



healthier
NETBALLERS



RESOURCE FILE





**Netball is
a team sport.**
Be the best team
member you can be



**Drink
plenty of
water**
to stay
hydrated



**Warm up
and cool
down**
to assist your
recovery

**HELPING
YOU TO BE A
HEALTHIER
NETBALLER**



Eat well
before, during and
after games to
keep you energy
levels up



Be your best
on and off the
court. Be smarter
than smoking



CONTENTS PAGE

Fuel to Go & Play Background Information.....	4
About this Kit.....	4
About the Partnership.....	5
Campaign Background.....	5
Key Messages.....	6
The Facts.....	7
Current Campaign Materials.....	9
Fuel to Go & Play Style Guide.....	9
Social Media Posts.....	10
Posters.....	11
Information Sheets.....	12
Fuel to Go & Play Healthier Netballers – Army of Educators.....	13
What is the Healthier Netballers Initiative.....	13
Who are the Army of Educators.....	14
What is Your Role?.....	15
Healthier Netballers Materials.....	16
Resources.....	16
Tips for integration.....	17
Social Media Tips.....	17
Training Drills.....	18
West Australian Netball League.....	19
WANL and LiveLighter.....	19
Eat Brighter LiveLighter Ambassadors.....	20
LiveLighter Resources.....	21
Fuel to Go & Play Program for Canteens.....	22
Information Sheets.....	22
Online Education.....	23
Contacts.....	25
My Ideas.....	26
Miscellaneous.....	27



FUEL TO GO & PLAY BACKGROUND INFORMATION

ABOUT THIS KIT

AS A KEY PLAYER IN THE WORLD OF NETBALL YOU MAY WISH TO USE ONE OR ALL OF THE SUPPLIED MATERIALS AND STRATEGIES TO IMPROVE THE HEALTH OF YOUR ATHLETES.

You are in the best position to determine which activities will work best in your region. If you need any further assistance, your peak body and Healthway are happy to offer assistance and support as needed.





ABOUT THE PARTNERSHIP

Netball WA is the governing body for Netball in Western Australia and delivers a range of programs, competitions and pathways annually that provide opportunities for young people to participate in the sport and ultimately adopt a healthy lifestyle.

Healthway's partnership with Netball WA provides substantial opportunities to raise awareness as well as change attitudes and behaviours around healthy eating both in a sporting environment and in everyday life of the athletes that participate. Aligned to the Fuel to Go & Play campaign, the Netball WA partnership supports a comprehensive tiered approach that includes promotional opportunities to extend the message, opportunities to build capacity within the community at state, regional, association and club level to educate and encourage healthy eating and creating an environment where making the healthier choice is encouraged and easy.

CAMPAIGN BACKGROUND

The Fuel to Go & Play program advocates for community venues to offer a healthy, safe space for all members of the community. This includes offering healthy food and drink choices, supporting an active lifestyle, providing a smoke-free venue and being proactive in reducing harm from alcohol and other drugs. Fuel to Go & Play can support your venue to offer healthier food and drinks.

Fuel to Go & Play aims to create healthier food environments in community venues e.g. sport, recreation, entertainment venues and play centres. Fuel to Go & Play includes a range of activities and support for community venues to help them offer a healthier food service.

Whilst Fuel to Go & Play is primarily a program that works with groups to physically improve the environments they provide for the community, together with Healthway they have developed a range of key messages to encourage everyone to adopt a healthy lifestyle.



KEY MESSAGES



EAT WELL

Eat well prior, during and post training and games to keep up your energy



DRINK

Drink plenty of water to stay hydrated



WARM UP & COOL DOWN

Warm up & cool down to assist your recovery



NETBALL IS A TEAM SPORT

Remember netball is a team sport, be the best team member you can be



BE YOUR BEST

Be your best on and off the court





THE FACTS

WHY IS THIS MESSAGE IMPORTANT?

Communities and their venues have a corporate social responsibility to provide an environment that supports and promotes healthy choices.

- Promoting healthy eating is everyone's business
- Creating a healthy food service makes the healthy choice the easy choice
- Normalises healthy eating
- Provides a strong link between healthy eating and being active.

In partnership, if we:

- Create an environment that supports healthy eating; and
- Educate our community on why it is important to eat healthy

We are playing our part in creating a healthier community.







CURRENT CAMPAIGN MATERIALS

FUEL TO GO & PLAY STYLE GUIDE

Once permission has been granted, the following style guide must be utilised to develop content. The logo is available in colour, black or white; long and circle graphic; and in various formats to suit your needs e.g. printing, embroidery etc.

PRIMARY COLOUR PALETTE

GREEN

C 36 M 0 Y 95 K 0
R 174 G 209 B 65
#aed141

ORANGE

C 0 M 78 Y 90 K 0
R 243 G 93 B 45
#f35d2d

GREY

C 50 M 41 Y 41 K 5
R 132 G 133 B 134
#848586

AVAILABLE LOGOS

Full Colour Logo



Single Colour Logo



SIZE AND PROPORTION

The logo must be a minimum of 20mm in height, or 10% of the height of the documents, whichever is greater. The logo must not be cropped, covered up or distorted in any way.

