

HEALTHY CHOICES

Tips and hints for healthy sports clubs



Your sports club plays a vital role in supporting the communities' health through physical activity and social connection.

These hints and tips will help you make simple, healthy and sustainable changes that will also support healthier food choices among your players, coaches and whole sporting community.

We understand all sports clubs are different, so whether you're a small family club, a club with a large canteen, put on an 'after game barbecue', or just offer drinks out of an esky, we have some hints and tips for you!

This booklet includes tips and hints on healthy drinks, snacks, sandwiches and rolls, cooking equipment, half time foods and barbecue ideas!



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What do you want your club culture to be? How do you want to be seen in the community?

Greater Bendigo has a high proportion of adults who are classified as overweight (26.8%) and obese (26.6%), as well as low rates of fruit and vegetable consumption. Additionally, an increasing number of children are also becoming overweight or obese; with over 30% of their daily energy intake coming from unhealthy foods, such as sugary sweetened drinks, confectionery etc. Therefore, sports clubs are well placed to support children and the community make healthy choices. There is an increased demand for healthy food and drink options, particularly in environments that promote an active lifestyle (like your sports club!)

Implementing the Healthy Choices Guidelines is great but any changes to increase healthy food and drink choices in your club is a great place to start! Even small changes in your club has the potential to not only improve the health and wellbeing of those directly involved in the club, but the entire community as well!

It's also important to understand that implementing Healthy Choices doesn't mean you have to change your entire menu, it may just mean making small tweaks here and there to help you provide healthier food and drink.

It's often the small changes that lead to the biggest (health) impact!



What are the Healthy Choices Guidelines?

Together, with physical activity, healthy eating plays a key role in preventing disease, maintaining a healthy weight and supporting children's growth and development. The Victorian Government has developed the Healthy Choices Guidelines to make it easier to choose healthier foods.



For more detail on the Healthy Choices Guidelines, see www.heas.health.vic.gov.au/healthy-choices/guidelines

Benefits of healthy choices

...to your club

- Increase performance of your club, healthy players equals better performance!
- Communicate consistent messages about healthy eating and healthy lifestyles to the community
- Create a family-friendly environment that encourages health
- Food service aligns with overall health messages in sports clubs
- Increased sponsorship and funding opportunities

...for players and participants

- Help to build lean muscle and maintain bone density
- Provides appropriate fuel and nutrient sources to meet demands of training and competition
- Speeds up the recovery process
- Adequate fluid consumption decreases risk of becoming fluid deficit which can interfere with performance
- Increase performance level, including increasing player intensity and duration outcome
- Reduces the risk of fatigue



Quick guide to getting started with healthy recipes

Simple changes to recipes

Creamy dressings	✗	Oil/vinaigrette based dressings	✓
Fried	✗	Steamed	✓
Large portions	✗	Smaller portions	✓
Fried meat	✗	Grilled meat	✓
Salt	✗	Herbs and spices	✓
Regular meat	✗	Lean meat	✓
Deep fried	✗	Air fried	✓
Increase price of unhealthy options	✗	Decrease price of healthy options	✓

Quick guide to healthy drinks

Placement of products to promote healthier options, e.g. display healthier (**GREEN**) drinks at eye level.

GREEN category – best choices

- Plain, unflavoured water (tap, spring, mineral, soda, sparkling)
- Reduced-fat plain milk, calcium-fortified milk alternatives (including soy/rice/almond drink), reduced-fat flavoured milk and calcium fortified flavoured milk alternatives that are 250ml–300ml
- Flavoured water with natural sweetener (no added sugar)
- Tea and coffee without added sugar

AMBER category – choose carefully

- Artificially sweetened drinks with no added sugar in serve sizes up to 250ml
- Regular-fat plain milk, reduced-fat flavoured milk and flavoured milk alternatives that are 350ml–500ml
- Regular-fat flavoured milk and flavoured milk alternatives that are equal to or less than 500ml
- Fruit and vegetable juices with no added sugar (99% real juice) in serve sizes up to 250ml
- Ice crushes such as slurpees and slushies based on at least 99% fruit juice with no added sugar in serve sizes of up to 250ml also fit into this category

RED category – limit

- Sugar sweetened beverages fit into the **RED** category **such as** soft drinks, flavoured waters, flavoured mineral waters, flavoured teas, fruit drinks (less than 99% fruit juice), cordials, sports waters, sports drinks, energy drinks and ice crushes such as slurpees and slushies
- If offering **RED** sugar-sweetened beverages provide in the smallest serve size available (e.g. 200ml cans).
- Flavoured milk and alternatives more than 500ml
- Artificially sweetened beverages in serve sizes over 250ml

