



EAT FOR ENERGY



**SIMPLE CANTEEN STRATEGIES
TO HELP YOUR MEMBERS FUEL
TO PERFORM**



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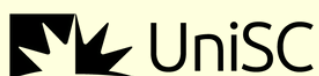


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This resource has been developed using information originally developed by Health and Wellbeing Queensland as part of the A Better Choice for Sport and Recreation Strategy, including the A Better Choice Food and Drink Supply Strategy for Queensland Sport and Recreation Facilities, and supporting resources. For more information on the Strategy and resources available, visit <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/>

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WHY THE CANTEEN SHOULD PROVIDE FOOD FOR FUEL?

COMMUNITY HEALTH & WELL-BEING

Sports centres are a valuable asset to the health and well-being of the community.

As a community centre, we have the opportunity to support the health of our members.



FUEL TO PERFORM

Fuelling children with healthy foods before, during and after sports gives them the energy and strength to perform well and recover properly.

FUELLING OUR FUTURE

Teaching our children good food habits now sets them up for a healthy future full of opportunities.



HEALTHY FOOD ENVIRONMENTS

Creating an environment that supports nutritious foods at sporting venues is important for building a healthy relationship with food and exercise from a young age.

HOW CAN WE HELP?

This booklet aims to help in the creation of a healthier food environment and support your canteen to make changes that benefit you, your club and your community.



HELPFUL RESOURCES

"A Better Choice" guidelines have been designed to support sporting clubs and their canteens. Follow the QR code for areas that interest you.

FOOD & DRINKS



SNACK ATTACK

For information about snacks that can fuel your members better.



SYSTEMS

LIMITED SPACE

Do you have limited space or equipment?



FOOD FOR FUEL

Fuel for busy bodies. Ways to make meals more supportive of an active lifestyle.



REVENUE BOOST



Fueling options can still bring profits. Even creating more income!



SIMPLE SWAPS, BIG REWARDS

How many of these simple swaps can you make?



DESIGN YOUR DISPLAY

Do you have a countertop display or own fridge?



THE TRAFFIC LIGHT SYSTEM

**BEST
NUTRITIONAL
VALUE**

**SOME
NUTRITIONAL
VALUE**

**LIMITED OR NO
NUTRITIONAL VALUE**

GREEN CATEGORY

Have the **best** nutritional value.

Supports health and well-being.

Provides from the five food groups.
A good source of **energy**, **vitamins** and **minerals**.



AMBER CATEGORY

Have **some** nutritional value.

Can provide some valuable nutrients.

May provide added amounts of **fats**, **sugar** and **salt**.



RED CATEGORY

Have **no** nutritional value. Lack of nutrients for recovery and strength building.

These foods should be limited due to short-term fuel and energy crashes.

High **fat**, **sugar** and **salt** content.



TAKE A HELPING HAND



SUSHI

YOU CAN SOURCE SUSHI FROM LOCAL BUSINESSES TO SUPPORT YOUR COMMUNITY.

THIS IS AN EASY AND TASTY WAY TO CATER ENERGISING CHOICES FOR YOUR CLUB.



SANDWICHES

CHECK IN WITH YOUR LOCAL BAKERIES TO SEE IF THEY OFFER WHOLEGRAIN SANDWICHES TO CATER FOR YOUR CLUB.

THESE ARE A GREAT ON THE GO FOOD TO FUEL YOUR ATHLETES.



BREKKIE FOOD

CONTACT LOCAL CAFES TO SEE IF THEY WOULD CATER FOR YOUR CLUB.

WE RECOMMEND PURCHASING THINGS LIKE OVERNIGHT OAT POTS, SALAD WRAPS/SANDWICHES, MINI FRITTATAS/QUICHES, OR SAVOURY MUFFINS ETC.



HOW TO MAKE CHANGES?

ONE GOAL AT A TIME

HOW TO TEST NEW ITEMS

Run a "Specials Meal" at your club to try new ideas. This is a way to trial new foods in the canteen, test and limit waste.

REWARDS AND FUNDRAISERS

Replace fast-food vouchers with activity or canteen vouchers. This is a good way to promote your food instead of promoting sales outside of the club.

MENU DESIGN

When designing a menu, consider ingredients that can be used in multiple meals.

E.g., Using a coleslaw mix for both sandwich filling and salad bowls. Saving costs and storage space.

GOOD INVESTMENTS

A countertop fridge to replace confectionary displays can help to promote nourishing options such as wraps, rolls and fruit salad.


Hire a cook, or someone with culinary experience to help in the canteen.

SUCCESSFUL STORIES

NOOSA TOUCH FOOTBALL

Michael, a local chef, has increased Noosa Touch Football's canteen sales 20-fold.

He was hired to create an atmosphere for families to come together and enjoy new foods. Every Wednesday, he whips up a storm, mostly with dishes inspired by Asian street food.



"Parents look forward to Wednesdays because they don't have to cook for their kids."

"The whole point of me was to create an atmosphere and its working. People are getting excited to come and have some food."

-Michael, Noosa Touch Football

SOUTH SUNNYBANK CLUB: CASE STUDY

Through two simple changes, more revenue was brought in whilst providing healthier options for families.



TWEED NETBALL ASSOCIATION: CASE STUDY

Through a simple equipment change they have saved money, provided healthier options, and no longer risk the safety of volunteers.



WATCH THIS SPACE...

DITCHING THE DEEP FRYERS

Want to say goodbye to unsafe cooking methods, reduce costs and provide healthier food for your club?

Noosa netball Association is making the leap to swap out deep fryers for an industrial air fryer.

ONWARDS AND UPWARDS

Katrina from Cooroy-Eumundi cricket club is excited to start providing more energising & nutritious foods for her members.



"It doesn't make sense that people come play sport for a fitter and healthier life, but then have a bacon and egg burger."

Why can't we offer things like fruit and protein bars as well?"

- Katrina

**FOR INFORMATION TO SUPPORT YOUR
CANTEEN AND MEMBERS IN FUELLING
FOR SPORTS:
SCAN THE QR CODE BELOW**



**A BETTER CHOICE
HEALTHIER
OPTIONS IN
COMMUNITY
SPORT,
RECREATION
CLUBS AND
ASSOCIATIONS**

**NOOSA
COUNCIL
SPORTS CLUB
HUB**