The logo must be utilised in the correct proportions and must not be stretched or compressed in any way.





CURRENT CAMPAIGN MATERIALS

SOCIAL MEDIA POSTS

Facebook asset examples



Instagram asset examples



Twitter asset examples



Visit fueltogether.com.au/social-media-tiles/ to download pictures.



CURRENT CAMPAIGN MATERIALS

POSTERS



Visit fueltogo.com.au/posters/ to download pictures.



CURRENT CAMPAIGN MATERIALS

INFORMATION SHEETS

Tips for coaches and team managers

Tips for coaches and team managers

Everyone involved in community venues has an important role to play. From food service operators, parents and anglers, to coaches and team managers, all key players can be a positive role model and display healthy behaviours.

It's important that key players are on the same team when it comes to health and promote consistent messages within the community venue. Consider the following tips during training, on game days, and special events such as carnivals, road trips and camps.

Coaches and team managers

In community venues (e.g. sports clubs), coaches and team managers fulfil a range of roles. From coordinating timetables, managing teams at training and game days as well as being responsible for participants' welfare, their role is diverse.

Promoting and supporting participants to consume healthier food and drink choices is important to support general health and help maximise athletic and team performance.

Training and game day

Coaches and team managers should promote healthy snacks and meals before, during and after training and events. For example:

- Encourage water as the best choice to stay hydrated
- Ensure water is available at all times during training, games and events
- Avoid providing unhealthy food or drink vouchers as rewards. Alternatives include movie tickets, sport store vouchers, or vouchers for healthy canteen meal deals.





Page 1 fueltogo.com.au

Valuing volunteers in community venues

Valuing volunteers in community venues

Volunteers are your community venue's most precious resource and can help you run a successful food service. This resource aims to help you recruit, welcome, train, retain, recognise and reward volunteers.

Recruiting volunteers

When searching for volunteers keep in mind the different social, ethnic and educational backgrounds of your community. Not everyone who volunteers is going to be able or willing to carry out every task. Try to achieve a good mix of volunteers and a wide range of jobs.

Recruiting volunteers

Parents and carers, grandparents, siblings, aunts, uncles and friends. Also try looking outside your community venues current group, ex-club members or ex-players may be keen to be involved. Also, anyone who lives in the local area may be willing to help. Some local councils operate 'volunteer resource centres' - part of their role is to match willing volunteers with suitable opportunities. They do the hard work for you!



Note: volunteers who have access to children, may be required to have a Working with Children's Check.

Tips for securing volunteers

Advertising

- Place a flyer on the counter of your food service, or print flyers to be handed out with food and drink purchases.
- Tip: pre-placing these in paper serving bags is a great job for volunteers
- Place an invitation for volunteers in the club's newsletter, website or social media pages. This is a very effective method of raising awareness of the food service's need for volunteers to a large audience.
- Use the local community newspaper
- Advertise for volunteers on [Volunteering WA's portal](http://VolunteeringWA's portal).

95% of volunteers say that volunteering is related to feelings of wellbeing*

Page 1 fueltogo.com.au

Guide to party menu aplaning

Guide to party menu planning

Children's parties are lots of fun! Community venues provide a fantastic environment for kids to celebrate special occasions.

Parents often choose recreation centres, entertainment venues and playcentres to host parties as there is usually lots of space to run around and best of all - no mess to clean up at home.

Community venues also provide an opportunity for children to:

- play and interact with other kids in a safe environment
- try new and exciting foods; they will often try new foods that they see their friends eating.

Children are influenced by the environment around them. For example, the food and drinks that are offered at a party can become associated with fun!

For these reasons, the party menu offered by community venues can have a huge impact on the food preferences (and the health) of party goers! This fact sheet provides some tips on how to make some classic party favourites both super tasty and healthy!

Party drinks

Water is the best choice. It contributes no excess energy or sugar; won't damage children's teeth and keeps them hydrated when running around playing.

Some other options include:

- Sparkling water
- Make punch
- Sparkling water, fresh fruit (e.g. berries, watermelon, pineapple) and ice
- serve in large jugs, a water dispenser or small individual cups
- Smoothies
 - reduced fat milk, yoghurt, seasonal fruit and ice
 - serve in small cups with paper straws
- Juice - 99% fruit juice or fruit juice based slushies. There are a range of varieties in the Star Choice™ Buyer's Guide*.





Page 1 fueltogo.com.au

Visit fueltogo.com.au/fact-sheets/ for more information on setting up a healthy environment.





FUEL TO GO & PLAY HEALTHIER NETBALLERS - ARMY OF EDUCATORS

WHAT IS THE HEALTHIER NETBALLERS INITIATIVE?

Fuel to Go & Play (FTGAP) Healthier Netballers Initiative was developed to present a holistic message of what it means to be 'healthy' both on and off the court.

The objectives of this initiative:

- Increase awareness of what it means to be a 'healthier netballer'
- Identify educational opportunities through netball development programs
- Facilitate changes within the netball environments you work

OUR AIM IS TO CREATE BEHAVIOUR CHANGE WHICH LEADS TO A HEALTHIER WA.

How do we achieve this?

