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

Fuel to GO GO GO



Milk- Natures Sports Drink

Players will be very pleased to know that new research continues to support the importance of milk for sports performance and recovery. Research has indicated that it is outperforming sports drinks as the best recovery drink after sport. Milk contains:



- Carbohydrates to help refuel muscles and energy stores
- High-quality protein to promote muscle growth recovery and growth
- Fluid and electrolytes to help replenish what is lost in sweat

Plus it is packed with other nutrients including protein, calcium, magnesium, vitamin A and potassium, making it an ideal re-hydration and recovery drink for active players.

While plain reduced fat milk is the best choice, even flavoured milk is also a good source of the ten essential nutrients. Flavoured milk is made with reduced fat milk and the amount of added sugar is considered minimal.

Product (250ml)	Energy (kJ)	Sugar (g)	Calcium (mg)
Hilo Milk	488	12.3	312.5
Chocolate Milk	690	23.8	320

Other examples of post-exercise recovery snacks containing dairy include:

- Smoothies
- Milkshakes
- Reduced fat cheese and salad sandwiches
- Reduced fat cheesy muffins
- Yogo
- Jaffa's and toasted sandwiches with reduced fat cheese
- Custard cups and fruit
- Reduced fat cheese and crackers
- Yoghurt
- Reduced fat yoghurt topped with muesli and fruit
- Pizzas topped with reduced fat cheese and your choice of toppings

Exciting New Product!

Company Name	Product Name	Varieties	Size
Harvey Fresh Steve Audino Mb: 0407 980 277 Danielle Aungier Mb: 0439 098 748 Sue Olton Mb: 0400 091 818	NEW Moolish Flavoured Milk	Chocolate Strawberry Banana	250ml 250ml 250ml

More “green” milk drinks suitable for sporting clubs

Company Name	Product Name	Varieties	Size
Brownes Foods Operations Pty Ltd Vicki Daley Mb: 0417 993 804 vicki.daley@brownesdairy.com.au	Chill Flavoured Milk	Caramel, Choc Chill, Banana Chill, Strawberry Chill, Choc Mint Chill	300ml, 600ml 300ml, 600ml 300ml, 600ml
	Chill Flavoured Milk <i>For decanting into cups only</i>	Choc Chill	1L
Delicious Brands NEW Ph: 1300 793 937 Ph: 02 9009 6999 Fax: 02 8411 1708 sales@deliciousbrands.com.au www.deliciousbrands.com.au	Divinity Café Style Hot Chocolate		150ml
Harvey Fresh Steve Audino Ph: 08 9729 0600 Mb: 0407 980 277 Fax: 08 9729 2298 Leandra Sorgiovanni – South Mb: 0407 775 320 Hannah Gilchrist – North Mb: 0414 247 166 Danielle Aungier Mb: 0439 098 748	Extra Shelf Life Flavoured Milk Flavoured Milk	Chocolate Chocolate <i>(For decanting into cups only)</i>	300ml/600ml 1L
Lion – Dairy & Drinks Ltd Janet Foster Mb: 0419 906 982 Fax: 08 9458 1986 Janet.foster@lionco.com.au	Masters Reduced Fat Milk Drink	Chocolate Spearmint Strawberry Choc Berry	300ml/600ml 300ml/600ml 300ml/600ml 600ml
	BIG M (UHT)	Reduced Fat Strawberry Reduced Fat Chocolate	250ml 250ml
Nestlé Professional Kim McKenzie Ph: 08 9488 5657 Fax: 08 9488 5611		Dispenser Jar Single Sachets	500g pack
	Milo <i>Use Skim Milk</i>		240g 450g 750g 1.25kg 1.9kg
	Milo Vending Drink Mix		1kg
Nippys JANART Drink Consultants Arthur Whelan Ph: 08 9456 5222 Fax: 08 9456 5333 Cool West Foods Ph: 08 9583 3773 Metro Beverage Co (MBC) Ph: 1300 123 622	Flavoured Milk Long Life	Chocolate Strawberry Honeycomb Vanilla Malt, Banana	250 & 375ml 250 & 375ml 250 & 375ml 375ml
Sanitarium Health Food Company Shane Dunlop Ph: 02 4348 7675 Mb: 0411 873 243	So Good	Chocolate Bliss	250ml

Good Mood Food



We all know there are many things that can affect our mood, from stress at work, the weather, or even what's for lunch.

According to one UK study – The Food and Mood Project – eighty percent of people reported a significant improvement in mood swings, depression and anxiety when their eating style was based on 'supporter foods' like vegetables, fruits, nuts, seeds, wholegrain foods, oily fish and water. The researchers also found that 'stressors' on mood were foods containing excess refined sugar, caffeine and alcohol. The foods identified as 'stressors' initially stimulated the body but eventually left people feeling depleted and more stressed because they provided little nutrition.

So what does that mean in day-to-day terms?

Eating a balance of 'supporter foods' may be helpful in managing anxiety and changes in mood. Choosing meals based on whole plant foods, eating a good breakfast including wholegrain breads or cereals and making water your main drink can be a great start. Try to avoid 'stressor' foods such as caffeine, alcohol and refined sugary foods like lollies and soft drinks.

Is your club providing enough good mood food?

Take the good mood food test. If you sell more stressor foods than supporter foods you might want to think about how you can change the mood at your club.

	Stressor food	Supporter food
Energy drinks i.e. Red Bull	✗	
Soft Drinks	✗	
Water		✓
Milk drinks		✓
Sandwiches/rolls		✓
Sushi		✓
Hot chips	✗	
Full fat pies/sausage rolls	✗	
Yoghurt		✓
Packets of chips	✗	
Chocolate	✗	
Lollies	✗	
Salads		✓
Veggie sticks		✓
Stuffed potatoes		✓
Fruit		✓
Cakes and biscuits	✗	
Ice cream	✗	

Fuel to Go Workshop MARGARET RIVER Expression of Interest



We are planning to bring Fuel to Go to Margaret River in February 2013. If you are associated with a sporting club, recreation centre or entertainment venue and are interested in offering some healthy food and drink options, attending a Fuel to Go workshop is a must for you. Alternatively, we are happy to make one-on-one visits to any clubs who are interested in information on offering healthy choice or promoting the great options that are already available. If there is a good response to this expression of interest, we will be in Margaret River on the following dates:

Friday 22nd February
Saturday 23rd February

Workshops

A Fuel to Go workshop will generally run for 1 hour and cover the following information:

- Using the Fuel to Go Guide
- Facts and figures – overweight & obesity in Australia
- Traffic Light System of categorising food & drinks
- Star Choice™ Buyer's Guide – lists the suppliers and distributors of healthy food & drinks available in Western Australia
- Sample menu activity
- Case studies
- Profitability
- Resources for your club
- Two qualified nutritionists to answer your questions



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 go,go,go		
	Bacon & Egg Burger	\$
	Ham & Salad Roll	\$
	Chicken & Salad Wrap	\$
	Hamburger <small>with grilled onion, lettuce, tomato, grilled corn & bunnet</small>	\$
	Toasted Ham & Cheese Sandwich	\$
	Toasted Chicken & Cheese Sandwich	\$
	Hot Dog Meal Deal	\$
	Mini Fruit Muffins	\$
	Fresh Fruit Salad	\$



Contact us:
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