



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

March 2012

Issue 3 – Healthy Catering and Fundraising

Does your Canteen have a 'Health Promotion Policy'?

We recognise the benefits of healthy behaviours for long term health and the important role the club environment plays in modelling, particularly with junior members. Therefore, it might be worthwhile to consider having a health promoting policy.

A number of measures and initiatives may be put in place to ensure that your club environment encourages and promotes healthy behaviours. A health promoting policy may support the framework for the development of a healthy family and community friendly environment. Furthermore, clubs may take pride in being a health promoting club and their environment may create a positive image that can be valuable in attracting new members and positively promoting the club and the sport.

Some items to consider implementing in your policy may be:

- Hydration
- Healthy eating
- Food safety
- Tobacco
- Alcohol and other drugs
- Sun protection
- Injury prevention

Section 1 of your Community Sports Club/Organisation Information and Resource Manual looks at how to create a Health Promotion Policy for your club. For further information please contact Grant Voysey, Senior Project Officer, Healthy Food@Sport on 6207 1696 or grant.voysey@act.gov.au.

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BBQ – The Great Aussie Tradition

BBQ's are a great Aussie tradition. It may be a national pastime, but the famous BBQ could be a health disaster if done without careful planning.

Food Hygiene Checklist

- Thaw and store meat in fridge or esky;
- Pack food in insulated containers;
- Wash hands before and after handling food;
- Wash cooking equipment after use and use clean plates and utensils for cooked food;
- Wear plastic gloves when handling food;
- Have wipes and paper towel ready for spills;
- Keep hot cooking areas separate from serving areas.

Please refer to the Healthy Catering and Tips for End of Season Celebrations fact sheet for more information and tips on how to lean up the hot plate.

Contact Details

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Healthy Catering and End of Season Celebrations

Celebrating successes at the end of a sporting season is always fun. It is also a great time to reward and acknowledge the efforts of your volunteers. These particular events are usually celebrated in conjunction with delicious food and furthermore, can also be a time to send a great message about the importance of eating healthy.

Please refer to the Healthy Catering and Tips for End of Season Celebrations fact sheet, section Create Healthy Options for information on:

- Serving low kilojoule and low fat foods.
- Serving small portions.
- Serving 100% fruit or vegetable juice, water or low fat milk.
- Choosing cakes, buns, and slices that are plain or contain fruit or vegetables.
- Serving fruit & vegetables whenever possible.
- Including a vegetarian option.
- Having bags of air-popped unsalted pop corn available.
- Choosing wholegrain, wholemeal or fibre enriched bread, rolls and wraps.

Fundraising Made Easy

Make your fundraising event a healthy experience and build a sense of community. Here are some easy and effective fundraising ideas that you may like to try:

- Have a mango drive/other fruit and vegetable drives (mangofundraiser.com).
- Sell flower bulbs or veggie plants (info@livingfundraisers.com.au).
- Sell discount voucher books (entertainmentbook.com.au).
- Host a healthy BBQ with a disco.
- Have your club members donate a favourite healthy recipe and make a healthy community cookbook to purchase.
- Sell lunchboxes and water bottles (www.boxydesign.com.au).
- Host a fun run, walk-a-thon or a sport-a-thon (fundraisingadventures.com.au).
- Sell funky inflatable 'Fruity Faces' for storing pieces of fruit (fruityfaces.com.au).

Quick tips for organising a fundraising event:

1. **Have a goal.** What is the primary objective of the fundraiser? What do you want to achieve?
2. **Advertise/promote** your fundraiser. Local businesses may donate their services for advertising.
3. **Recruit** extra helpers and support for overseeing the activities. Allocate tasks that need to be accomplished.
4. **Liaise** with club president, keep them informed on your progress.
5. **Plan in advance** when the fundraising will take place. Allow plenty of time for preparing. Think about the timing for the fundraising. Avoid busy times of the year for the sporting clubs and avoid competing with other events and fundraisers that maybe taking place at same time.