- **PROMOTION** - of these healthier netballer messages to your members (players, coaches, umpires, volunteers, parents), to staff and as a consequence to the general public that may come into contact with your programs.
- **EDUCATION** - identifying programs that you can integrate these healthier netballer messages into; this provides an opportunity to genuinely have an effect on the people you work with. It isn't about mentioning the brand, but integrating the messages in a way that people will want to listen and can easily understand.
- **ENVIRONMENTAL CHANGE** - if we continue to mention these 'health priorities', the members in your communities will hopefully understand that there is an opportunity to influence through simple and effective changes that can influence people to make healthier choices.

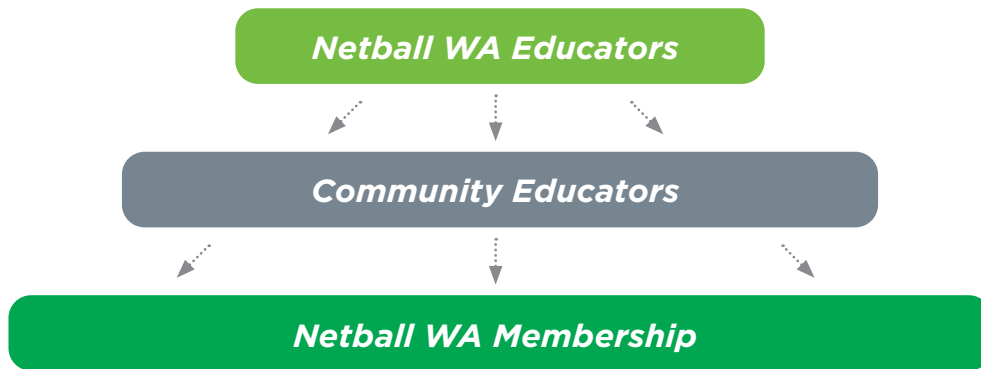




FUEL TO GO & PLAY HEALTHIER NETBALLERS - ARMY OF EDUCATORS

WHO ARE THE ARMY OF EDUCATORS?

Our Army:



Netball WA working closely with Healthway develop strategies, messages and processes to educate the Netball WA community as a whole on the FTGAP Healthier Netballer initiative.





WHAT IS YOUR ROLE?

- Use the information in this resource to up-skill the players, coaches, team managers and volunteers you work with



EDUCATING



CONTEXT AND UNDERSTANDING

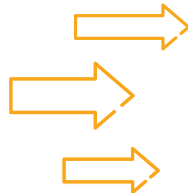


HEALTHY BALANCE

- Provide feedback to Netball WA and Healthway of how this message is received, what it is like at grassroots levels and what changes are happening. Constructive feedback is welcomed to help us improve the resources and messaging we provide.



PLAYERS, FAMILIES,
COACHES AND OFFICIALS



NETBALL WA

- Create your own initiatives to educate your community



CREATE STRATEGIES THAT WORK BEST FOR YOUR COMMUNITY



RESOURCES

FTGAP is primarily a program to provide education and resources to venues providing food and drinks to the community (on-site canteens, cafés, kiosk, coffee shops or food vans, portable BBQ's, vending machines).

INFORMATION SHEETS

DRINK WATER TO STAY HYDRATED



BEFORE A GAME

- Begin hydrating with water at the start of the day.
- Sip "mouthfuls of water often" throughout the day.
- Drink fluid with meals and snacks on training days and before games. This takes advantage of the electrolytes in food to ensure the water is better retained by the body, promoting optimal hydration.
- The volume of fluid needed is different for every individual. As a rough guide you should drink often until not thirsty.

AFTER THE GAME

- After exercise, rest and rehydrate with water.
- Continue fluid intake during the hours post-exercise, along with appropriate food intake.
- Suitable fluids for recovery include water, clear or flavoured milk, smoothies, or soup to provide electrolytes, carbohydrates and protein.

DURING A GAME

- Schedule water breaks during training and games to allow for regular hydration.
- Drink according to your thirst, this will be a sign for maintaining your hydration.
- During hot days, water should be kept cool to encourage greater intake and can actually heat the body if too cool.

AVOID CARBOHYDRATE DRINKS (INCLUDING SFT DRINKS) BEFORE, DURING AND IMMEDIATELY AFTER EXERCISE AS THEY CAN INHIBIT THE THIRST AND REDUCE THE DESIRE TO DRINK.



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

SIMPLE MUFFINS

INGREDIENTS

- ▲ Olive or canola oil spray
- ▲ 1 cup self-raising flour
- ▲ 1/2 cup wholemeal self-raising flour
- ▲ 1/4 cup sugar
- ▲ 200 g low-fat natural yoghurt
- ▲ 2 tbs canola oil
- ▲ 1 egg

Mix-ins- choose from the list below or create your own!

METHOD

- Preheat oven to 200°C. Lightly grease a 12-hole muffin tray with oil spray.
- Mix the flours and sugar together in a large bowl.
- In a separate bowl, mix the yoghurt, oil, egg and mix-ins.
- Add this wet mixture to the flour and sugar mixture and stir until just combined. Be careful not to over-mix.
- Spoon into muffin tray and bake for 20-25 minutes, until lightly golden and a skewer inserted into the middle comes out clean.

