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Your Guide to Providing
Healthier Food and Drinks
in Sport, Recreation and
Entertainment Venues

Fuel to GO GO GO



Belmont Oasis

Fuelling up the community with the good stuff!



Encouraging the community to be fit and eat healthy is the focus at the Belmont Oasis Recreation Centre, with a new menu offering healthy food choices.

New kiosk operators, Emma, Kenny and staff have acknowledged the importance of introducing a range of healthy alternatives for health conscious customers. Healthy hamburgers, sandwiches and freshly squeezed juices are all new on the menu and taste delicious.

Reducing the range of confectionery available for children has been well received by parents and healthier choices of popcorn, chips and drinks have been made available.

“There is something here for everyone” said Emma. “I think it is really important that we offer healthy choices, particularly for people who are conscious of their health and come here to exercise.”

The mandate of Recreation Centres is to enhance the well being of the community, however most outlets offer food and drinks that are inconsistent with this goal. The Fuel to Go team is thrilled that healthy choices are now available at Belmont Oasis.

Belmont Oasis needs to be acknowledged for their efforts working with the Healthway funded Fuel to Go project and the South Metro Public Health Unit who have assisted them.

If your venue is keen to introduce healthy choices, please contact Michelle Riekie or Claire Thomson at the WA School Canteen Association 9264 4999 or email fuelto@education.wa.edu.au.



Energy



You will notice on packaged foods and more recently, in some takeaway outlets, that the energy (kJ) of the product is listed. Energy provides fuel for our body to carry out daily tasks and activities.

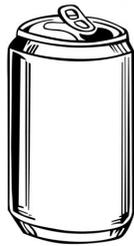
Children playing sport on the weekend such as soccer, netball, football and hockey will use some energy playing sport. There is a common belief that because the children have played this sport and ‘burned’ energy that they can then replace this with soft drinks, sports drinks and high energy foods such as hot chips and confectionary. Although children have used energy playing sport, it is much better to help the body recover by consuming foods high in nutrients and re-hydrating with water or reduced fat milk.

By consuming hot chips, hot dogs, soft drinks and confectionary after low intensity sport, children may leave their sporting event with more energy than they arrived with. This can lead to weight gain and other conditions.

Swap

For

Can of soft drink



Carton of reduced fat flavoured milk



Hot chips



Toasted sandwich



Handful of lollies



Fruit kebab



Full fat hot dog



Sushi



[New products for your season wind-up](#)

Many season wind-ups often feature unhealthy food and drinks which can easily be avoided. There are many new products which have recently been listed in the July 2012 edition of the Star Choice™ Buyer's Guide that may be the perfect winter warmer for your season wind-up. From pies to pizza, there are lots of new products classified as amber that may be a hit with your athletes.

Pies

<i>Company Name</i>	<i>Product Name</i>	<i>Varieties</i>	<i>Size</i>
Jesters Contact your local store	Ned Kelly	Minced Beef	175g
	Cheesy Beef	Minced Beef & Cheddar Cheese	175g
	Stockman's	Chunky Beef	175g
	Vindaloo	Curry Beef	175g
	Spud Deluxe	Minced Beef & Potato Mash	175g
	Footy	Beef, Bacon & Cheese	175g
	Pavarotti	Chicken Carbonara	175g
Patties Foods	Four'n'Twenty Traveller Pie	Chicken & Vegetable	160g
		Beef	160g
		Spag Bol	160g
		Pepper Steak	160g

Pizzas

<i>Company Name</i>	<i>Product Name</i>	<i>Varieties</i>	<i>Size</i>
Allied Chefs Australia Just Pizza Company Phone: 08 9249 5959	Pizza	BBQ Chicken	150g
		Ham & Pineapple	150g
		Margarita Pizza	150g
Domino's Pizza Contact your local store or phone: 1300 366 466	Pizza	Tropical Chicken	168g
		Schoolie Supreme	168g
		The Veg	153g
Eagle Boys Please contact your local store or Call: 1300 324 532	Pizza	Supreme	All 6" and 12"
		Vegetarian	
		Chicken Supreme	
		Cheese & Tomato	
Enrico Viscontini Australia Pty Ltd Phone: 1300 881 918 Perth Frozen Foods Liane Di Marco Phone: 08 9353 1776 orders@perthfrozenfoods.com.au	Enrico Viscontini Pizza	Hawaiian	160g
		Margherita	160g
		Supreme	160g
		BBQ Meat Lovers	160g

Beverages

There are many healthy choices that can be offered at winter wind-ups to replace the usual suspects of soft drinks and sports drinks. Here are some other choices:

- Bottled water
- Carbonated 99-100% fruit juice
- Reduced fat flavoured milk
- Hot or cold Milo
- 99-100% fruit juice slushies

The Olympic Games – marketing of unhealthy foods

With the Olympics being held recently in London, the UK Children's Food Campaign prepared a media release and report entitled 'The Obesity Games' on the marketing and sponsorship of the Olympic Games by 'junk food' companies. The following diagram shows the key facts and figures, more information is available at <http://www.sustainweb.org/publications/?id=237>

