

We recently checked in with the **Pearl Coast Gymnastics Club** in Broome, which have done an incredible job creating a healthier club canteen thanks to funding they received from Healthway's Healthy Sports Program.

The club used the grant money to purchase a display fridge, sandwich press, blender, and soup warmer, and as part of the funding completed the Fuel to Go & Play® Canteen and Food Staff training. This helped the club to learn how to 'green up' their menu and offer a healthy and profitable canteen for their members.

The club worked closely with the Fuel to Go & Play® team at the Western Australian School Canteen Association Inc. (WASCA) to make some great changes. For example:

- Removed red (unhealthy) food items off display to encourage the purchase of green healthier options
- No sugary drinks for sale – they only sell water, flavoured sparkling water and plain milk
- Using their new blender to make delicious mango smoothies
- Offer healthy snacks such as yoghurt tubs, fruit, and hummus with vegetable sticks, fruit smoothies
- New healthy meals include sandwiches, fresh and toasted using their new sandwich press
- The BBQ is now offering healthy hamburgers and BBQ corn
- Reviewed the menu and dramatically decreased red options by 79% and increased green choices by 139% (see figure 1.).

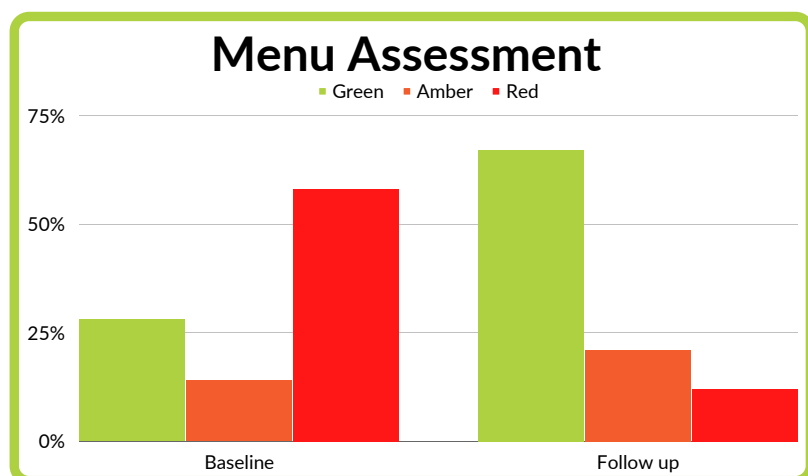


Figure 1. Menu assessment comparison

As a result, Pearl Coast Gymnastics Club achieved Level 1 Fuel to Go & Play® Accreditation and received promotional resources from the Fuel to Go & Play® team to promote their healthy canteen. Fantastic effort!

They are one of 20 other WA sporting clubs demonstrating best practice and making positive changes to the food environment.

This means their members have the best chance of fuelling their bodies with healthy food at training and on game day.

You can also make the healthy choice the easy choice, meaning if you have healthy food and drink choices on the menu people will choose them. In practice though, this is only part of the solution in creating a healthy food environment.

Food environment means the collective physical, economic, policy and socio-cultural surrounding, opportunities and conditions that influence people's food and drink choices and nutritional status.



Fuel to Go & Play®, run by WASCA and funded by Healthway, provides a variety of solutions that support community venues to create healthy food environments.

The Fuel to Go & Play® website provides a suite of resources, training, and support to help community venues offer a healthier food service. There is customised support for:

- Community Events and Programs
- Community Venues and Recreation Centres
- Food Trucks and Caterers
- Health Professionals
- Sporting Clubs
- State Sporting and Racing Associations.

There is also healthy eating information for individuals that clubs and venues can share with their members so they have the Fuel to Go & Play®!

For more information about how the Fuel to Go & Play® team can help your community venue, advice about menu planning, training, or the accreditation program visit the [Fuel to Go & Play® website](https://www.fuelto.goandplay.com.au).

To find out more visit [Healthway's Healthy Sports Program](https://www.healthway.com.au/healthy-sports-program).