

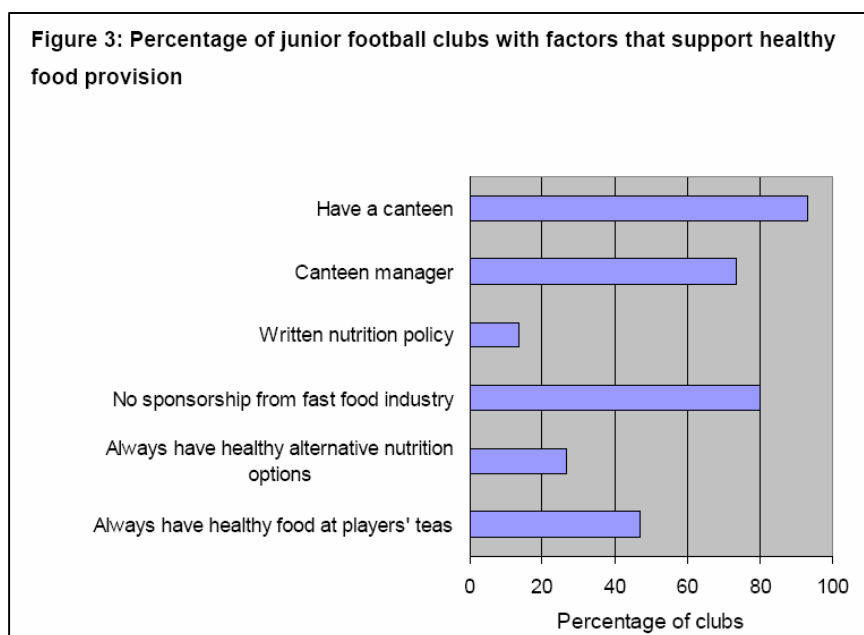
Fuel to GO GO GO



NUTRITION IS TOP PRIORITY – JUNIOR FOOTBALL CLUBS

A report, recently released by the South Metropolitan Public Health Unit (SMPHU) has found nutrition to be a top priority for clubs in the South Metropolitan District. Of 15 junior football clubs that were surveyed, nutrition was the issue that was deemed to be the most important priority for these clubs.

It was found that the majority of clubs have a canteen facility and a canteen manager; however other areas such as having a written nutrition policy and healthy food options were identified as areas for improvement – this is shown in the graph below.



South Metropolitan Public Health Unit. 2010. South Fremantle Healthy Junior Football Club Project – Survey Report. Department of Health WA.

The Fuel to Go Guide and website (www.fuelto go.com.au) offer a unique step-by-step approach to providing healthy food and drink choices in sport, entertainment and recreation venues. A range of issues are covered in the manual such as making simple menu changes, writing a nutrition policy and promoting healthy options in the club and to the community.

If your club rates nutrition as a top priority – the Fuel to Go Team is here to assist you.
email: fuelto go@det.wa.edu.au or call: 9264 5096

Fuel to Go Workshops

We are currently offering a workshop for sporting clubs with a canteen or food service facility.

The workshop runs for 2 hours, enabling food service/canteen managers to:

- Assess their current menu using the Traffic Light System
- Discuss options for improving the range of healthy food and drinks being offered
- Benefit from having qualified nutritionists to answer any questions and give practical advice

Where: Department of Education, 151 Royal Street, East Perth

When: Thursday 25th November 2010

Time: 10.00am – 12.00pm

The cost to attend is \$50.00 per club. This includes:

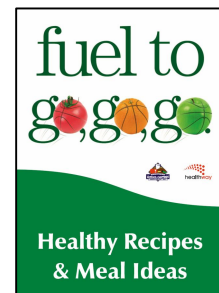
- Attendance of up to 3 people from each club
- A Fuel to Go Guide (valued at \$44.00)
- Star Choice™ Buyer's Guide (includes details of suppliers and distributors of 1000 healthier food and drink products – conveniently colour coded as green or amber)
- A Fuel to Go Healthy Recipes and Meal Ideas book

To register your interest or for more information please telephone or email:

Michelle Riekie or Claire Thomson – 9264 4999

Email fuelto@det.wa.edu.au with the following information:

- Club name
- Attendees names
- Contact details



SUNCORP BANK – SHADE TENT GIVEAWAY



Know a group who could use some shade?