VARIATIONS

- ▲ Banana-rama: 2 mashed bananas + 1/4 cup rolled oats
- ▲ Coco Jumbo: 1 small can crushed pineapple (drained) + 2-3 tbs desiccated coconut
- ▲ Apple-y ever after: 1 grated apple (skin on) + 1 tsp cinnamon + 1 tsp vanilla essence

TIP
Wrap muffins individually and freeze for a lunch box snack!



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

MINI PHILLY FRITTATAS

INGREDIENTS

- ▲ 250g softened light Philadelphia cream cheese
- ▲ 1 small red onion, finely chopped
- ▲ 60g baby spinach leaves, finely chopped
- ▲ 60g low fat ham, finely chopped
- ▲ 2 tablespoons plain flour
- ▲ 2 eggs, beaten
- ▲ 12 semi-sundried tomatoes (or sliced fresh tomatoes)
- ▲ 1 tablespoon parmesan cheese

METHOD

- Preheat oven to 180°C.
- Combine cream cheese, onion, spinach, ham and flour in a bowl, mix well.
- In a separate bowl beat the eggs. Add eggs to cream cheese mixture.
- Spoon into a non-stick muffin pan.
- Top each muffin with a semi-sundried tomato and lightly sprinkle with parmesan cheese.
- Bake for approximately 20-25 minutes or until set.



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

RASPBERRY & APPLE BARS

INGREDIENTS

- ▲ 75g polyunsaturated margarine
- ▲ 175g caster sugar
- ▲ 3 eggs
- ▲ 1 teaspoon vanilla extract
- ▲ 175g self-raising flour, sifted
- ▲ 4 medium apples, grated
- ▲ 200g fresh or frozen raspberries

METHOD

- Preheat oven to 180°C, grease a 38 x 28 x 2.5cm baking tin.
- Mix margarine and sugar in a large bowl until it resembles fine breadcrumbs, beat in eggs and vanilla until combined.
- Beat in flour then add grated apple.
- Pour mixture into prepared pan. Push the raspberries into the mixture evenly spaced around the tin.
- Bake for 25 minutes or until golden brown.
- Cool in tin then cut into even squares to ensure there is a raspberry per square.



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

MEATBALL SUB

INGREDIENTS

- ▲ 500g lean beef mince
- ▲ 1/2 cup carrot, grated
- ▲ 1/2 cup zucchini, grated
- ▲ 1 spring onion, finely sliced
- ▲ 250g jar passata or raguetto pasta sauce (if not using home made sauce)
- ▲ 1/8 teaspoon onion flakes
- ▲ 1/2 teaspoon dried mixed herbs
- ▲ 1/2 cups panko or fresh breadcrumbs
- ▲ 1/8 teaspoon vegeta or reduced salt vegetable stock powder
- ▲ wholemeal bread rolls

METHOD

- Heat oven to 180°C, line a baking tray with greaseproof paper.
- Combine all ingredients, except breadcrumbs, pasta sauce and rolls in a large bowl, mix well.
- Roll mixture into 20g balls. Roll balls in breadcrumbs, then place on oven tray.
- Bake in oven for 20-25 minutes or until cooked through.
- Heat sauce in a large frypan, add balls to sauce.
- Place 5 balls in a bread roll, wrap in greaseproof paper and foil.

TIP
Top up the bread roll with onion lettuce, tomato and cucumber to reach your daily salad intake.



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

VEGETABLE SLICE

INGREDIENTS

- ▲ 1 packet (approximately 300g) of frozen spinach (defrost and squeeze out most of the moisture before adding to the recipe)
- ▲ 1 1/2 cups wholemeal self-raising flour
- ▲ 1/2 cup polyunsaturated oil
- ▲ 1 cup of reduced fat yoghurt
- ▲ 2 cups mixed frozen vegetables
- ▲ 2 teaspoons grated ginger (optional)
- ▲ 2 large cloves garlic, crushed (optional)
- ▲ 1 teaspoon sweet chili sauce (optional)
- ▲ 1 cup sesame seeds

METHOD

- Preheat oven to 180°C.
- Line a 2 litre baking tray with grease proof paper or spray lightly with canola oil.
- Mix all ingredients together and transfer to baking tray.
- Sprinkle with sesame seeds.
- Bake for approximately 30 minutes or until golden. Do not overcook as the edges will become very dry.
- Cut the slice into 8 squares for serving.



Recipe provided by www.healthschoolcanteens.org.au/recipes/venue-resources

Information provided by the Church and Sp. Program run by Cancer Council WA.

These resources are available on the USB provided. Alternatively if you would like printed copies, please email Netball WA to make a request.



TIPS FOR INTEGRATION

SOCIAL MEDIA TIPS



FACEBOOK FIRST

94% of Australians are on Facebook. Yes, even your grandma.



VISUAL POSTS

Posts with visual content (images or video) get up to 85% more engagement than simple text posts.



HUMAN STORYTELLING

People attract people. It is important to humanise your community group and show the real stories behind your organisation.



USER GENERATED CONTENT

Nowadays, content is being produced by everyone - customers and your members are the main content creators, not you.





TIPS FOR INTEGRATION

TRAINING DRILLS

One of the best ways to talk to kids about healthy eating is while they are distracted by other activities. Netball training is a perfect time to integrate messages and educate players on why it is important to eat healthy.

