

# Healthy clubs, healthy people



# **Contents**

	1
How to Use this Toolkit	
About Us	3
Getting Started	
Choose Well Feel Great	4
Promote Healthy Options	
Promoting Your Canteen	
What is a Health Promoting Sporting Club?	
Quick Wins: Pricing and Profit	
Working with Retail Outlets	6
Healthy Choices Tips and Hints for Healthy Sports Clubs	7
Healthy Eating Policy Template	7
Fresh and Testy Food	
Fresh and Tasty Food	
Quick Wins for Better Presentation	
Promoting Healthy Canteen Options	
Healthy Choices - Meal Deals Examples	
Menu Planning – Tips and Tricks	
Going Green – Healthy Swaps Healthy Food and Beverages – Master Menu Changes	
Healthy BBQ Ideas	
Green Up the Menu	
SMJFL Healthy Club Canteens — Implementation Guide	
Fuelling Active Kids — A Guide for Parents, Coaches and Team Managers	
Healthy and Hydrating Drinks	
Water is Available	13
Water is a Winner	
Water: The Clear Winner in Junior Sport	
Do You Really Need that Sports Drink?	
Promote Water as the Drink of Choice	
D. I . II III E I ID.I D . II	
Displaying Healthy Food and Drinks Prominently	1/
Fridge Layout for Promoting Healthy Options	
Fridge Layout for Promoting Healthy Options	16
Fridge Layout for Promoting Healthy Options  Healthy Drinks Suppliers  Fluids for Junior Sport	16 17
Fridge Layout for Promoting Healthy Options	16 17 17
Fridge Layout for Promoting Healthy Options  Healthy Drinks Suppliers  Fluids for Junior Sport	16 17 17
Fridge Layout for Promoting Healthy Options	16 17 17
Fridge Layout for Promoting Healthy Options  Healthy Drinks Suppliers  Fluids for Junior Sport  Promote Water by Limiting RED Drinks  Healthy Vending Machines	16 17 17
Fridge Layout for Promoting Healthy Options	16171818



# About the Healthy Club Canteens Toolkit

Community sports clubs help people to be active and feel connected to their local community. As well as being places to share a passion for sport, grassroots clubs are key to member health and wellbeing – both on and off the field.

The food and drinks available or promoted at your club effect how healthy the club environment is overall. All clubs – big or small, with or without canteens – can get involved in healthy eating.

In this toolkit you will find resources to assist your club to introduce food and drink options that help members and their families to stay fit and well.

The tools have been created and curated by experts in healthy eating and/or sport and recreation to assist your club to make the switch.

Healthier eating is a priority for the Victorian Government and for many local councils that support community sporting clubs through facilities and community grants.

Many of the resources in this toolkit are based on the Victorian Government Healthy Choices Guidelines<sup>1</sup>, which use a traffic light system<sup>2</sup> to classify food and drinks according to how healthy they are. Leisure centres, schools and workplaces also use these resources, so by getting involved your club will be part of a Victoria-wide movement to increase healthy eating.

You may see the word 'nudge' used within this resource. A 'nudge' is a small change that can be made in an environment that aims to influence people's choices<sup>3</sup>.

# Traffic Light System<sup>2</sup>



# GREEN food and drinks are the best choice. They are full of nutrients, low in sugar, fat and salt, and high in fibre.



AMBER food and drinks should be chosen carefully. They have some valuable nutrients but contain more sugar, fat and/or salt than green options.



RED food and drinks are not essential to a healthy diet and should be limited. They are high in fat, sugar and/or salt.



Work towards providing at least 50 per cent of menu items at your canteen from the GREEN category.

Work towards **reducing your RED category** menu items to **no more than 20 per cent** of all offerings.

You will see many references to the Healthy Choices Guidelines and the Traffic Light System in this toolkit.



### How to Use this Toolkit

Every club is at a different stage of their healthy eating journey, so look for a tool that works for your club community. It's okay to start small and try something new before transforming

### The toolkit is divided into three sections:

# 1. Getting Started

If your club is at the beginning of your healthy canteen journey, then this is a great place to start. In this section you will find some quick and easy 'wins' and tips for getting the whole club on board.

