



# SWITCH UP THE SNACKS IN SPORT AND RECREATION FACILITIES

• Keep confectionary and unhealthy snacks out of sight



## WHY SWITCH UP THE SNACKS?

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

Providing healthier snacks and reducing the availability of unhealthy alternatives such as confectionary is also a recommendation in the Victorian Department of Health's [Healthy Choices guidelines](#). We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It's time to switch up the snacks so let's get started today!

Making changes to your sport and recreation facility kiosk or vending machine might seem overwhelming but there are small changes you can do to get started. You can 'Switch up the snacks' with the following 'bite' sized actions:

- **Switch to healthier snacks** – offer mostly healthier (**GREEN** and **AMBER**) snack options like lightly salted popcorn, rice crackers, cheese and crackers, trail mixes, muesli bars, fruit salad or seasonal whole fruit and reduce the amount of confectionary items and unhealthy (**RED**) snacks available.
- **Keep confectionary and unhealthy snacks out of sight** – all confectionary and unhealthy snacks removed from front counter or from point of sale, or from the top half of the vending machine if applicable – still able to be purchased but not readily viewed or accessible to customers.
- **Switch to healthier ice-creams** – no more than half of the ice cream freezers filled with chocolate-coated and other unhealthy (**RED**) options – replace with healthier (**AMBER**) options including reduced fat and fruit-based options.

The process is the same for each of the bites. You can try one 'bite' at a time or do them all at once. It's up to you. Whichever approach you take, this guide will support you through each step of the way.

The Healthy Choices guidelines use a traffic light system to classify foods and drinks based on their nutritional value as **GREEN** (best choice), **AMBER** (choose carefully) and **RED** (limit).

Achieving all bites, as well as those from the other action areas, should get you close to or fully achieving the Healthy Choices targets of at least 50% **GREEN** foods and drinks and no more than 20% **RED** foods and drinks.

# KEEP CONFECTIONARY AND UNHEALTHY SNACKS OUT OF SIGHT – WHAT'S INVOLVED?

The 'Keep confectionary and unhealthy snacks out of sight' bite includes removing all confectionary and unhealthy **RED** snacks from front counter or from point of sale, or from the top half of the vending machine if applicable.

**Confectionary** includes:

- chocolate bars, including bars made with cacao nibs
- lollies, such as jellies/gummies, hard candy, liquorice and lollipops
- fudge
- chocolate or yoghurt-coated products (including nuts, snack bars, etc.).

**Other unhealthy RED snacks** include:

- potato/corn/vegetable chips, crisps, puffs
- flavoured popcorn
- some large snack bars
- sweet biscuits, cakes and muffins.

The 'Keep confectionary and unhealthy snacks out of sight' bite also includes putting healthier **GREEN** and **AMBER** snack options on the front counter or at point of sale, or in the top half of the vending machine if applicable, including:

- plain or lightly salted popcorn
- plain or flavoured rice crackers
- cheese and cracker packs
- trail mixes (i.e. dried fruit and nut/seed mixes)
- fresh fruit snacks, such as seasonal fruit, mixed fruit salad or fruit kebabs served with reduced fat yoghurt
- yoghurt tubs, plain or flavoured (preferably reduced fat)
- dip and cracker packs or dip and vegetable sticks
- small fruit and nut-based snack bars or muesli bars.

To **keep confectionary and unhealthy snacks out of sight**, follow our three simple steps:

**1. REVIEW**

**2. PLAN**

**3. ACT**

**CELEBRATE!**



## STEP ONE: REVIEW

Start by using [FoodChecker](#) to review what confectionary and unhealthy snacks are currently available at the facility. This will help identify which snacks should be replaced.

*Note: if you've already done this, move onto the next step.*

All snacks classified as **RED** in FoodChecker are considered unhealthy snacks. These will be the snacks you can consider reducing or removing altogether. Healthier snacks are classified as **GREEN** or **AMBER**.



Take photos of the current layout of the kiosk or vending machine and identify where the confectionary and unhealthy snacks are positioned, as well as the different areas where foods can be displayed.



## STEP TWO: PLAN

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

Choose from many healthier **GREEN** and **AMBER** snack options that can be put in more prominent places in the facility's food service.

