



# healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

January 2012

Issue 1 - Project Introduction



## Project Outline

The Healthy Food@Sport project is a partnership between Sport and Recreation Services, ACT Health and Nutrition Australia ACT.

The project focuses on supporting canteens run by community sports clubs to increase their range of healthy food and drink choice available to children and young people.

This project is funded for the next four years and will offer training and practical cooking sessions for canteen managers; support and resources to enable canteen managers to switch to healthier menus; and education sessions and resources for members on the benefits of healthy eating and drinking.

The project is currently being piloted by three community sports clubs/organisations:

- Basketball ACT
- Gungahlin Little Athletics Centre
- Kids Football Club (formally known as Players Football Club)

Canteen assessments/audits and consumer surveys are currently being conducted at these sites.

The project will expand and work with more community sports clubs/organisations during the winter season of 2012.

For support, or further information about the project please contact Grant Voysey, Senior Project Officer, Healthy Food@Sport on phone 6207 1696 or email [grant.voysey@act.gov.au](mailto:grant.voysey@act.gov.au).

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



## Fruit Cups



Preparation time: 20 minutes

### Ingredients

1 kg watermelon cubed  
500 gms rockmelon cubed  
1 medium pineapple cubed  
200 gms grapes  
Paper cups  
Plastic forks  
Plastic wrap

Chop watermelon, rockmelon, and pineapple into cubes. Combine fruit in a big bowl. Fill paper cups, cover with plastic wrap and store in fridge. If stone fruits are in season try peaches, apricots, nectarines, plums and mangoes as well.

Note: you can brush the fruit with lemon juice if you find the fruit is browning. Also, if you have access to a freezer, try freezing the fruit cups on the hot summer days.

Tip: for promotion, try displaying one sample of the Fruit Cup with the price attached.

## Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on phone 6207 1696 or email [grant.voysey@act.gov.au](mailto:grant.voysey@act.gov.au)

## Traffic Light System

The Healthy Food@Sport project will be utilising the Traffic Light System which is used in Australia to promote healthy sporting canteens. It is designed to assist canteens who would like to increase their range of healthy eating and drinking options.

The Traffic Light System is divided into three colour categories that contain information about how foods and drinks are categorised based on their nutrient content.

**GREEN FOODS:** Fresh fruit and vegetables; most breads, pastas, and rice; some wholegrain products; reduced-fat dairy products; fresh meat, fish and chicken; and water and reduced fat milk or soy.

**GREEN FOODS** are high in nutrients that are good for your health and well-being and are low in sugar, fat and salt. Therefore you can eat plenty of them. These foods should be promoted and more visible in the canteen setting.

**AMBER FOODS:** Full fat dairy products, some reduced-fat savoury foods i.e. pasties, sausages, spring rolls, oven-baked biscuits, chips, wedges and dim sims; processed meat, margarine, mayonnaise, oils; snack food bars; plain milk-based ice creams and ice-blocks.

**AMBER FOODS** have some nutrients but also have moderate to high amounts of fat and/or sugar and/or salt. Therefore, these foods and drinks should be carefully selected and consumed in moderation and in small serves.

**RED FOODS:** Soft drinks and sport drinks; all lollies; all deep fried foods; chips, crisps and other fried foods; chocolate covered ice-creams; and most cakes, muffins, sweet pastries and slices especially in large serves.

**RED FOODS** are low in nutrients and are generally higher in sugar, fat and salt. These foods and drinks are also high in energy and should be only consumed occasionally, in small serves. Promotion of these foods should be limited.

To access the range of newsletters and fact sheets in this series please visit:

[www.health.act.gov.au](http://www.health.act.gov.au)