How can you integrate the messages into training?



- **During the warm up, ask the players what they had to eat and drink before they came to training. This opens up a number of topics to discuss:**

- If they didn't have anything, why not? Do they know that food will give them energy to perform better at training?
- If they had junk food, do they know that it only provides a quick energy fix, and before they finish the warm up they will probably be hungry again, as well as not be able to perform to the best of their ability.
- Ask what healthier alternatives they could have next time.
- Ask when/how long before training should they eat.



- **Integrate the messaging during drills**

- If you are using cones, ask players to name fruits and vegetables that are the same colour as the cones. Ask them to name recipes including these items. Ask them to explain the taste.



- **Have quiz questions to use throughout training - if the team doesn't get the question right, they cannot finish the drill/they have to go for a run.**



- **For younger players, if you are creating drills that require teams, get them to name their teams after fruits and vegetables**



- **If you have long training sessions, incorporate a snack break and ask the players to bring a healthy snack. Discuss and compare snacks.**



- **During the cool down, get players to discuss what they are going to eat after training.**

- Talk about the importance of replenishing their body with the right 'fuels'
- Discuss the importance of eating right before and on game day
- Create a competition for players to cook a healthy recipe after training - winner gets to do less laps next week.



- **Ask the players to create a meal plan together - not only good to get players eating healthy, but also a great team building exercise.**



WEST AUSTRALIAN NETBALL LEAGUE

WANL AND LIVELIGHTER

THE CAMPAIGN

67% of Australian adults are currently overweight or obese, bringing the risk of chronic diseases such as heart disease, type 2 diabetes and 12 types of cancers closer - along with a range of other health problems.

LiveLighter is a program developed in Western Australia which aims to encourage Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active.

KEY MESSAGES

Key messages to be promoted through the WANL competition and teams include:

- Junk foods are loaded with sugar, salt, saturated and trans fat while being low in fruit, vegetables, fibre and wholegrains. Avoid junk foods by switching to healthy meals and snacks and making sure you aim for 2 fruit and 5 veg every day.
- It's easy to forget that we take in energy (kilojoules) through drinks as well as food. You can drink a lot of energy without realising it. Avoid sugary drinks by switching to water instead and start to LiveLighter® today.
- Eating plenty of fruit and veg not only keeps you healthy but also protects you against disease. It can also help you maintain a healthy weight and keep you regular. Go for 2 fruit and 5 veg and start to Eat Brighter, LiveLighter® today.
- In between meals it's easy to be tempted by quick and unhealthy snacks. Whether it's because you're hungry, bored or stressed, it can spoil your efforts to maintain a healthy weight. Choose healthier snacks and start to LiveLighter® today.
- To achieve or maintain a healthy weight, you need to make sure you're eating the right amount of food. Watch your portion size and start to LiveLighter® today.



WEST AUSTRALIAN NETBALL LEAGUE

EAT BRIGHTER LIVELIGHTER AMBASSADORS

HEALTHWAY HAVE PARTNERED WITH THE WEST COAST FEVER AND WANL TEAMS TO PROMOTE THE LIVELIGHTER MESSAGE.

Partnering with elite sporting teams and by extension their athletes, provides an opportunity to create a genuine connection with your audience. In the case of Netball WA, your audience, the players you coach and interact with, aspire to be like the WANL players and further one day dream of being the next Courtney Bruce. Therefore, when they have an opportunity to talk and interact with these players, it is more likely they will listen to what they have to say.

Each team represented within the WANL have nominated a player to be an ambassador for the LiveLighter campaign. These players are available to make appearances on behalf of Healthway to assist you in promoting the key messages the LiveLighter campaign.

Throughout the year Healthway will supply you with resources (posters and social media posts) that include these WANL ambassadors. In addition, upon request, these players can attend* training sessions or netball events to support you in promoting the messages through netball. We encourage you to be creative in how you engage these ambassadors with your netball community.

Should you wish to request a player appearance, please contact Netball WA.

*Best efforts will be made to ensure players can attend when requested, however availability may sometimes be limited due to work, study or playing commitments.





LIVELIGHTER RESOURCES

There are plenty of educational resources available on the LiveLighter website to help adults and families improve their fruit and vegetable intake. Resources include:

- Meal plans
- Fruit & Veg Quiz
- Lunch builder guide
- Nutritional information
- Recipe booklets and a long list of individual recipes
- Shopping guides
- Fact sheets and infographics

Visit livelighter.com.au to download these resources.

<https://livelighter.com.au/Tools-and-Resources/Resources>

ULTIMATE BBQ RECIPES

Healthy and delicious recipes for the ultimate Aussie BBQ spread.

Government of Western Australia Department of Health | Cancer Council WA | LIVELIGHTER

CHOOSE MOST	CHOOSE SOME	ADD A LITTLE
FRUIT AND VEG Have these raw, cooked or canned and choose a variety of colours and textures.	BREADS, CEREALS AND GRAINS Wholegrain, wholemeal and highfibre varieties are the best choice. MEAT AND MEAT ALTERNATIVES Choose lean and low-fat options. Remember that there should be more veg than meat in your meal.	ADD A LITTLE TASTY BITS Choose a few to add zing, yum and crunch to your lunch!

