

## SUBTLE CHANGES MAKE A BIG IMPACT AT FORRESTFIELD UNITED SOCCER CLUB!



Pictured from left to right Tanya Price, Frank Vinci and Donna Mould

Donna organises a weekly donation of fruit and veg from her local supplier. This way she can subsidise the cost of her healthy choices. It is worthwhile asking your local supplier for a donation!

Healthway and the Fuel to Go team have recently been working with a number of football (soccer) canteens as a part of a pilot study to assess the types of foods available at sporting club canteens. Canteen menus were assessed using the 'Traffic Light System' and recommendations offered. Canteens then had a few months to make changes before their menus were assessed again.

Our most outstanding club was Forrestfield United Soccer Club. Donna the Canteen Manager at Forrestfield made some fantastic changes which resulted in an increase from 18% green to 41% green. The team at Forrestfield were enthusiastic about making changes and could see how just making just a few small behind the scenes changes can make the club canteen much healthier.

### Key changes:

- Introduced a variety of salads (all made using existing lines of stock!)
- Reduced the range of confectionery available
- Switched to reduced fat varieties of mayonnaise and cheese
- Added more salad to burgers
- Deleted the least popular flavours of soft drink and sports drinks
- Replaced soft drink with carbonated fruit juices

# Beat the Heat with summer time treats

As summer is fast approaching, children are always keen to enjoy something to cool them down. We have listed some ideas from the Star Choice™ Buyers Guide below. For more healthier alternatives to sell in the canteen, request a copy of the latest Star Choice™ Buyers Guide.

## Slushies

Company Name	Product Name	Varieties
Delicious Brands Ph: 1300 793 937 sales@deliciousbrands.com.au	Fruizia Frozen Fruit Slush	Orange Mango Pineapple Coconut, Lime Pink Lemonade, Tropical, Vanilla Cinnamon, Strawberry, Raspberry, Dragon Fruit
Mad Slush Francesca Sepe Ph: 08 6143 2656 Mb: 0452 334 565 Francesca@madslush.com.au www.madslush.com.au	Mad Slush 99% Fruit Juice	Blueberry, Tropical, Cola, Grape, Lemon & Lime, Strawberry
Slush Puppy Glen Issac Ph: 1300 446 500 info@slushpuppy.com.au	Slushy	Strawberry, Raspberry, Lemon-Lime, Grape Shocker

Slushy machines are a great option for summer sport. Most companies offer free leasing and servicing of the slushy machine. Be sure to ask for the 100% fruit juice variety

## Ice Creams

Company Name	Product Name	Varieties
Golden Circle	Golden Circle Juicy Ice Sticks	Pineapple, Apple, Orange, Blackcurrant/Apple, Fruit Salad
Unilever Australasia (Streets) Domenic Di Marco Ph: 08 9353 1776	Paddle Pop	Vanilla, Chocolate, Banana, Rainbow, Gooney Toffee Apple
PFD Food Service Pty Ltd Paul Kift Ph: 08 9240 9604 Mb: 0488 908 181	Nestle Billabong	Chocolate, Triple Swirl
	Yowie Pops	Chocolate
	Bulla Boost Bliss Bar	Mixed Berry
	Bulla Light 98% Fat Free Party Cup	
	Nestle Milo	Smooth Stick
	Popsicle	Chocolate, Rainbow, Banana, Swell

Choose fruit based icy poles and dairy based ice creams as a healthier alternative to high kilojoule varieties

## Carbonated Fruit Juice

Company Name	Product Name	Varieties
PFD Food Service Pty Ltd Paul Kift Ph: 08 9240 9604	LOL	Tropki Razz Bri B Current P Chee
Golden Circle Ph: 08 9375 6141		Straz Bri U Da Man
D'licious Drinks John Peters Ph: 02 9971 1066	Juice Bomb 99.9% Fruit Juice	Vanilla Lime Apple Raspberry Apple Blackcurrant

Carbonated fruit juices make a great alternative to soft drink!

# Fuel to Go Workshop – Geraldton

## Expression of Interest

We are planning to bring Fuel to Go to Geraldton in February 2014. 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 choices or promoting the great options that are already available. If there is a good response to this expression of interest, we will be in Geraldton on the following dates:

Tuesday 25th February  
 Wednesday 26th February  
 Thursday 27th of February

### Workshops

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

- o Fats and Figures – overweight & obesity in Australia
- o Using the Fuel to Go Guide
- o Case Studies and profitability
- o Traffic Light System of categorising food & drinks
- o Resources for your club



If you would like to register your interest for a Fuel to Go workshop or one-on-one visit, please email [fueltoغو@education.wa.edu.au](mailto:fueltoغو@education.wa.edu.au) or call Jessica on 9264 8147

## Are you looking for ways to promote your healthy food?

Promotional merchandise and resources are available for clubs offering healthy food and drink choices. Simply send us your menu and if it is healthy you will receive free Fuel to Go posters, 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 [fueltoغو@education.wa.edu.au](mailto:fueltoغو@education.wa.edu.au) or PO Box 25, Hillarys WA 6923.



FUEL TO MAKE YOU g.o.g.		
	Bacon & Egg Burger	\$
	Ham & Salad Roll	\$
	Chicken & Salad Wrap	\$
	Hamburger <small>with grilled onion, lettuce, tomato, grated carrot &amp; lettuce</small>	\$
	Toasted Ham & Cheese Sandwich	\$
	Toasted Chicken & Cheese Sandwich	\$
	Hot Dog Meal Deal	\$
	Mini Fruit Muffins	\$
	Fresh Fruit Salad	\$