HOW TO SET UP THE FRIDGE

Healthy Choices Guidelines

AT LEAST HALF NEEDS TO BE GREEN AND AT EYE LEVEL

- Water
- Plain mineral water
- Soda water
- Reduced fat plain milk
- Reduced fat flavoured milk – small (250ml - 300ml)

AMBER

- At least 99% fruit juice – small (up to 250ml)
- Full-fat plain milk
- Reduced-fat flavoured milk – medium (350–500ml)
- Full-fat flavoured milk – small and medium (up to 500ml)
- Artificially sweetened beverages
e.g. zero sugar and diet sport drinks and soft drinks

NO MORE THAN 20% TO BE RED AND IS BELOW EYE LEVEL

- Soft drinks
- Energy drinks
- Flavoured teas
- Cordials
- Flavoured milks above 500ml
- Sports drinks
- Flavoured water
- Ice crushes
- Fruit drinks and fruit juice above 250ml

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Quick guide to healthy snacks

GREEN category – best choices

- Fruit
- Canned or tubs of fruit in natural juice
- Plain, unsalted nuts
- Reduced fat cheese and crackers
- Reduced fat yogurts



AMBER category – choose carefully

- Plain popcorn varieties
- Cheese and crackers
- Selected muesli bars
- Salted nut varieties
- Dried fruit (e.g. sultanas)



RED category – limit

- Chocolate bars
- Chips
- Lollies
- Selected muffins
- Most icy poles and ice creams



Product	Brand	Size
Pre-packaged snacks – GREEN		
Almonds	Australian Natural	45g
Light tasty cheese with water crackers	Mainland On the Go	20 x 30g 7 x 50g
Reduced fat yoghurt – mango, raspberry, strawberry, vanilla	Yoplait Yoghurt	175g
Yoghurt classics	Yoplait Yoghurt	100g
Vanilla, strawberry, banana Up & Go	Up & Go	250ml
Diced Fruit Salad	Goulburn Valley	140g
Two Fruits	Goulburn Valley	140g
Salmon meal, Italian herb & tomato and Sweet onion & tomato	Salmon Ready Meal	110g
Pre-packaged snacks – AMBER		
Greek style yogurt fig & honey bar	Carman's	40g
Protein energy bites banana/cocoa/coconut	Bounce	30g
Mini protein bar – all flavours	Fxlocarb	30g
Superfood greens bar	Freedom	25g
Superfood berries bar	Freedom	25g
Organic sea salt	Cobs Popcorn	25g
Full fat cheese & crackers	Mainland On the Go	7 x 50g
Energy Snack bar	Milo	27g
Tuna lunch kits	John West	108g
Shredded chicken breast can	Heinz	85g
Tuna chunks in spring water	Greenseas	95g

These examples and more are available at local supermarkets and wholesalers.

For more **GREEN** and **AMBER** food options visit FoodChecker at www.heas.health.vic.gov.au/healthy-choices/menu-product-recipe-assessments

Quick guide to healthy sandwiches, wraps and rolls

Egg (V)

- Egg with lettuce and mayonnaise (reduced fat)
- Sliced egg, and salad*
- Curried egg, carrot and lettuce

Cheese (V)

- Cheddar cheese (reduced fat) with tomato
- Cheddar cheese (reduced fat), lettuce, cucumber, tomato, chutney

Falafel (V)

- Falafel (baked) with tomato, cucumber, baby spinach and tzatziki (reduced fat)
- Falafel (baked) with sun dried tomatoes, mixed lettuce, red onion, hummus (reduced fat)

Vegetables (V)

- Grilled mixed vegetables (in minimal oil) with pesto
- Grilled mixed vegetables (in minimal oil) with feta (reduced fat)

Chicken or turkey

- Lean chicken breast with lettuce, tomato and mayonnaise (reduced fat)
- Lean turkey breast with salad*
- Tandoori flavoured lean chicken breast with cucumber, spinach, yoghurt (reduced fat)
- Chicken schnitzel (baked) with tomato, lettuce and mayonnaise (reduced fat)

Note: Avoid providing large serve sizes of schnitzels, often half a fillet is adequate for one sandwich