* Use sparingly as these ingredients are high in salt, fat and/or sugar.

WHAT IS HEALTHY EATING?

Eating well means eating a wide variety of foods, mostly from the 5 core food groups. Visit eatforhealth.com.au for more information.

Foods from plants (vegetables, legumes, fruits, grains and cereals) are usually the cheapest. We need to eat plenty of these to keep our bodies strong and healthy.

5 CORE FOOD FROM PLANTS - \$2.8 PER KG

5 CORE FOOD FROM ANIMALS - \$5-20 PER KG

EAT AT LEAST 100g PER DAY

Foods from animals (like meat, fish, eggs and dairy) and alternatives (like nuts, soy milk and tofu) are a bit more expensive and we need a bit less of them in our diet.

livelighter.com.au

FACTS ABOUT PHYSICAL ACTIVITY

1 IN 2 Australians do enough moderate or vigorous intensity physical activity for good health.

MOVEMENT IS THE BEST MEDICINE
Being more active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.

TO STAY HEALTHY, DO STRENGTH EXERCISES ON AT LEAST 2 DAYS EACH WEEK
Cardio, tennis, golfing, yoga, pilates and weights all count.

BOUNCE, PASS AND THROW!
People who participate in games and organised recreational activities enjoy better mental health, are more alert, and less stressed.

GET MOVING AFTER MEALS
Doing light intensity activity like walking after you eat improves blood sugar control.

WATCHING OVER 5 HOURS OF TV EACH DAY
The more intense your activity, the greater the benefits!

GET ON THE HEALTH TRAIN
Using public transport can boost your physical activity level by around 12 to 15 minutes per day, which is almost half way to meeting the minimum level recommended for good health!

DID YOU KNOW?
Climbing stairs is a similar intensity to cycling or jogging, which uses around eight times the amount of energy the body uses when resting.

For good health, each week aim for:
2h30min-5h of moderate physical activity OR 1h15min-2h30min of vigorous physical activity OR an equivalent combination of both. The more intense your activity, the greater the benefits!

SIT LESS 44%
of Australian adults spend most of their day sitting. Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible.

For more information, visit www.livelighter.com.au

3-2-1 MEAL PLAN

Do you want to eat better but don't know where to start? Our dietitians have designed a meal plan that balances the food groups:

3 + **2** + **1** = Simple!
 Vegies + Grains + Protein

What is the 3-2-1 meal plan?
A FREE weekly meal plan that provides you with tasty recipes and a simple guide to creating nutritious meals. You can customise your plan based on:
 ▲ The food you like and have in your pantry
 ▲ Special dietary requirements or allergies
 ▲ How many people you're cooking for

How can a meal plan help?
 ▲ No more last-minute dinner panic!
 ▲ Get your shopping list emailed to you
 ▲ Save time and money at the shops
 ▲ Access to heaps of yummy, healthy new recipes

Stay on track with:
 ▲ A digital diary to track your meals, physical activity and weight
 ▲ Motivational emails and loads of tips

Get your free, flexible 3-2-1 meal plan today at www.livelighter.com.au/MealPlans

Government of Western Australia Department of Health | Cancer Council WA | LIVELIGHTER

Factsheet FIBRE FOR A GOOD GUT

Fibre helps your gut to work properly and can help lower your risk of bowel cancer. Here are some ways to get more fibre into your day.

BREAKFAST

- Baked oats with milk
- Baked beans on greeny toast
- Fruit with yoghurt

LUNCH AND DINNER

- Salad sandwich
- Vegetable and bean stew
- Meat with lots of vegetables

SNACKS

- Fruit
- Vegetables and dip
- Crispy crackers
- Eggs, unsalted nuts

Government of Western Australia Department of Health | Cancer Council WA | LIVELIGHTER



INFORMATION SHEETS

FTGAP is primarily a program to provide education and resources to venues providing food and drinks to the community (on-site canteens, cafés, kiosk, coffee shops or food vans, portable BBQ's, vending machines).

INFORMATION SHEETS

Green up the menu

USE THESE MENU IDEAS TO ADD MORE WHOLEGRAIN BREADS & CEREALS

- Wholegrain bread for sandwiches/salads
- Crustless sandwiches with wholegrain flour or oatmeal as binder
- Wholegrain pasta with vegetable sauce
- Wholegrain pizza with vegetable toppings
- Plain popcorn (not buttered)
- Parfait with fruit
- Rye bread

USE THESE MENU IDEAS TO ADD MORE VEGETABLES

- Salad in lunch wrap
- Vegetable soup
- Salad bowls
- Big green salad
- Salads with nuts and seeds
- Vegetable nachos
- BBQ kebabs with vegetables
- Rice noodles

USE THESE MENU IDEAS TO ADD MORE LEGUMES & SEEDS

- Chickpea or lentil soup or salad
- Reduced fat hummus with olive oil
- Reduced fat peanut sauce
- Reduced fat tahini sauce
- Reduced fat chocolate sauce

USE THESE MENU IDEAS TO ADD MORE DAIRY

- Reduced fat cheddar cheese
- Reduced fat cheddar cheese on toast or sandwich/burger
- Reduced fat yogurt with fruit
- Reduced fat ricotta cheese
- Reduced fat chocolate sauce

