



CHANGE UP THE MENU IN SPORT CLUBS

- New healthier food options are introduced



WHY CHANGE UP THE MENU?

Healthy and delicious foods and drinks give children the fuel, nutrition and hydration they need to perform, play, concentrate and be at their best.

We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It's time to change up the menu so let's get started today!

Making changes at your sports club might seem overwhelming but there are small changes you can do to get started. You can 'Change up the menu' with the following 'bite' sized action:

- **New healthier food options are introduced**
 - New healthier food options are introduced into the canteen or other areas of food provision.
 - Healthier food options are promoted over other available food options and are priced competitively.

NEW HEALTHIER FOOD OPTIONS ARE INTRODUCED – WHAT'S INVOLVED?

The 'New healthier food options are introduced' bite includes introducing some new healthier food options into the canteen or other areas of food provision.

Healthier food options could include:

- sandwiches/rolls/wraps – with veggies or salad and lean meats or reduced fat cheese
- sushi and rice paper rolls – with veggies and lean meats
- toasted sandwiches/jaffles – with cheese and tomato, baked beans or chicken and avocado
- soups – vegetable based and served with wholemeal or grain bread/rolls
- pizza – with lean meats, veggies and reduced fat cheese. Use English muffins for mini pizzas
- jacket (baked) potatoes – with reduced fat cheese and coleslaw or baked beans
- stir fries or curries – with veggies, lean meats and rice or noodles.



Healthier food options that could be introduced as part of your club's barbecue include:

- veggie/meat skewers
- burgers – lean meat or veggie burgers with salad
- lean steak sandwiches with salad
- souvlakis – lean meats or falafels with salad
- corn on the cob.

Note: unhealthy food and drinks refer to confectionary, sugary drinks, fried foods, pastries, baked goods or snack food items which are high in added fat, salt and/or sugar. For example, packaged chips, lollies, meat pies, chocolate or soft drink.



The 'New healthier food options are introduced' bite also includes promoting healthier food options over unhealthy options and pricing them competitively.

If the following promotions are used, healthier food options should be included (and unhealthy options should not be included):

- meal deals or combos
- multi-buy promotions (e.g. buy 2 for the price of 1 deals)
- weekly specials
- advertisements of food and drink options (e.g. on posters, in newsletters, social media, over the club PA system).

Healthier food options should be placed on your canteen's front counters (e.g. basket of salad rolls), and the unhealthy options moved to less prominent areas such as on back or side counters (e.g. pie warmers).

Healthier options should also be priced competitively compared to the unhealthy options. (e.g. sell hot dogs at \$4 instead of \$3 and salad rolls at \$5 instead of \$6).



To ensure new healthier food options are introduced, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!





STEP ONE: REVIEW

Start by reviewing what foods are currently available at the club.

This will help identify the healthier foods that are already available, and opportunities to try introducing some new healthier options.

Consider all the foods provided at the canteen, or anywhere else where the club provides foods to spectators and players. This might include barbecues or meals provided on training nights.

You also need to understand what your club's kitchen facilities and food safety responsibilities are. This will help identify what food options your club can prepare and sell. You can contact your local council to find out more about food safety requirements for sports clubs in your area.

Get an idea of how foods are currently priced and promoted in your club and if any unhealthy food options are being promoted via meal deals, advertisements, etc. or placed in prominent positions.



STEP TWO: PLAN

Now you know what you have, decide how you will make your changes.

What new healthier food options will you be able to introduce? And how will they be promoted?

Understand how the foods are prepared. Find out where the club gets its food for the canteen or barbecue. It could be:

- a local supermarket or milk bar
- a local distributor or wholesaler
- a local bakery
- a local butcher.

Once you know where the club purchases its foods from, review what options they currently have available. Or contact the supplier, if appropriate, to discuss and determine healthier food varieties the club can purchase. The club could consider entering a sponsorship arrangement with a local supplier or supermarket to facilitate this.

Understand who is preparing the foods for the club canteen or cooking the barbecue. It could be:

- someone from the club, such as a committee member or a volunteer
- a parent of a child who plays at the club, via a roster system.

Ensure that whoever is preparing food understands the new requirements for healthier food items and understands how to cook or prepare the specific items being introduced. For example, this may be communicated through emails or providing recipes and assistance on game days.





STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

SUPPORTING SUCCESS

Have coaches and team managers talk to players and families about the importance of healthy eating for overall health as well as performance.

Look for opportunities to feature healthier food and drink products in branding. This could include branding on:

- drinks fridges, ice cream freezers and pie warmers
- food displays, such as display stands or shelving
- straw dispensers and napkin holders.



RESOURCES REFERENCED IN THIS GUIDE:

[Finish with the right stuff – Everyday food and drink – NSW Government](#)

[Finish with the right stuff: Promoting healthy food and drink to players and patrons – NSW Government](#)

[Healthy choices for your canteen – Good Sports](#)

[Promoting healthy canteen options – Good Sports](#)

[Marketing your canteen – Good Sports](#)





CELEBRATE

Great job! You've finished the 'New healthier food options are introduced' bite for Vic Kids Eat Well. Make sure to share the good news with the club, and plan how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

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