# 2. Fresh and Tasty Food

Whether you cook and prepare in-house or buy from a supplier or your local supermarket, the resources in this section will point you towards healthier options.

# 3. Healthy and Hydrating Drinks

Water is the best way to stay hydrated when being active. The resources and strategies in this section will help you to promote healthy hydration at your club. There's some great tips to reduce single-use plastics, too!

### Share the Resources and Ideas:

- The cover page of each resource is shown in full, to help you easily identify different tools.
- Share the resources and your ideas with others at the club. Ask the committee, your canteen manager and volunteers who help out with food service for their input.



Sandringham Bowls Club. Photo supplied by Bayside City Council



# **About Us**

This toolkit was produced by the Healthy Eating Working Group (HEWG) from Southern Melbourne Primary Care Partnership. The HEWG aims to make it easier for the community to access tasty, nutritious food and drinks in the places they live, work and play.

The group works closely with the community to reduce access to unhealthy food and drinks. Products that are full of cheap ingredients such as salt, sugar and saturated fat are linked to chronic health problems including obesity, cardiovascular disease and cancer and should be limited as part of a healthy lifestyle.

The HEWG covers the council areas of Bayside, Glen Eira, Kingston, Port Phillip and Stonnington, Member organisations include:

- Alfred Health
- Baker Heart & Diabetes Institute
- Bayside City Council
- Caulfield Community Health Service
- City of Kingston



### **Contact Us**

For more information about this toolkit, email:

healthyclubcanteens@smpcp.org.au

Links to websites with additional information about healthy eating are included at the end of the toolkit.

- City of Stonnington
- Central Bayside Community Health Services
- Glen Eira City Council
- Star Health
- Southern Melbourne Primary Care Partnership





















Caulfield Community
Health Service
Part of AlfredHealth



### Choose Well Feel Great

Display this poster at your canteen to show your commitment to providing healthier food and drink options.

Using the traffic light system lets people assess their options before purchasing.



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# **Promote Healthy Options**

Introduce some healthy changes that work.

Start small, try different things – just give it a go!

Here's a list of ideas.



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# **Promoting Your Canteen**

Creating a successful canteen involves marketing and promotion.

This resource will give you tips on how to get club members thinking about your canteen before and during game day.



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# What is a Health Promoting Sporting Club?

All clubs want happy and healthy members.

This resource outlines how sport, healthy club culture and healthy eating all fit together.

Use it to support your case for change.



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# Quick Wins: Pricing and Profit

Offer healthier options without affecting sales.

Use this resource to analyse price factors, make the healthy products popular and maximise profit.



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# Working with Retail Outlets

Is your club canteen managed by an external provider?

This resource outlines how to work with retailers to introduce heathier products to your club.



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Working with retail outlets

Working with retailers to make healthy changes can be simple and can have a real impact on the foods and drinks they offer.



### Learn about the retail outlet

- contevens
- cafes
   cafes
   cafeterias
   food trucks
- · coffee shops or coffee carts

### Understanding contracts with retailers

If your organisation holds a contract with a retail outlet you will need to understand the conditions of the contract and work together with the retailer to make any healthy changes needed. You will need to find out:

- · who manages the outet.
- whether the contract includes requirements for providing healthy foods and direls.
- · when the contract expres-

### Working with on-site retail outlets







# Healthy Choices Tips and Hints for Healthy Sports Clubs

### Wondering where to start?

This resource includes quick guides for healthy recipes, drinks and BBQs. Take a look for some inspiration!



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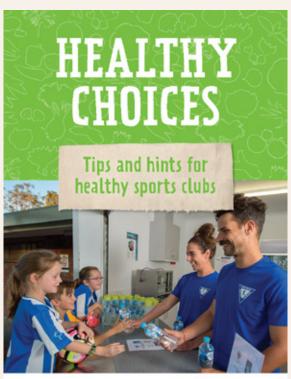
# **Healthy Eating Policy Template**

Adapt this template to make your own healthy eating policy.

A policy will strengthen your club's commitment to healthy change and help you to communicate your direction to members.



