



SWITCH UP THE SNACKS IN SPORT AND RECREATION FACILITIES

• Switch to healthier snacks



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.

SWITCH TO HEALTHIER SNACKS – WHAT’S INVOLVED?

The ‘Switch to healthier snacks’ bite includes offering mostly healthier **GREEN** and **AMBER** snack options, 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.

The ‘Switch to healthier snacks’ bite also includes reducing the amount of confectionary items and unhealthy **RED** snacks available.

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.

To **switch to healthier snacks**, 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**.



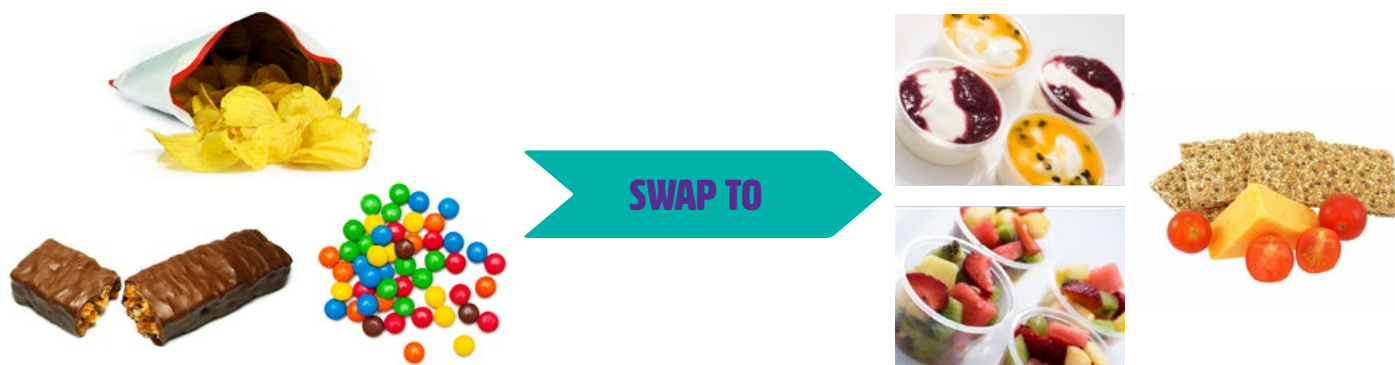


STEP TWO: PLAN

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 included in the facility's food service.

Use **FoodChecker** to find healthier **GREEN** and **AMBER** snacks to replace some of the unhealthy options – search or assess products in the category '**sweet snacks**' or '**savoury snacks**'.



You also need to learn how the snacks are purchased. Find out where the facility's food service purchases its snacks from for the café or kiosk and/or vending machines. It could be:

- a local distributor or wholesaler
- a local supermarket or milk bar
- a vending machine supplier.

Once you know where the facility purchases its snacks from, contact the supplier to discuss and determine **GREEN** and **AMBER** snack options the facility can purchase.

TIP:

If there is a contract or agreement in place, discuss with the supplier what flexibility there is and how **GREEN** and **AMBER** options could be included in the existing contract.

If the facility uses a vending machine supplier, the good news is they are generally open to modifying the types of snacks in their machines to offer mainly healthier options, as well as **removing branding associated with their unhealthy RED options** and **promoting their healthier GREEN options instead.**

If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the **GREEN** and **AMBER** snacks you want.



PREPARING FOR CHANGE

There are different ways to introduce changes and make improvements to the snacks in a facility's food service. You can make changes all at once or use a gradual approach:

All at once involves making the changes overnight or all in one go. This is a quick way to drastically improve the healthiness of the packaged snack offerings and works best if there are only a few changes to make.

A gradual approach involves making changes gradually over time. This option gives customers more time to get used to the changes and an opportunity to try alternative snacks before less healthy snacks are removed. It is often the more readily accepted option if you need to make lots of changes to the snacks available.

TIP:

There are three ways you can take a gradual approach:

1. Introduce some new **GREEN** and **AMBER** options first, before making change to the **RED** options.
2. Replace the least popular **RED** snacks first, then work on replacing the best sellers second.
3. Sell down your stock of **RED** snacks and don't order more once you sell out. As they sell out replace with **GREEN** and **AMBER** products.



STEP THREE: ACT

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

Here's a great example of switching up the snacks.

Vic Kids' Leisure Centre reviewed the snacks on their kiosk menu and found that they had eight out of 10 snacks available that were unhealthy (unhealthy snacks are highlighted in **RED**, healthy snacks are highlighted in **GREEN** and **AMBER**). Next, they identified healthier options they could make available on their kiosk menu. Vic Kids' Leisure Centre decided to remove or replace the unhealthy snacks as follows:

Snacks menu BEFORE small bite	Price (\$)
Corn chips - nacho cheese	3.50
Potato chips - salt and vinegar	3.50
Pretzels	3.00
Dip and cracker pack - tzatziki and rice crackers	3.50
Trail mix	3.50
Chocolate bar - caramel	2.00
Chocolate bar - mint	2.00
Bag of jelly snakes	3.00
Bag of party mix lollies	3.00
Yoghurt-coated fruit and nut bar	2.50

Snacks menu AFTER small bite	Price (\$)
Popcorn - lightly salted	3.50
Potato chips - salt and vinegar	3.50
Veggie sticks and dip - carrot and celery with hummus	3.00
Dip and cracker pack - tzatziki and rice crackers	3.50
Cheese and cracker pack	3.50
Trail mix	3.50
Lightly salted almonds	2.00
Chocolate bar - caramel	2.00
Bag of jelly snakes	3.00
Apricot oat bar 30g	3.00



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:

- **Placing the GREEN and AMBER options at eye level** on your counters and moving the RED options to less prominent areas.
- **Promoting the GREEN snacks in meal deals together with healthier drink options** e.g. fruit salad cup and water for \$5.
- **Pricing GREEN and AMBER 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 ['Keep confectionary and unhealthy snacks out of sight'](#) 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 'Switch to healthier snacks' 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

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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