



HEALTHY EATING

**Tips and hints
for healthy facilities
and sports clubs**

Healthy
LONDON
CAMPASPE



Sporting clubs and community facilities are well-placed to support the health and wellbeing of their local community through physical activity, healthy food and drink options and social connection.

Data from the Active Living Census tells us that the Loddon Campaspe region has high levels of overweight and obesity, low levels of fruit and vegetable consumption and a high intake of sugary drinks and confectionery.

This booklet includes simple tips and hints to help your club or facility provide healthier options for your members, staff, volunteers and the whole community.

We understand that no two sports clubs and community facilities are the same; whether you're a local community hall, a Neighbourhood House, a club with a canteen, providing catering, organising a get-together barbecue, or simply offering snacks and drinks out of an esky we have some hints and tips for you!

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What are the Healthy Choices Guidelines?

Together with physical activity, healthy eating plays an important 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 access healthier foods and drinks.

Benefits of healthy eating:

...for players, participants and customers

- Increases performance of your players/members, including intensity and duration outcomes. Healthy players equal a better team performance!
- Builds lean muscle and maintains bone strength
- Provides the best fuel and nutrient sources to meet demands of training and competition
- Speeds up recovery processes
- Improves hydration and reduces risk of fluid deficiency
- Increases energy levels and decreases risk of fatigue
- Improves mood and overall mental health and wellbeing

...for your club or facility

- Communicates consistent messages about healthy lifestyles to the community
- Creates a family-friendly environment that encourages health for all
- Increases sponsorship and funding opportunities
- Increases market to include those seeking a healthier lifestyle

Making healthy eating easy

The Victorian Government's Healthy Choices guidelines use the traffic light system to classify food and drinks as **GREEN**, **AMBER** or **RED**.

For detail on the Healthy Choices guidelines, visit heas.health.vic.gov.au/healthy-choices/guidelines

GREEN – BEST CHOICE

These foods and drinks are the healthiest choice as they are:

- a good source of nutrients
- low in saturated fat, added sugar and/or salt
- low in energy



AMBER – CHOOSE CAREFULLY

These foods and drinks should be chosen in moderation. They provide some important nutrients but can also:

- be high in saturated fat, added sugar and/or salt
- contain excess energy



RED – LIMIT

These foods and drinks should be limited as they:

- are high in energy, saturated fat, added sugar and/or salt
- lack important nutrients
- can increase the risk of weight gain, obesity and other chronic diseases



Healthy cooking

Kitchen equipment can differ depending on the facilities and equipment available at your club or community facility. No matter what equipment you have, it's often really simple to make small tweaks that help provide a greater range of healthier options.

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	✓
Drizzling oil	✗	Oil sprays or non-stick cookware	✓
Increase price of unhealthy options	✗	Decrease price of healthy options	✓

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.
Sandwich press/grill 	Increased healthy food offerings	Toasted sandwiches Grilled vegetables Lean meat	Ranges between \$50-\$150.

Healthy drinks

Placing healthier drink items at eye level within your fridges is a great way to encourage healthy eating. Check out the example below on how to set-up your drink fridge and examples of common drinks assessed against the traffic light system.

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

AMBER category – choose carefully

- Full-fat plain milk
- Flavoured milk, medium size (350ml-500ml)
- Diet/artificially sweetened drinks including soft drinks, iced teas, sports drinks
- Diet/artificially sweetened energy drinks (250ml or less)
- Fruit juices (>99% juice, no added sugar, 250ml or less)
- Coconut water (no added sugar, >99% coconut water, up to 300kj/ bottle)

RED category – limit

- Soft drinks, sports and energy drinks, cordials
- Flavoured iced teas, waters and mineral waters (with added sugar)
- Fruit drinks
- Fruit juices (with added sugar or over 250ml)
- Flavoured milk, large (500ml or more)
- Coconut water (with added sugar or over 300kj/bottle)

GREEN category – best options

- Water (tap, still, sparkling, soda)
- Flavoured water with natural essence (no added sugar)
- Reduced-fat plain milk
- Reduced-fat flavoured milk, small (up to 300ml)
- Tea/coffee (no added sugar)



Healthy and affordable pre-packaged snacks

GREEN category – best options

- Fresh fruit
- Canned or tubs of fruit in natural juice
- Plain, unsalted nuts and seeds e.g. almonds, cashews
- Wholemeal, high fibre crackers
- Reduced fat cheese and crackers
- Reduced fat yoghurts
- Tuna in springwater
- Up & Go 250ml varieties

AMBER category – choose carefully

- Plain popcorn varieties
- Regular fat cheese and crackers
- Regular fat yoghurts
- Selected muesli bars
- Salted nut varieties
- Dried fruit (e.g. sultanas)
- Vegetables roasted in oil or pickled
- Selected instant noodles
- Some home-made muffins (e.g. apple and oat, banana and cinnamon)
- Tuna lunch kits
- 99% fruit juice icy poles

