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9264 8147

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

Fuel to GO GO GO



Energy In vs. Energy Out

Energy is a measure in kilojoules (kJ), so when we refer to 'energy in' we actually mean 'kilojoules in' (the kilojoules in the food we have eaten). 'Energy out' refers to the amount of energy used by our body to perform everyday functions, as well as being active.

What happens when the amount of energy taken in as food is greater than the amount of energy used? - The extra energy will be stored in the body as fat, and it will cause body weight to increase.

After playing a sport or participating in some form of physical activity many of us reach for something to eat from the canteen. Many of the foods we eat contain a concentrated amount of energy and we end up leaving energy positive. How do you think you or your kids fare?



One sports drink (798kJ)

=



25 minutes of swimming



One chocolate coated ice-cream (1180kJ)

=



30 minutes of horse riding



One bucket chips (1255kJ)

=



40 minutes of basketball



One full fat meat pie (2037kJ)

=



50 minutes of jogging

Road Tripping in our South West

From the 22nd of February to the 23rd of February 2013 the Fuel to Go team travelled from Perth down to Margaret River to provide support to recreation centres and sporting clubs in the beautiful South West region.

Our first stop, Kwinana Recreation Centre. Here we met with the new owner of the cafeteria who had done a really excellent job of revamping the café. You could easily be fooled into thinking you had just walked into a trendy cafeteria in Leederville. Delicious freshly squeezed juices, fresh fruit smoothies, yummy sandwiches, Panini's, rolls, wraps, focaccias and a great salad selection. It was also great to see hardly any confectionary on the counter. The café was buzzing with lots of energy and excitement, it was clear that the healthy fresh menu was a hit with the customers. We were also told they make a great coffee, they weren't wrong!



Next stop Splash café at Mandurah Recreation Centre. It was great to catch up with Julie and Sandy. Julie and Sandy are clearly very passionate about providing a healthy food service. They had created their own traffic light posters to help customers make healthier choices. The creative idea is a great tool to remind people about the importance of healthy eating. There were plenty of green choices on the menu including sushi, fruit salad, yoghurt, water, flavoured milks and a great selection of sandwiches, rolls and wraps, plus the range of confectionary has been reduced. We have been working with Julie and Sandy for a few years now and it is fantastic to see a constant improvement in their percentages of green and amber products. Well done Julie and Sandy!

We also met up for a one-on-one session with Valmae who is taking over as the new canteen manager at Busselton Hockey Club. Valmae is a cook by trade and we are excited by her enthusiasm for providing healthy food choices. She is making a fresh start with a new menu and her focus is on healthy home cooked meals made from scratch. She is introducing healthy snacks and meals including hot soup and home made low fat sausage rolls made with hidden vegetables! She is also offering take away dinners for busy families. The new menu sounds very promising and we can't wait to catch up with her in the near future and see how she is going.

On the same day we also managed to fit in Eaton Recreation Centre followed by Leschenault Leisure Centre. Then the next day we visited Margaret River Recreation Centre. It was great to recruit some new recreation centres who are interested in improving their healthy food choices. All the recreation centres ought to be commended for already having a number of healthy "green" items on the menu. All the recreation centres are going to be sent a range of promotional materials to help them promote their green items.

Are you looking for ways to promote your healthy food?

There is a new range of promotional merchandise and resources available for clubs who are offering healthy food and drink choices. Simply send us your menu and we will send back Fuel to Go aprons and stickers. For clubs who would like to promote their healthy options, we can also print an A3 menu board with your green and amber choices. Email or post your menu to fuelto@education.wa.edu.au or PO Box 25, HILLARYS WA 6923.



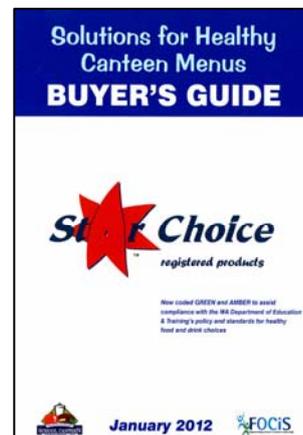
FUEL TO MAKE YOU	
Bacon & Egg Burger	\$
Ham & Salad Roll	\$
Chicken & Salad Wrap	\$
Hamburger	\$
Toasted Ham & Cheese Sandwich	\$
Toasted Chicken & Cheese Sandwich	\$
Hot Dog Meal Deal	\$
Mini Fruit Muffins	\$
Fresh Fruit Salad	\$

The January 2013 edition of the Star Choice™ Buyer's Guide is here!

If you would like to order your **free** copy of the updated Star Choice™ Buyer's Guide, please contact Jessica or Michelle at WASCA:

Email: fuelto@education.wa.edu.au

Phone: 9264 8147



The Star Choice™ Buyer's Guide provides a huge list of suppliers and distributors of food and beverage products – all of which are conveniently colour-coded as green or amber. The Buyer's Guide lists many popular items for sporting clubs and recreation centres such as burger patties, pies, sausage rolls, muffins, sushi, bulk pre-prepared salad ingredients, carbonated fruit juice and slushies.



Fuel to Go Workshops

Are you interested in increasing the range of healthy food and drink choices at your sport, recreation or entertainment venue? If so, attending a Fuel to Go workshop is for you!

- Workshops usually run for 1 hour
- There will be a small fee of \$10.00 per club (but can bring up to 4 members)



Fuel to Go workshops will be running at
The Department of Education, 151 Royal Street, East Perth on:
Monday 6th May – 5pm-6pm

If you would like to register for one of these workshops or organise a Fuel to Go workshop at your club, please contact Jessica on 9264 8147 or email fuelto@education.wa.edu.au



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