Beef

- Lean roast beef (visible fat trimmed) with tomato, baby spinach and horseradish
- Lean roast beef (visible fat trimmed) with lettuce, tomato, red onion and fruit chutney
- Lean roast beef (visible fat trimmed) with salad* and wholegrain mustard

Ham

- Lean ham with salad* and mayonnaise (reduced fat)
- Lean ham, tomato lettuce and fruit chutney
- Lean ham with cheese (reduced fat) and tomato or pineapple

Fish

- Tuna (in spring water) with sweet corn, capsicum, tomato, cucumber and lettuce
- Tuna (in spring water), tomato, lettuce, mayonnaise (reduced fat)
- Salmon (canned), cucumber, lettuce
- Smoked salmon, cream cheese (reduced fat), spinach, red onion, capers

(V) = Vegetarian

** = Aim for three vegetable or salad ingredients*

Information from the HEAS 'Healthy fillings for sandwiches, wraps and rolls' fact sheet.



Newbridge Football / Netball Club – Healthy rolls

Newbridge Football / Netball Club, with the help of Sports Focus have shown that small changes can make a big difference!

In 2017 the club distributed a survey provided by Sports Focus to ask their canteen users what foods they would like to see available at the canteen on game days. Customers asked for healthy options in the canteen and suggested salad rolls. Newbridge FNC canteen managers jumped into action and pre-made 30 fresh salad rolls for sale from the canteen next game day. All rolls sold out that day with more demand than they had anticipated, so they were ready with 50 pre-made rolls the following game!



With 50 pre made salad rolls available for sale the canteen felt well prepared, only to be caught out again when all rolls sold with more customers asking for the healthy option! Now the canteen pre makes 120 fresh salad rolls on game day morning with more rolls made as requested throughout the day! With healthy food options available to players and visitors, Newbridge Football / Netball Club can be proud to be leading the way and contributing to a healthy community.



Quick guide to healthy cooking for sporting clubs

We realise kitchen equipment can differ depending on the facilities and equipment available. No matter what equipment (or lack of!) you have, there are always small tweaks you can make to provide healthy choices.

The way foods are prepared can be the difference between healthy and unhealthy options. You may wonder how cooking can change the nutritional quality of food, or maybe you are unsure of how to make healthier changes when it comes to cooking?

Well, lucky it's quite simple! Below are just a few ideas that can take your cooking style from unhealthy to healthy!

Things to consider which guide healthier cooking options

- Bake and/or grill instead of deep-frying
- Use oil sprays instead of 'drizzling' oil
- Use non-stick cookware to avoid adding unwanted extra fat
- Bamboo steamers are an ideal healthy kitchen tool to use when steaming foods!



Equipment	Benefit	Food examples	Cost
Air Fryer 	Cooking in an air fryer compared to using a deep fryer results in less consumption of kilojoules and may turn foods classified as RED into AMBER Most foods can be cooked in 30 minutes or less Fry, Roast, Grill and Bake	Roast Nuts Roast or grill vegetables Roast chicken or pork Chips	Range from \$100-\$400 depending on size and brand Need to consider the size and needs of the specific sporting facility or club Can be purchased from local appliance suppliers
Steamer 	Reduced fat	Corn cobs Dim sims	Ranges between \$15-\$100 depending on type of functions
Small Portable Oven 	Grill and Bake Reduced fat	Bake healthy muffins or slices Healthy pizzas or vegetable focaccias	Ranges between \$80-\$200 depending on type of functions Can be purchased from local appliance suppliers

Axe Creek's 'no barcode agreement'

Even if your facility or club doesn't have a canteen, kiosk or café there are still things you can do to work towards healthy choices. Why not bring fresh fruit, veggie sticks and dip to training or matches? Why not encourage team mates to choose water as their drink of choice instead of sugar sweetened beverages like sports and soft drinks?

What is the 'no barcode' agreement?

The Axe Creek Cricket Club have a 'no barcode' agreement, which means there is an understanding from all club members that the food they provide at training and matches are healthy, with minimal packaging (e.g. fresh fruit, freshly made salads, sandwiches). This doesn't mean healthy foods are the only foods on offer; they still put a sausage sizzle on every now and then, however the difference is they also offer a fresh salad as well!

Why the 'No Barcode' agreement?