RED category – limit

- Chocolate bars
- Most pastries, cakes and selected muffins
- Potato chips
- Lollies
- Most icy poles and ice creams

For more **GREEN** and **AMBER** pre-packaged snack options, including where they can be sourced from, visit www.bendigo.vic.gov.au/healthyclubfacilities

Culturally appropriate food options

According to the Active Living Census (2019) almost 12% of residents from the Loddon Campaspe region were born overseas and over 4% of residents are from Non-English speaking backgrounds. Some cultures and religious groups have special dietary practices, and it is important to consider these when planning menus that everyone can enjoy. When organising catering or planning the weekend canteen/barbecue menu, consider your audience and whether you can provide some options that cater for different cultures.

Consider:

- Vegan or vegetarian options
- Halal and Kosher options without pork products or with pork alternatives (e.g. pork-free sausages such as beef, no ham/bacon on pizza)
- Special foods requested by cultural groups
- Kangaroo meat

Tips:

- Offer different eating utensils such as chopsticks or a spoon instead of a knife and fork, if appropriate
- Discuss cultural requirements with your club members to ensure you are catering for their needs





Food allergies and intolerances

Up to 8% of Australian children and 2% of adults have a food allergy. Foods like cow's milk (dairy), eggs, peanuts, tree nuts (e.g. almonds, cashews etc.), sesame and shellfish can cause serious reactions in some people with allergies. About 1% of Australians have coeliac disease, which means they can get very sick after eating foods containing gluten.

It is important that people with food allergies, intolerances or coeliac disease have safe food options.

Tips for catering for food allergies, intolerances or coeliac disease:

- If catering for a particular event, ask attendees if they have dietary requirements and plan ahead of time
- Clearly label kiosk foods to show they are gluten free, or contain allergens
- Get to know your members and understand if any members have food allergies, intolerances or coeliac disease
- Check the labels of packaged foods for allergens
- Use separate chopping boards/knives for high-risk allergen foods such as eggs and nuts
- Great gluten free snack options include fresh fruit salad, sushi rolls, popcorn and veggie sticks with gluten free hummus
- Gluten free bread is accessible at most supermarkets

Tips for putting on a healthy barbecue

A healthy barbecue is a great opportunity to encourage healthy eating in your facility or club. It 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 including vegetables and fruits and wholegrain breads, rolls and pita bread
- Include fruit – fresh or grilled e.g. fruit salad or grilled pineapple
- Add vegetables to the menu – such as corn, mushrooms, capsicum, onion and zucchini
- Offer pork-free meat options to cater to different cultural needs



Healthy sandwiches, wraps and rolls

Having healthy sandwiches, wraps or rolls for sale is a simple way to increase the healthy options within your facility and help meet community demand for healthy options. Making these from scratch is the best option, however if you don't have the preparation space and equipment, you could source these from:

- Local bakeries
- Local cafés
- Local catering businesses
- Subway (avoid the creamy dressings and processed meats)

Tips for making healthy sandwiches, wraps and rolls:

- Choose wholemeal or grain breads as a healthy base, then add your fillings
- Use margarine instead of butter as a healthy base spread
- Use low-fat cheese
- Use lean meats or skinless poultry
- Use low fat dressings/mayonnaise



Healthy meat-based filling ideas:

- Roasted skinless chicken and coleslaw with a low-fat dressing
- Roasted skinless chicken, cucumber, lettuce and low-fat tzatziki or avocado
- Tuna (in spring water), salad, and low-fat cheese
- Roast beef, salad (lettuce, tomato, grated carrot, cucumber) and mustard
- Turkey, spinach, tomato and low-fat mayonnaise
- Roasted skinless chicken with pesto and char-grilled capsicum
- Salmon in spring water, spinach, avocado, tomato and low-fat cheese
- Lean ham, low-fat cheese and tomato



Healthy vegetarian filling ideas:

- Mashed hard-boiled egg, salad and low-fat mayonnaise
- Low-fat cheese, salad and hummus
- Avocado, lettuce, tomato, carrot, low-fat cheese
- Low-fat cheese, avocado and lettuce
- Low-fat cheese and vegemite



Healthy toasty ideas:

- Avocado, skinless chicken, spinach leaves and tomato
- Avocado, skinless chicken and low-fat cheese
- Avocado, tuna (in springwater), low-fat cheese and tomato
- Lean roast beef, baby spinach leaves, low-fat cheese and fruit chutney
- Low-fat cheese and tomato
- Avocado, baby spinach leaves, tomato and low-fat cheese
- Margarine, lean ham, low-fat cheese and tomato

For ideas, visit heas.health.vic.gov.au/schools/food-and-drink-ideas/healthy-sandwich-ideas



The importance of healthy foods during half time in sport

Did you know that offering children healthy snacks during junior sport supports them to make healthy food choices every day? 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 and drink choices. All players benefit from healthy snacks at half time, not just children.