USE THESE MENU IDEAS TO ADD MORE FRUIT

- Fresh whole fruit
- Fruit tabs in natural juice
- Frozen fruit pieces
- Dried fresh fruit ropes
- Fruit balls

USE THESE MENU IDEAS TO ADD MORE HEALTHY FATS

- Chickpea or lentil soup or salad
- Reduced fat hummus with olive oil
- Reduced fat peanut sauce
- Reduced fat tahini sauce
- Reduced fat chocolate sauce

USE THESE MENU IDEAS TO ADD MORE WHOLEGRAIN BREADS & CEREALS

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Fridge layout

The way drinks are displayed can have a big impact. Steer customers towards water by placing it at eye level.

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Celebrate the 'wins'

Without even realising it, your community venue may already be kicking goals when it comes to creating a healthier food service. It's important to acknowledge and celebrate progress towards creating a healthier community venue - no matter how big or small! We like to call progress 'wins'.

This quick wins checklist helps you track your progress and provides ideas and tips for new wins! Simply tick each box that applies to your food service. The boxes that you don't tick can provide ideas for the future.

Water

Water is a winner in community venues. Whether it's freely available in water fountains or bottled water sold in the cafes or vending machines, it's important that water is promoted as the drink of choice.

- Free tap water is available (e.g. water bubblers, jugs etc.)
- Bottled water is available
- Bottled water is cold and at room temperature
- Still and sparkling water is available
- Meal deals and combos are served with water as the standard option
- Water is placed in a prominent position in the fridge or vending machine e.g. eye level

Other drinks

- Fruit juice is at least 99% fruit and served in small sizes (250mL or less)
- Reduced fat plain milk is available
- Reduced fat flavoured milk is available (300mL or less)
- Reduced fat plain milk is used as standard in tea or coffee

Page 1 | fuelto.go.com.au

Fuel up the menu

Community venues such as sports clubs or recreation centres have a fantastic opportunity to promote healthy lifestyles. Give your venue the winning edge by promoting meal deals that fuel your customers - before, during and after exercise. Meal deals are a great way to promote healthier options and avoid wastage.

'Fuel-up' deals

Just like a car needs petrol to run, the body needs food and drinks for energy. Before exercise:

- water is the best choice for hydration
- the body's preferred fuel is carbohydrates e.g. wholegrain breads and cereals, fruit and vegetables
- protein and some fats are important too, but too much can have a negative impact on performance.

'Top-up' deals

For exercise that is less than 90 minutes, extra energy from food during exercise is not generally required. It is important to stay hydrated and water is the best choice! Promote 'pre-game water' on your menu. For those who are peckish during exercise, offer pieces of seasonal fruit, individual serves or team packs.

'Spectator specials'

Spectators are bound to feel peckish, even on the sidelines. For parents, grandparents and other adults, tea and coffee made with reduced fat milk is always a winner, especially if it is teamed with a mini fruit muffin. For siblings, offer a 'supporter pack' with a bottle of water and freshly popped popcorn, or cheese and cracker packs.

'Recovery' deals

After training, playing a game or other forms of activity, it's important to reuel and hydrate with water. Promoting menu items that are rich in carbohydrates and protein are best for recovery e.g. sushi, rice paper rolls, reduced fat yoghurt and muesli, sandwiches, rolls and wraps, salads.

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Better BBQs

A good old barbeque is an essential part of the Aussie lifestyle and is readily used in both the home and community. As a cooking method, barbequing is a healthy choice. It often falls down when high fat sausages and greasy burgers are used, not to mention the high salt sauces.

We know sausage sizzles are a crowd favourite. Make your next sizzle a healthy one by using:

- reduced fat sausages - aim for 5g or less saturated fat per 100g
- chicken sausages
- wholemeal rolls and/or bread
- themed toppings which pack extra flavour and a nutritious punch:
 - > Mexican - homemade salsa (diced tomato, capsicum, red onion and coriander or mint)
 - > Mediterranean - add grated carrot and/or sliced capsicum to the barbecued onions
 - > Fresh 'n' crunchy - top with crunchy coleslaw.

Going for more than a sausage sizzle?

Next time you are hosting a barbeque at your community venue try something new and tasty.

Cut the fat

- Choose leaner cut of meats and trim any visible fat e.g. minute steak for steak sandwiches
- Opt for lean, skinless poultry (chicken, turkey)
- Select reduced fat and salt sausages and burger patties
- Kebabs with skewered lean meat, vegetables and fruit add colour and variety

Go wholegrain

- Swap white bread for wholegrain, wholemeal or multigrain varieties
- Keep a few gluten-free rolls or wraps on hand
- Avoid serving margarine or butter

Winning menu

Main: Tasty beef burger - with lettuce, tomato, carrot, onion and beetroot

Grilled chicken burger - with lettuce, tomato, carrot, onion and beetroot

Mixed vegetable kebab - with onion, mushroom, capsicum, zucchini

Sides: Grilled corn on the cob, Coleslaw

Drinks: 600mL water, 300mL flavoured milk

Page 1 | fuelto.go.com.au

Catering for vegetarians

Great menus for your vegan and vegetarian customers

Vegetarian diets are common and increasing. There are a number of reasons why someone chooses to be vegetarian e.g. ethical reasons, religious beliefs, environmental concerns, taste or health.

