

Rockingham City Football Club - another success story



Pictured from left to right Ian Thompson, Tracy Thompson and Sophie Southam

During the winter season of 2014, the Fuel to Go team undertook a pilot study in conjunction with Healthway, Football West and Netball WA. Many canteens opted for healthier choices and made some great changes to the canteen menu over the season.

A success story comes from Rockingham City Football Club who made a number of changes to the canteen. Percentages of green food and drink increased from 13% to 43% and percentages of red food and drink decreased from 65% to 51%. They really appreciated our suggestion of having less variety of unhealthy options as this assisted people in choosing the healthy choice. Some other effective strategies from Rockingham City Football Club include:



- Using reduced fat cheese and reduced fat milk
- Using lean bacon and cooking this in a non-stick pan with minimal oil (if any)
- Loading plenty of salad ingredients into hamburgers and chicken schnitzel burgers (lettuce, tomato, carrot and cucumber)
- Slowly reducing the number of lines of confectionery and soft drink
- Offering small 100% fruit juices
- Plenty of water and having this in a prominent position in the drinks fridge.

Well done to the team at Rockingham City Football Club!

WHAT'S NEW?

The *Fuel your Future* website is a fantastic new online resource for teenagers, parents, teachers and agencies. The website focuses on providing credible information about food, cooking and nutrition that is relevant to teenagers.

The website is a stand-alone resource, full of easy to follow, healthy, delicious recipes, food facts, a question and answer section, and a free member only section that people can sign up to for access to activities and other special features.

It's the perfect tool that young people can use and learn about nutrition and be inspired to give cooking a go.

The program also has a face-to-face component. Through a series of six face to face workshops, which are led by nutritionists and generally run at youth centres or schools, participating youth are taken through delicious, easy to make, healthy recipes before making the food themselves.

The recently launched program is a joint initiative of Foodbank WA and Diabetes WA and is funded by the Department of Health.



The recipe featured below for **MINI FRITTATAS** is from the *Fuel your Future* website. To find out more and for other great recipes check it out at:

www.fuelyourfuture.com.au

Time: 60 minutes

Makes: 6 servings

INGREDIENTS

- 1 Spray Canola oil spray
- 95g Feta cheese
- 1 Leek (white part only) sliced
- 3/4 cup low fat milk
- 6 eggs, lightly beaten
- 600g pumpkin, peeled and cut into 1cm cubes
- 1/3 cup basil, chopped

EQUIPMENT

- Oven
- Muffin tin
- Flat baking tray
- Fry-pan
- Spatula
- Medium Jug
- Fork or whisk
- Measuring cups
- Knife
- Spoon
- Chopping board

HOW TO MAKE IT

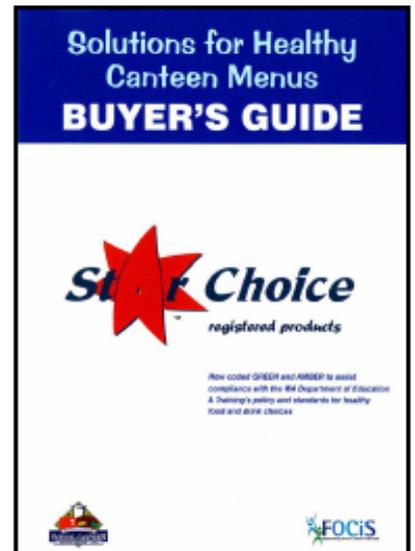
1. Preheat oven to 200°C (180°C fan forced). Spray a muffin tin with oil
2. Spray a non-stick frying pan with oil and place on medium heat. Add leek to frying pan and cook for 3 minutes, stirring occasionally, until softened
3. Add pumpkin, spray with oil and stir to coat vegetables. Add ½ cup water, cover pan and steam for 10 minutes until just tender
4. In a medium sized jug, whisk together eggs and milk; season with black pepper
5. Remove pumpkin mixture from heat and stir through feta and basil
6. Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes
7. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden
8. Cool in the pan for 5 minutes before turning on a wire rack.

HOT OFF THE PRESS

We are always on the look out for new food and drinks that may be popular at sports clubs and venues.

Check out these exciting new **GREEN** and **AMBER** products to be released in the next edition of the Star Choice™ Buyers Guide.

Please contact Jessica at WASCA on 9264 5096 to request a copy, we can post this out to you once it becomes available mid January.



ICE CREAMS



COMPANY NAME	PRODUCT NAME	VARIETIES
Peters Ice Cream Sandra Busy Ph: 0404 121 880	Fandangles	Choc Shmallow Caramel Popcorn
il Gelato Lisa Calabro Ph: 08 9443 8604 Mb: 0418 956 900 Fax: 08 9444 3556	il Gelato	Vanilla Gelato Bucket

DRINKS

COMPANY NAME	PRODUCT NAME	VARIETIES
Sipahh Straws www.sipahh.com.au/ store	Sipahh Straws	Various flavours <i>serve with reduced fat milk</i>
Passion International Pty Ltd Liz Azzam Ph: 0431 571 508 passionptyltd@gmail. com	Be™	Pure coconut water 200mL and 1L (for decanting)



Healthy food a hit at the WACA

In September 2013 The Western Australian Cricket Association (WACA) entered into a sponsorship deal with Healthway. The three year Healthway deal includes removing all alcohol promotions and reducing junk food sales from WA domestic cricket.

WASCA undertook the huge job of assessing all menus at the WACA and offered support in improving the variety of healthy options available.

New figures released reveal that in the first year of the three year agreement with Healthway more patrons opted for healthier choices such as bottled water and salads. The sale of healthier foods increased, including sandwiches by 48% and bottled water by 83%.

Along with this, fewer people were evicted for alcohol related misbehaviour compared to the previous year. There was also a significant reduction in the sale of alcohol.

Christina Mathews, WACA Chief Executive, said figures showed patrons wanted to see better food and drink options and less antisocial behaviour. "It's encouraging, not just from a business point of view but because it shows people are moving in the right direction", she said.

Sporting clubs and recreation centres could also benefit from this by promoting the healthy options and decreasing the promotion of junk food and alcohol.



Seasons Greetings



The Fuel to Go team would like to wish you a very Merry Christmas and best wishes for a happy and healthy new year.

We look forward to working with you again in 2015.

Please note that our office will be closed from December 19 2014 until January 5 2015.