Some easy half time foods to rehydrate and refuel the body include:

- Bananas
- Oranges
- Watermelon
- Muesli bars

See the full list at www.bendigo.vic.gov.au/healthyclubfacilities

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



Healthy recipe ideas

Healthy morning and afternoon tea ideas:

- Fresh fruit platter
- Muesli, fruit and yoghurt cups
- Home-made scones
- Vegetable-based dips and vegetable sticks/crackers
- Cheese, fruit and cracker board
- Healthier muffin and slices



Healthy lunch ideas:

- Soup and bread/roll
- Salad sandwich/wrap/roll
- Toasted sandwiches
- Single serve meals (e.g. salads, pastas)



Healthy dinner ideas:

- Beef lasagne and salad
- Roast meat with vegetables
- Grilled chicken burger
- Roast beef gravy roll with coleslaw
- Soup and bread/roll
- Pasta
- Frittata



For more tips and recipes visit livelighter.com.au/recipe or www.vickidseatwell.health.vic.gov.au/resources

Healthy fundraising, sponsorship and giveaways

Children are easily influenced so consider providing rewards such as vouchers to venues that support healthy eating or active lifestyles. It is important to avoid using alcohol and unhealthy food and drink products as prizes, gifts, giveaways or vouchers. Also think about whether prizes or giveaways are culturally appropriate, especially if they include meat trays or food packs.



Healthy prize ideas

- Fruit and vegetable basket
- Healthy meat tray (lean meat, skewers, skinless chicken)
- Veggie barbecue pack (falafel burgers, vegetarian patties, vegetable skewers)
- Cooking equipment
- Sporting equipment
- Vouchers to sport and recreation facilities (e.g. local sports, aquatic and play centres)

Healthy fundraising ideas

- Healthy barbeque
- Savoury snack pack (e.g. dried fruits, nuts, trail mixes)
- Healthy food raffle
- Selling vegetable seedlings
- Healthy food at fundraising events like trivia nights
- Smoothie/soup/toasted sandwich fundraiser
- Raffle for a voucher to go to fun facilities for kids (e.g. local play and activity centres, pools or trampoline parks)
- Selling club/organisation merchandise (e.g. drink bottles, t-shirts etc.)

Healthy sponsorship ideas

- Community Farmers Market
- Local fruit/vegetable growers
- Other local food businesses such as bakeries, butchers, supermarkets etc.
- Brands associated with healthier food and drink options
- Coliban Water
- Non-food/drink businesses e.g. sporting stores, furniture stores, banks

Marketing and display tips

We know one of the main barriers to offering healthier food and drink options is the fear of profit loss. However, using simple marketing techniques that ensure healthier food and drink items are easy to see, are at a reasonable price and are actively promoted, are a great way to encourage customer demand. Try the tips below to get you started:

Product

- Ensure healthier products make up a larger portion of the menu than unhealthy options
- If offering unhealthy food and drinks, supply the smallest size available
- Ensure your healthy items on display look fresh, colourful and appealing
- Label your items clearly and try using creative names to generate interest
- Offer a variety of healthy items – for example, offer fruit salad cups, instead of whole fruit in a bowl
- Look at the size of your menu and consider offering a smaller range using your popular items, rather than a large menu with many items that do not sell well

Pricing

- Increase the price of unhealthy food and drinks to subsidise a decrease in price of healthy food and drinks
- Provide discounted healthy meal deals or specials (e.g. sandwich plus water)
- Ensure you have healthy options available at a variety of price points, as some customers might only have a few dollars to spend

Place

- Place healthy food and drinks in prominent areas, such as at the register, main entrance, and eye level on shelves in the fridge.
- Place unhealthy food and drinks out of sight such as behind the counter.
- Cover unhealthy drinks using a poster on the outside of the fridge.



Promotion

- Promote healthy food and drinks items
- Promote healthier food and drink brands
- Display posters/signage promoting healthier options
- Advertise new healthier options in newsletters or on social media
- Offer free taste-tests to encourage people to try new healthier options
- Offer meal deals and specials for healthier options (e.g. salad roll and water for \$6)
- Mark items on sale if they are not selling well or are getting close to their use-by date/end of the day

These tips are adapted from the *VicHealth Water in Sport – Toolkit for creating healthy food and drink environments in community food retail outlets* and *Vic Kids Eat Well – Maintaining a healthy and profitable canteen resource*.

