fried red items, to healthier, green options
- creating a new 'meal deal' of green sandwiches with water or a small coffee/tea.

Aqua Jetty menu assessments



6
community venues supported

12
staff completed FTGP canteen and food service staff training

18
menu assessments added to portal



Aqua Jetty Grab the Good Branding for the Healthy Venues project



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