



Bull and Barrel Festival fuels the health of the Dardanup Community!

Local community events are a great opportunity for families and communities to get together. They also offer a landscape to implement a variety of strategies to support the health and wellbeing of the community.

In 2022 the Bull and Barrel Festival committee partnered with Healthway to create a healthier community event and promote the Act Belong Commit health message. As part of the partnership Fuel to Go & Play® worked with event organisers to help create a healthier food environment.

As a result, the festival implemented some great health promoting strategies and activities for their community to enjoy including;



- Engaging the Fuel to Go & Play® team to:
 - liaise with vendors (food trucks) to ensure that healthy food options were offered
 - communicate to vendors the Healthway conditions of having sugary drinks off display (sugary drinks can be offered but not displayed to promote and encourage the sale of water and other healthier options).

Healthy options offered by food vendors included burgers loaded with salad, vegetarian noodles, gozlemes and tagines. Some vendors selling sweet options such as ice creams offered fruit cups as a healthy option.



Food Vendor with non display of sugary drinks and healthy food options available.



- The Fuel to Go & Play Team also supported the committee with developing a Healthy Community Event policy; the policy outlines the standards for the type of food and drink to be offered at the event, focusing on ensuring food provided by vendors align with Fuel to Go & Play® and the Australian Guide to Healthy Eating
- Activities for children included:
 - creating a healthy snack in the Kid's in the Kitchen marquee
 - a treasure hunt to encourage physical activity
- Meditation and Yoga sessions
- Other strategies offered:
 - Smoke free event
 - Sun protection via shaded areas.



Children enjoying the healthy snacks they prepared



Preparing fruit kebabs in the Kids in the Kitchen marquee



Community members participating in free Yoga sessions

For more information on how Fuel to Go & Play® can help support your organisation with creating a healthier community event visit: www.fuelto.go.com.au