Sustainability tips

Food packaging and waste

Avoiding the amount of food that is wasted (i.e. at the end of a sporting match or for a catered event) can reduce the amount of food waste and help to reduce costs to your club or facility.

It is important that clubs and facilities do not use food packaging that is not able to be recycled i.e. single-use plastic (such as cling wrap). Encourage food products to be served using reusable, recyclable or compostable packaging.

Recyclable packaging:

- Paper cardboard products
- Paper cardboard plates, bowls, boxes, bags (avoid shiny waxy products as they are unable to be recycled due to thin plastic lining)
- All these items can be purchased locally in supermarkets

Reusable packaging:

- Encourage reusable containers. Try the Retub or Returnr program
- Sign up for Green Caffein program provided by the City of Greater Bendigo at no cost
- Encourage BYO containers, reusable bags, water bottles, coffee cups etc.
- Purchase reusable straws, plates, cups, bowls from supermarkets (Kmart, Coles or Woolworths)

Compostable packaging:

- Raw cardboard boxes
- Products lined with bioplastic lining made from plants (such as compostable coffee cups, chip boxes etc) and products made from sugarcane, bamboo, wood, and corn-starch
- 100% compostable products can be purchased from BioPak

Green Organics and Food Organics and Green Organics (FOGO)

If you have access to the Green Organics or FOGO programs at your local Council, we encourage you to use it for all of your food and garden waste.

Supporting local

Buying locally direct from farms or accredited farmers markets provides fresh, nutritious produce for your customers, supports local growers and minimises emissions associated with food transport. Have you tried sourcing fresh seasonal produce from your local community garden or supplier/distributor?



Availability of free drinking water

It's important to provide free drinking water to all members of our community. This could include:

- Providing water upon request (e.g. in canteens, kiosks or cafes)
- Having a drinking water fountain on site
- Offering free water at catered events
- Always offering water when alcohol is provided at events and functions
- Providing information about the importance of water vs sports drinks to families, players and coaches
- Displaying posters encouraging water as the drink of choice
- Having coaches and team managers encourage water at training and games
- Encouraging players to bring refillable water bottles to games and training
- Offering water as the only drink available as part of meal deals in the canteen
- Pricing water competitively with other drinks (e.g. sell water at \$2 and soft drinks at \$3)

For more information about promoting water in sports clubs and community facilities, visit www.vickidseatwell.health.vic.gov.au



Case study

Healthy Sports Club project at Kangaroo Flat Football Netball Club

In 2022, Kangaroo Flat Football Netball Club, with the help of Healthy Loddon Campaspe, increased the healthy food and drinks offered in their club canteen. This involved adding a greater variety of freshly made salad sandwiches, rolls and wraps, freshly made soups, whole pieces of fruit and fruit salad; as well as sparkling water and no sugar soft-drinks.



They even got creative and added coleslaw to the canteens standard roast beef and gravy roll and promoted it as a daily special for their home-games. This was a great hit with spectators and players with over 30+ rolls being sold at home games.

The club was able to make these changes through the dedicated support from their canteen manager and club volunteers purchasing, preparing and ensuring fresh healthy food options were available to be sold at their home games.

The club will continue to ensure healthy food and drinks are available in the canteen moving forward especially as they've noticed a demand for fresh healthy options from spectators and players; so they like to ensure they prepare enough fresh options for their home games!

With healthy food options available to players and community, Kangaroo Flat Football Netball Club can be proud to be leading the way and contributing to a healthy community.

Things to remember

- Small, simple changes are okay 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
- Children are easily influenced so consider providing healthy options for prizes or rewards such as vouchers to venues that support healthy eating or physical activity
- Ensure there is always free drinking water available
- Consider the cultural needs of your community and including some culturally appropriate menu options
- Ensure your club/facility is handling food appropriately by following food safety recommendations and registering as a food business
- Speak with your local support organisation to assist your facility or club to make healthier changes:
 - Your local Council:
 - Campaspe Shire** – 1300 666 535
 - Central Goldfields Shire** – (03) 5461 0610
 - City of Greater Bendigo** – 1300 002 642 and ask to speak with the Active and Healthy Communities Unit
 - Loddon Shire** – (03) 5494 1200
 - Macedon Ranges Shire** – (03) 5422 0333
 - Mount Alexander Shire** – (03) 5471 1700
 - Sports Focus – (03) 5442 3101
 - Bendigo Community Health Services – (03) 5406 1200
 - Healthy Loddon Campaspe – hlc@bendigo.vic.gov.au
 - Healthy Eating Advisory Service – 1300 22 52 88

For further information and resources, please visit:

- Vic Kids Eat Well – www.vickidseatwell.health.vic.gov.au
- Healthy Eating Advisory Service – heas.health.vic.gov.au
- City of Greater Bendigo – www.bendigo.vic.gov.au