Adam Gilchrist, Suncorp Bank Community Ambassador

Apply Now

SUNCORP BANK SHADE TENT GIVEAWAY

WIN one of 60 shade tents and a year's supply of sunscreen.

Suncorp Bank is giving away a portable shade tent and a year's supply of sunscreen to 60 community groups who need them most. It's part of our SunWise program – our commitment to giving Australians the tools to protect themselves and their families from the devastating effects of skin cancer. If you know a school, club or community group who could use one of these sturdy shade tents, [tell us why](#) and help give shade to someone who needs it most.

Entries close at 5.00pm Wednesday 8 December 2010. Applications will be judged between Monday 20 December 2010 and Friday 31 December 2010. Winners will be notified and their details published at suncorpbank.com.au/community on Monday 31 January 2011. Suncorp Bank Shade Tent Giveaway is only open to clubs, schools and community groups in Queensland, New South Wales and Western Australia.

Sometimes shade alone isn't enough.

Measuring 4m x 4m, each Suncorp Bank Shade Tent is portable, free-standing and has a 50+ UV protective canopy. But while shade alone can reduce overall exposure to the sun's harmful UV rays by about 75%, indirect UV radiation can occur from scattered rays and reflections from surfaces such as water, sand and concrete. So a combination of sun protective clothing, hats and sunscreen – as well as shade – is the best way to achieve maximum UV radiation protection.

Always stay SunWise

For more details, apply online at

<https://apps.suncorp.com.au/ShadeTentGiveaway/Comp/GettingStarted>

Summer Treats

Of course, icy cold water is a great thing for children to drink in the summer months after playing sport. Here are some **GREEN** ideas for summer sports.

- **Frozen Juice Boxes** - 100% fruit juice boxes – usually 200ml in size. Take these out of the freezer just before a game ends. You can even serve these with a spoon.
- **Frozen Yoghurt** - Fill an ice cube tray with low fat yoghurt and place a toothpick in them when nearly frozen.
- **Frozen Fresh Fruit** - Frozen fruit is exciting to children. Some great fruit to freeze is chopped watermelon, strawberries, pineapple rings, grapes and oranges. Even try frozen banana on a stick.

Alternatively, here are a selection of pre-packaged **GREEN** and **AMBER** treats:

<i>Company Name</i>	<i>Product Name</i>	<i>Varieties</i>	<i>Size</i>
Fruity Fanatics Deborah Marten M: 0419 916 154	100% Pure Fruit Frozen Tubes	Orange	75g
		Orange & Passionfruit	75g
		Mango & Orange	75g
		Watermelon & Apple	75g
		Strawberry & Apple	75g
Glow Foods Carole Enright M: 0405 136 645 F: (08) 9291 0375 glow_foods@iprimus.com.au	Juicies 100% Fruit Sachet Sticks	Orange	100ml
		Pineapple	100ml
		Apple	100ml
		Wildberry	100ml
		Tropical	100ml
		Apple & Blackcurrant	100ml
Golden Circle Ronnie Benatar – WA P: (08) 6162 9552 M: 0402 052 715 F: (08) 9375 7857	Golden Circle Juicy Ice Sticks	Pineapple	70ml
		Apple	70ml
		Orange	70ml
		Blackcurrant / Apple	70ml
		Fruit Salad	70ml
Impulse Marketing Direct Russell Bradshaw P: (08) 9249 6868 M: 0411 222 001 F: (08) 9249 6929 Russell@australalliance.com.au	Twice as Nice 99% Fruit Juice Icy Poles	Apple	75ml
		Grape	75ml
		Orange	75ml
		Strawberry	75ml
LZ Enterprises Justin Wenke P: (03) 8787 8899 F: (03) 8787 8989	Nice 'N Joosey Icy Poles	Mixed Flavours	All 70ml
		Orange	6 x 25 packs
		Lime	
		Raspberry	
		Blackcurrant	
National Foods (Masters & Berri) Neil Bell P: (08) 9333 2964 M: 0409 521 529 F: (08) 9458 1986 neil_bell@natfoods.com.au	Quelch Fruit Sticks	Mixed Pack of Orange, Apple, Tropical, Blackcurrant, Mango	6 x 24 packs
Bulla Dairy Grant McDonough P: 1300 134 884 M: 0419 716 483	Bulla Light 98% Fat Free Party Cup	Vanilla	
	Boost Bliss Bar	Mixed Berry	65g
LZ Enterprises Justin Wenke P: (03) 8787 8899 F: (03) 8787 8989	Zing Creamy Fruit Ice Bar		78ml
Nestlé Peters Ice Cream Craig Pascoe M: 0434 362 274 F: (08) 9488 5611	Nestlé Milo	Smooth Stick	72g
	Nestlé Billabong	Chocolate	70g
		Triple Swirl	80g
PFD Food Service Pty Ltd Jonathan Mackie P: (08) 9240 9604 M: 0417 986 081	Popsicle	Chocolate, Rainbow, Banana, Swell	All 78ml
	Yowie Pops	Chocolate	84ml
	Bulla Boost Bliss Bar	Mixed Berry	65g
	Bulla Light 98% Fat Free Party Cup		
	Nestlé Milo	Smooth Stick	72g
	Nestlé Billabong	Chocolate	70g
		Triple Swirl	80g
Unilever Australasia (Streets) Domenic Di Marco P: (08) 9353 1776	Paddle Pop Moo	Choc-Vanilla	56g
		Strawberry Milkshake	56g
	Paddle Pop	Chocolate	68g
		Banana Strawberry	68g 68g
Golden North 97% Fat Free Cup	Vanilla	125ml	

