

Extra Time - Level 1



Congratulations!

You are well on the way to having your club/venue recognised and rewarded for offering healthier food and drinks at club-run canteens, kiosks and other food services.

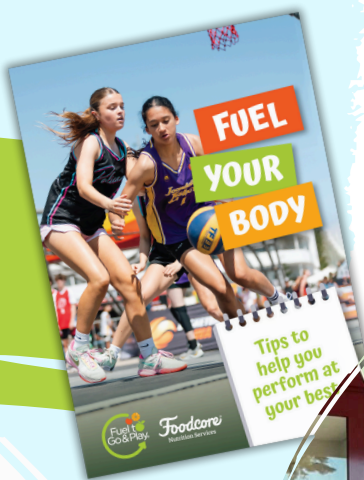
We will help share your achievements through media releases, social media posts, and a recognition certificate.



Rewards

There are many different rewards available, it just depends on what suits your club!

- ✓ Water bottles
- ✓ Caps
- ✓ Aprons
- ✓ Bright bunting
- ✓ Healthy eating booklets
- ✓ Canteen recipe books

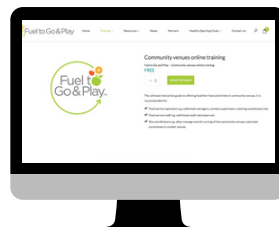


Other resources can be developed for your club too!

Steps for Accreditation

- ✓ Complete online training
- ✓ Healthy food and drink pledge
- ✓ Environmental strategies (optional)
- ✓ Menu review

Step 1: Complete online training



Fuel to Go & Play® Club official and stakeholder training is **FREE** and will take roughly 1-2 hours to complete. The training can be accessed through the [Fuel to Go & Play® training site](#).

By being part of the accreditation program, you will also have FREE access to food safety and hygiene training, as well as [All About Allergens](#) training.

Step 2: Healthy food and drink pledge or policy

Making a pledge to offer and promote healthier food and drinks is a great place to start for any club or venue. You can write a pledge yourself or use our simple [pledge template](#). For venues looking to aim for more, they can use our [policy template](#).



Step 3: Environmental strategies (optional for level 1)



Marketing

- No unhealthy 'red' food or drink promotions or advertising
- No sugary drinks are displayed
- Water promoted as the best hydration option
- Using your clubs social media to promote healthy fuelling before events
- Sharing nutrition information in club newsletter or on social media (we can provide you with this)

Menu

- Free tap water available
- Water offered as standard in meal deals
- Half-time snacks are fruit only
- Ensure coaches implement regular hydration breaks during training
- Fruit and/or vegetables are always available
- Healthy options available at special events
- No deep fried items



Let us know if you have other environmental strategies in mind!



Step 4: Menu review

Send in your menu to fueltogether@education.wa.edu.au, we would love to review it! We will assess your current offerings and provide suggestions to increase and promote the healthy options on your menu.