Consider the layout of your kiosk and determine all the places where foods and snacks can be displayed. This may include:

- the point-of-sale (usually where the register is)
- a front and/or back counter
- side counters
- free-standing shelves or display cabinets.

Determine the path customers (particularly children) would likely take when entering the kiosk to choose, order and pay for any foods or snacks, and the places in the kiosk where customers are likely to have quick access to grab snacks themselves.

**GREEN** foods and snacks should ideally be placed:

- at the point-of-sale
- on the front counter (the most prominent position)
- in any free-standing shelves or cabinets near the point-of-sale or front counter.

Foods and snacks in these areas are more likely to be chosen by customers as they will be more obvious and prominent to them.



Confectionary and unhealthy **RED** snacks should ideally be placed:

- out of sight e.g. underneath the front counter
- on the back or side counters (the less prominent positions)
- in any free-standing shelves or cabinets away from the point-of-sale or front counter.

For vending machines, the most prominent positions for snacks are at eye level or in the top half of the machine. Therefore, the **GREEN** options should be placed there and **RED** options should be placed at the bottom of the machine (Note: this may not always be possible in some vending machines due to cooling and weight requirements so discuss the best options with the supplier.)

You may also consider an alternative layout for those vending machines easily accessed by children – this would mean putting the healthiest snacks in the bottom half of the fridge or machine (at their eye level), and the unhealthy snacks in the top row.



## PREPARING FOR CHANGE

It is recommended that you make changes all at once. An ideal time to do this is at the beginning of a new year or term, however it can be done at any time.



### STEP THREE: ACT

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

#### Here's a great example of keeping confectionary and unhealthy snacks out of sight.

Vic Kids' Community Centre reviewed the snacks on their kiosk menu and found that they had a lot of confectionary and unhealthy snacks in prominent places including the front counter. Next, they identified healthier options they could place in these positions instead. Vic Kids' Community Centre decided to remove and replace the unhealthy snacks as follows:



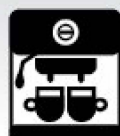
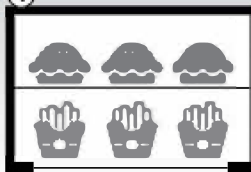


# BEFORE

1. Cold food fridge
2. Bowl of fruit
3. Drinks fridge stocked with soft drinks, juices, milkshakes and energy drinks
4. Pie warmer
5. Potato chips
6. Chocolate and lollies

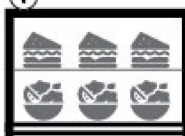
REAR COUNTER

4



FRONT COUNTER

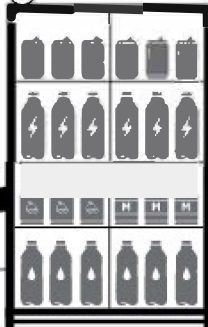
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# AFTER

1. Cold food fridge
2. Bowl of fruit
3. Drinks fridge stocked with water
4. Pie warmer
5. Potato chips
6. Chocolate and lollies
7. Popcorn, mixed nuts and muesli bars

REAR COUNTER

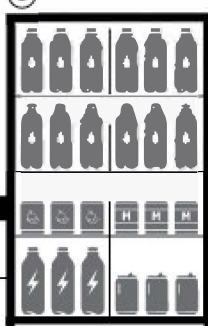
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FRONT COUNTER

4



5



6



# SUPPORTING SUCCESS

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success by:

- **Promoting the GREEN snacks in meal deals together with healthier drink options** e.g. fruit salad cup and water for \$5.
- **Pricing healthier snack options competitively so they are the cheaper choice** e.g. lowering the price of GREEN options or increasing the price of RED options.

Remember, this is just one of the 'bites' you can do to switch up the snacks. Check out ['Switch to healthier snacks'](#) or ['Switch to healthier ice creams'](#) for how to provide and promote other healthier snack options in the facility.





## CELEBRATE

Great job! You've finished the 'Keep confectionary and unhealthy snacks out of sight' bite for Vic Kids Eat Well. You're also one step closer to meeting the Healthy Choices guidelines. Make sure to share the good news with the facility 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](mailto: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](mailto:vickidseatwell@cancervic.org.au) or call **1300 185 725**

*Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with National Nutrition Foundation's Healthy Eating Advisory Service*