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www.bendigo.vic.gov.au/healthychoices





template to promote healthy eating in your current policies or use it as a starting point and amend as needed. your organisation's policies wilt

- show your organisation is committed to promoting good health
   but make one your efforts in supporting health; auting any loc
- help make sure your efforts in supporting healthy eating are long term an sustainable
- incorporate healthy eating into your organisation's culture
   ensure healthy eating is promoted across the valide organisation.
- provide clear direction and support to everyone involved in making health;
- The Healthy choices: healthy eating policy and catering-guide for workplaces' provides step by step instructions on how to implement a healthy eating policy in your organisation, and includes a comprehensive policy temptate.

### Organisational policy - healthy food and drinks

[Insert department on x same] encomes the importance of healthy eating or promoting health and wattering and is committed to supporting employees, contractions, volunteers, cleets and visitions to make shealthy tood and drink choices. [Insert departments in same] all support healthy eating by implementing the Virturion Overnment's Healthy Choices

guidelines. These guidelines classify foods and drinks as GREEN (best choices), AMBER (choose carefully) or RED (limit according to their nutritional value. Present organization's nume) will

- include a sequirement to meet the Healthy Choices guidelines in tendens, contracts and leases with food and drink suppliers as external uses groups
- machines

  \* reduce \*ED [limit] options to no more than 20 per cent for retail outlets and vending machines.
- not supply RED options for workplace catering, functions and events
   include note (REPEN and AMPLY) (change cases)(i) observe to emissions caterion

### Include the following points as required: provide clean and safe tap water for directing

- make sure staff rooms and staff kitchens have facilities to prepare healthy meals and snacks brought from home
   support and encourage breastfeeding
- promote GREEN options and not RED options
- not use RED options for prizes, givesways, awards and rouch
   engage in healthy fundraising and sponeorship activities.

For more information about the Healthy Choices guidelines visit wors? beath, in an auticular health/senerative.

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# **Quick Wins for Better Presentation**

### Presentation counts!

5 easy tips on looks and layout that will make sure your healthy options sell.



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# **Promoting Healthy Canteen Options**

Win over the hearts, minds and taste buds of customers by actively promoting GREEN options.

Check out these top tips for boosting sales.



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# Healthy Choices Meal Deals Examples

Suggestions for food and drink combos that are tasty and nutritious. The "meal deal" label is sure to get customers' attention.

Remember to pair your food with a healthy drink!



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# Menu Planning – Tips and Tricks

Club canteens provide food to members and help fund new resources and improve facilities.

Some smart planning can make your menu healthier and grow your profits.



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# Going Green - Healthy Swaps

Use these tables to select healthier versions of canteen staples.

How can you transform your canteen to GREEN?



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# Healthy Food and Beverages Master Menu Changes

Looking for a GREEN or AMBER alternative to a canteen staple?

This resource provides an extensive list of healthier options.



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# Healthy BBQ Ideas

BBQs are a great way to bring together community members of all ages.

Try some of these tips and ideas at your next club BBQ.



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# Green Up the Menu

Use this chart to inspire a GREENER menu.

It can be as easy as adding or swapping ingredients.



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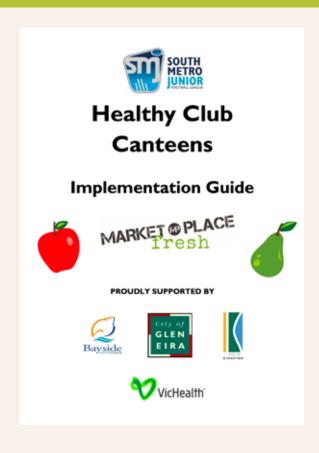
SMJFL Healthy Club Canteens
— Implementation Guide

The South Metro
Junior Football League is
a local leader in supporting
healthier club canteens.

This "how-to" includes product suggestions, an extensive supplier list and solutions for challenges that might crop up along the way.



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# **Fuelling Active Kids**

A guide for parents, coaches and team managers.

Nutrition needs — before, on and after game day. Guides for different sports are available.



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Water is Available

Display this poster at your club to let members and visitors know where they can re-fill their drink bottles.



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Water is a Winner

This poster is an easy way to promote water.

Just write in the price and display.



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Water: The Clear Winner in Junior Sport

Display this poster at your club to help athletes, coaches and community members to understand why water is the best choice.



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Do You Really Need that Sports Drink?