Warmer Temperatures require heightened vigilance to keep food safe

It is especially important to familiarise ourselves with food safety requirements as we transition into the summer months. The monitoring of temperatures, correct storage of high risk foods and preparing equipment for warmer weather are essential for food safety in the canteen and home alike.

All food providers must be compliant with the Western Australian Food Act 2008. The requirements within the Food Safety Standards can be found online at www.foodstandards.gov.au or for further information contact the Food Unit at www.public.health.wa.gov.au.

The FoodSafe Food Handler Training program (or its equivalent) is a program considered appropriate for this purpose. The training course can now be completed online at <http://www.foodsafeonline.com.au/> or can be purchased through Environmental Health Australia <http://foodsafe.eh.org.au/>

High risk & potentially hazardous foods

- Raw meats, cooked meats
- Dairy products
- Seafood
- Processed fruits & vegetables
- Cooked rice & pasta
- Processed foods e.g. foods containing eggs, beans, nuts or other protein rich foods
- Products containing any of the above foods

Temperature Danger Zone

60°C —————
Food poisoning
bacteria grow
37°C fastest around
37°C (body temp.)
—————
5°C

Storage of high risk foods

It is important to store foods correctly to avoid the growth of bacteria that can lead to food poisoning.

The first step in correctly storing items is to securely **cover the food** to prevent contamination from chemicals, objects, dirt and juices from other products.

Food Standard 3.2.2

**(2) A food business must, when storing potentially hazardous food:
(a) store it under temperature control;**

Refrigeration Temperatures




The temperature of your refrigerator should be below 5°C. To check the temperature of your refrigerator, keep a container of water in the fridge and take the temperature of the water. If the temperature of the water is below 5°C, this will indicate that you are storing food at the correct temperature.

Stocking the Refrigerator Correctly

- *Top shelf:* ready to eat foods such as sandwiches
- *Next shelf down:* dairy foods such as milk, yoghurt, cheese
- *Next shelf down:* raw vegetables or fruit
- *Bottom shelf:* raw meats (a domestic refrigerator may have a separate compartment for storing raw meat)

Four-Hour/Two-Hour Guide

After cooking, food must be used immediately, refrigerated or thrown away depending on the time since cooking. To ensure food does not become hazardous and unsafe, use the following table as a general rule:

 under 2 hours	Use immediately or refrigerate
 2-4 hours	Use immediately – do not refrigerate
 over 4 hours	Throw away!

Handy Tip

It is important to defrost and clean your freezer during the last week of the season to ensure that it works correctly over the break. Freezers that are not defrosted before this time may not store food at the correct temperature resulting in loss of stock.