Catering for vegetarians, and other dietary requirements, can be tricky. Try our tips to make preparing vegetarian meals in community venues a little simpler.

33% of Australians are reducing their meat consumption!

What are the different types of vegetarian and vegan diets?

Vegan
Avoids all animal foods and products including meat, fish, dairy and eggs, also avoid food and drinks made from animal products such as honey, gelatin and certain lollies (some contain colours made from animals or insects).

Lacto-Vegetarian
Avoids meat, fish, and eggs, but does consume milk, yoghurt, cheese and/or alternatives.

Ovo Vegetarian
Avoids meat, fish, and dairy products, but does consume egg and egg products.

Pescatarian
Avoids meat but still consumes fish and seafood. May or may not eat eggs and dairy.

Plant based (flexitarian)
Not a strict vegetarian but limits their consumption of animal foods and products, with a focus on eating a mostly plant based diet.

For a range of great vegetarian recipes visit: waschoolcanteens.org.au/recipes/

Page 1 | fuelto.go.com.au



FUEL TO GO & PLAY PROGRAM FOR CANTEENS

ONLINE EDUCATION

Fuel to Go & Play online training is the ultimate, interactive guide to offering healthier food and drinks in community venues such as sports clubs, recreation centres, entertainment venues and playcentres.

The training aims to increase the capacity and skills of people involved in operating a food service in these venues. Throughout the training you will have access to over 30 resources.





Trainees will gain valuable knowledge about best practice procedures, advocating for a healthy community venue, food and nutrition, menu planning, pricing, marketing and safe food preparation.

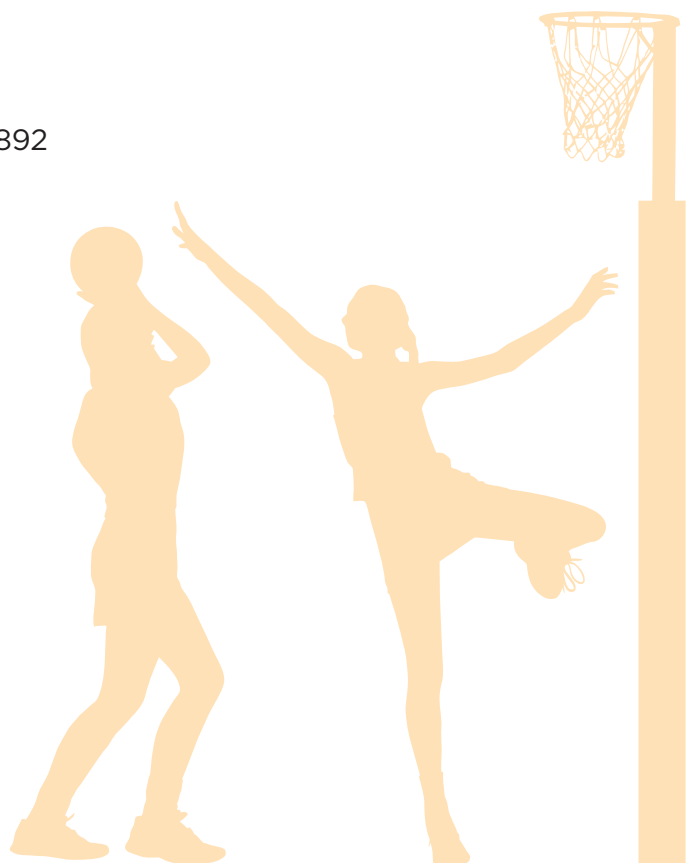
There are two courses available:

1. Community venues training – customised for food service staff and site coordinators/committee representatives
2. Health professionals training – tailored for health promotion officers, dietitians/nutritionists, local government staff

If you have a venue that would like to complete this online training or you want to encourage them to do so and need assistance, please contact the Fuel to Go & Play team today!

FUEL TO GO & PLAY

-  151 Royal Street, East Perth
-  PO Box 3484, East Perth WA 6892
-  (08) 9264 4999
-  fueltogether@education.wa.edu.au














CURRENT CAMPAIGN MATERIALS

CONTACTS

NETBALL WA

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-  info@netballwa.com.au





FUEL TO GO & PLAY

-  151 Royal Street, East Perth WA 6004
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-  fuelto@education.wa.edu.au

LIVELIGHTER

-  Livelighter.com.au/contact

HEALTHWAY

-  Level 2, 38 Station Street, Subiaco WA 6008
-  Locked Bag 66. Subiaco, WA 6904
-  133 777
-  healthway@healthway.wa.gov.au





MY IDEAS

Have you read through this resource and thought of some new ideas, information or other resources that would be useful to help promote the messages and overall encourage your athletes to lead a healthier lifestyle?

Write down your ideas of how to improve these resources throughout the season. At the end of the year (or when the page is full) send a copy of this back to Netball WA to help us improve for next year.

SUGGESTIONS

A series of horizontal dotted lines for writing suggestions.





MISCELLANEOUS



