



Mandurah Performing Arts Centre serving entertainment with a side of health

Community events provide a great opportunity for families and communities to connect and get together. They can also make a positive difference to the health and wellbeing of the community through connection and participation.

The food and drink on offer at community events is often a highlight. The Mandurah Performing Arts Centre (MANPAC) through their partnership with Healthway promoting the LiveLighter[®] and Crunch & Sip[®] messages is proof that offering a healthy food environment is easy.

Through their partnership with Healthway MANPAC worked with the Fuel to Go & Play[®] team to ensure that the food provided makes the healthy option the standard option.



Fuel to Go & Play[®] supported MANPAC through:

- reviewing recipes and offering healthier ingredient alternatives
- reviewing the menus of food vendors to ensure healthy options were offered as well as ensuring the non-display of sugary drinks.





Other strategies that MANPAC implemented include:

- nutrition education activities for children
- free fruit and vegetables to sample
- health promoting merchandise including LiveLighter® cooler bags and recipes cards
- food demonstrations, cooking up quick and healthy recipes.



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