The idea to offer healthy food at Axe Creek Cricket Club started when they were invited to join the 'Healthy Sporting Environments Program' by Sports Focus. One of the key elements of the program was healthy eating, which was of interest as the committee understood the importance of being good community role models and offering healthy food to their members, families and spectators. The committee understood that as a club physical activity and healthy eating go hand in hand, it 'just made sense to also offer healthy food!'

How does this work when there's no written policy in place?

Axe Creek Cricket Club members are embracing the no barcode agreement; there is friendly competition between club members, in terms of who brings the best 'no barcode' spread! Social media (particularly Facebook) has fuelled healthy food discussions between club members, with some members posting supermarket 'specials catalogues' onto their Facebook page so members are aware of which fruit and vegetables are on special for that week!



As club members are on board, they have taken it upon themselves to encourage no barcode foods are brought in to share. If someone were to bring sweets like chocolate biscuits, there would be a friendly joke that someone 'brought the Tim Tams!' Talking about what healthy food people have brought for afternoon tea is also a great ice-breaker as many players are nervous about the match, so it can be a good distraction. One way the club keeps the enthusiasm and fun of the agreement alive is to give a 'no barcode' award to the person or family who brings the best 'no barcode' food for the match, the winner even receives a spoon!



The importance of healthy foods during half time

Did you know that offering children healthy snacks during junior sport makes it more likely they will make healthy food choices everyday? A Swinburne University study showed that once coaches began to offer healthy snacks, children began to choose to eat less junk food. Children are easily influenced by the people around them making it extra important for sports clubs to set a good example for healthy food choices.

All players benefit from healthy snacks at half time, not just children.

Some easy half time foods to rehydrate and re fuel the body include,

- Bananas
- Oranges
- Muesli bars

Water should always be on offer and is the only drink required to rehydrate during and after a game.

Guide to a healthy barbecue at your club

A healthy barbecue is a great opportunity to encourage healthy eating in your sports club.

A healthy barbecue is another area where a small change can make a big difference.

Top tips for a healthy barbecue

- Use lean meats and small amounts of cooking oils
skinless chicken, lean meat kebabs, kangaroo and minute steaks
- Increase fibre by using wholegrains, vegetables and fruits
wholegrain breads, rolls, pita bread
- Include fruit, fresh or grilled. Fruit salad is an easy healthy option
fruit salad, grilled pineapple, fresh fruit available
- Add vegetables to the menu
corn, mushrooms, capsicum, onion, zucchini



Funding opportunities

Need some funding to help increase the healthy food and drink options at your Club canteen or kiosk?

The City of Greater Bendigo Community grant Program provides an opportunity for not-for-profit incorporated groups to develop projects that complement areas identified as priorities for the City (like improving access to healthy food and drink options in your club).

Grant programs timeline

- Small grants (up to \$3,000) - open all year
- Medium grants (up to \$10 000) – open July, November, March
- Community Group Essentials grants (up to \$3,000) – open all year
- Social innovation/transformation grants (grant amount yet to be confirmed) – January, 2019

Principles of the grant programs

The grant programs objectives are aligned with the City of Greater Bendigo's Community Plan 2017-2021 vision and goals and/or other local community plan goals.

The City's six key goals (strategic objectives) are:

- Lead and govern for all
- Wellbeing and fairness
- Strengthening the economy
- Presentation and managing growth
- Environmental sustainability
- Embracing our culture and heritage

For more information, please visit www.bendigo.vic.gov.au/Services/Community-and-Care/community-grants

Things to remember

- Small, simple changes are ok and can often have big impacts
- Avoid large serving sizes, smaller is better
- Start by reducing the options of unhealthy or **RED** foods in your club or canteen
- Avoid upsizing or upselling unhealthy or **RED** options in your club and canteen
- Speak with Sports Focus about the support they can provide to your club to help encourage healthy eating
- Children are easily influenced so consider providing healthy options for prizes or rewards such as vouchers to venues that support healthy eating or active





For more information on Healthy Choices and to download the Healthy Choices guidelines visit www.heas.health.vic.gov.au/healthy-choices/getting-started

You will also find the following information for Healthy Choices;

- Healthy Choices Guidelines
- Menu, product, recipe assessments (FoodChecker)
- Training / mentorship
- Case studies
- Healthy vending
- Frequently asked questions

To download a Food service agreement template visit www.heas.health.vic.gov.au/healthy-choices/organisational-policy-and-supplier-contracts/food-service-agreement-template

For any further information or questions please contact the City of Greater Bendigo Active and Healthy Team on 5434 6000.