

COCKBURN LITTLE ATHLETICS CLUB



Rachael Biddulph (left) from SMPHU, Fiona Galea (middle) Canteen Manager and Jessica Franklin (right) from WASCA at Cockburn Little Athletics



A very green display fridge!

The Fuel to Go team with local support from the South Metropolitan Public Health Unit (SMPHU), Health Promotion Team have been working with Cockburn Little Athletics.

Cockburn Little Athletics Canteen Manager, Fiona Galea has transformed the menu in three months. The menu now offers 63% green options, 8% amber options and only 28% red options. This includes 20 more green options and 22 less red options.

On 12th February, Cockburn Little Athletics endorsed a Healthy Food and Drink Policy to commit to the promotion and supply of healthy options. The policy outlines a commitment to a minimum 50% green menu items and a maximum of 30% red items.

These changes highlight the passion Fiona has to shift away from the culture of junk food in sport. Fiona has appreciated the support and ideas from both WASCA and SMPHU. She didn't release how easy it would be to alter the percentages. Fiona is enjoying promoting new menu options including a steakburger with salad, sushi, Up and Go as well as yoghurt. A healthy children's lunch combo will also be added to the menu with ideas and feedback from parents.

A Fuel to Go workshop at Pony Club



On March 15 Pony Club representatives travelled as far and wide as Coolup to Gidgegannup to attend a Fuel to Go workshop at the Pony Club head office in Brigadoon. Many of the clubs who attended are already offering a range of healthy options which is a great achievement.

The workshop was a success with all clubs indicating they are going to be making their canteen menus healthier, some examples include:

- Replace soft drink with carbonated fruit juices such as LOL
- Switching to 99-100% fruit juice boxes
- Increasing the range of sandwiches, rolls or wraps
- Adding more green menu items e.g. fruit salad, sushi and soup
- Changing from regular pies and sausage rolls (red) to the approved amber varieties listed in the Star Choice™ Buyer's Guide.
- Switching to smaller fruit muffins as opposed to large muffins

Attendees also had the opportunity to sample a new product in the Star Choice™ Buyers Guide. The product was a bottled fruit and it had a positive response. You can find out more about this exciting new product and the Star Choice™ Buyers Guide on the next page.

Thank you to Jacqui Moon at Pony Club for allowing us complimentary use of the venue.

Attending a Fuel to Go workshop is a great opportunity to network with other clubs and share ideas. If you are interested in holding a Fuel to Go workshop at your club, please contact Jessica on 9264 8147 or email fueltoغو@education.wa.edu.au

Exciting New Product



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To order visit www.vitalicious.com.au/bottledfruit and apply online. For free samples contact 1300 854 095

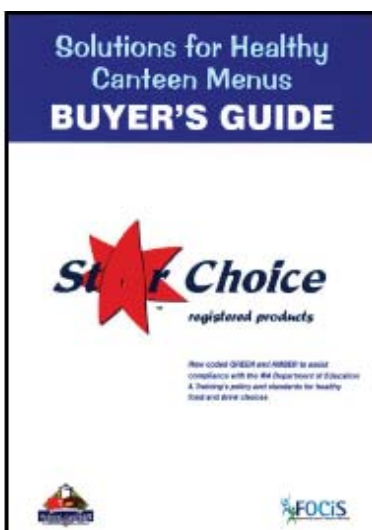
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January 2014 Star Choice™ Buyers Guide



Details of suppliers of all **AMBER** and **GREEN** products are included in the WA School Canteen Association Star Choice™ Buyers Guide. The Buyer's Guide lists many popular items for sporting clubs and recreation centres including healthier pies and sausage rolls, sushi, muffins, pre-made meals, ice-creams, slushies, flavoured milk and 99-100% fruit juices.

To get a copy for your club or for more information, please contact Jessica at WASCA on 9264 8147 or email fueltogether@education.wa.edu.au