This resource is a simple and easy way to promote water as the drink of choice.

Display this poster at your club.



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Promote Water as the Drink of Choice

Water is the best drink for hydration, especially for children's sport.

Select from these strategies to make water the drink of choice at your club.



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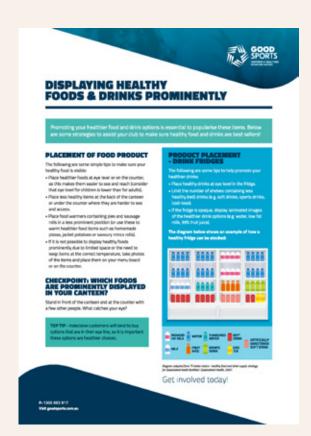
Displaying Healthy Food and Drinks Prominently

When you switch to healthier food and drink options make sure you promote it.

These product placement tips will help your new items become top sellers!



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Fridge Layout for Promoting Healthy Options

Place this poster next to your canteen fridge or in the stockroom to refer to each time your volunteers re-stock the drinks fridge.

Remember: the healthiest drinks should be at eye level.



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This suppliers list classifies drinks as GREEN, AMBER or RED and provides a supplier contact for GREEN and AMBER options.







Fluids for Junior Sport

Kids often put playing the game ahead of stopping for a drink.

This resource covers signs of dehydration, fluid needs for children and why water is the best drink for junior sport.



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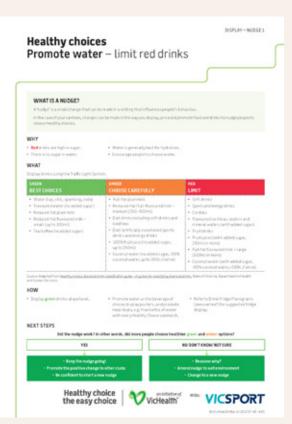
Promoting Water by Limiting RED Drinks

Making small changes to Product, Placement and Promotion will highlight the healthier options for customers.

This resource will show you how to promote water at your canteen by limiting unhealthy drinks.



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# **Healthy Vending Machines**

Vending machines that have healthy drink and snack options encourage people to choose a nutritious option on the go.

A vending 'plan-o-gram' is like a map to help you stock the vending machine.



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Healthy vending plan-o-grams

Stocking your vending machine with healthy snacks and drinks encourages people to make healthier choices when they are on the run.

Guidelines for a healthy vending machine test by 60 details and drinks encourages people to make healthier choices when they are on the run.

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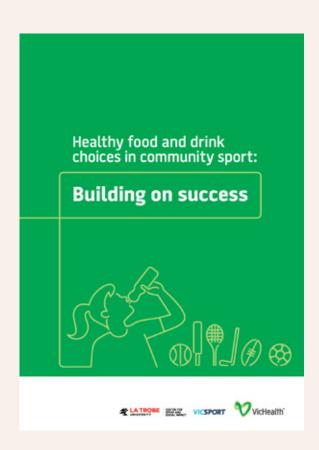
Healthy Food and Drink Choices in Community Sport

This short
report takes a more
in-depth look at projects
that used 'nudges' to alter
people's behaviours in
community sport.

The final page summarises key steps to making healthy changes at your club.



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# **Further Information on Healthy Eating**



Vicsport

**Promoting Healthy Eating** 



**Good Sports** 

**Promoting Healthy Eating** 



Baker Heart and Diabetes Institute

**Fact Sheets** 



VicHealth

**Promoting Healthy Eating** 

Healthy Choice: the Easy Choice

Healthy Eating Resources About Coronavirus



**Healthy Eating Advisory Service** 

www.heas.health.vic.gov.au



**Nutrition Australia** 

www.nutritionaustralia.org

### References

- 1 Victorian Government 2016, Healthy Choices Guidelines heas.health.vic.gov.au/healthy-choices/guidelines
- 2 Victorian Government 2016, Traffic Light System heas.health.vic.gov.au/healthy-choices/guidelines/traffic-light-system
- 3 Sax Institute 2015, Nudge theory in public health a way to achieve behavioural change? www.saxinstitute.org.au/news/a-nudge-and-a-think-the-architecture-of-choice-and-health/