



# 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.

October 2012

Issue 10 – Swapping to Healthier Options



## Swapping Less Healthy for More Healthy

Many recipes can be easily modified without compromising on taste or quality to make them lower in fat, sugar, salt and just overall 'healthier'.

Two major changes include:

- Change ingredients by reducing, removing or using something else.
- Using healthier cooking methods (stir frying, roasting/baking, steaming, grilling and microwaving).

What we put into our mouths can have a big effect on our waistline and health. Some foods are obviously better for us than others, but also the way certain foods are prepared can change how healthy they are for us.

Please refer to the 'Swapping Less Healthy for More Healthy' Fact Sheet for further information on reducing saturated fat, sugar, sodium and increasing fibre in your diets. There are a few tips for food preparation and recipe revamping to help you eat healthier. You may need to experiment at first with new recipes and foods to find the exact amount.

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## Q & A on Ice Blocks/Ice Creams

**Canteen Question:** If we would like to sell ice blocks at our canteen what should I look for?

**Answer:** If you choose to sell ice blocks consider products that have **99%-100% fruit juice and no added sugar**. The suggested serving size should also be the **maximum of 125mls**.

**Canteen Question:** What about ice creams?

**Answer:** If you are interested in providing ice creams, make sure **low fat milk** is listed as the first ingredient and the ice creams are **not chocolate coated**.



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



## Fruity Rice Rolls

### Ingredients

Serves	10	25
Rice paper	10	25
Strawberries	1 punnet	2 punnets
Apple	2	4
Kiwi fruit	4	8

### Method

1. Wash, hull & slice strawberries.
2. Wash and finely dice apples.
3. Remove skin and finely slice kiwi fruit.
4. Wet rice paper rolls as per packet instructions.
5. Lay two slices of strawberries and two slices of kiwi in a line in the middle of the rice paper.
6. Spoon approximately 1½ tablespoons of apple on top.
7. Fold the bottom of the rice paper roll up to cover the filling, then fold in each side and roll.

**Food Group Serves** -½ serve fruit per fruity rice roll.

### Tips

Serve with reduced fat vanilla yoghurt for dipping. Use a variety of fruits, small mandarin segments (de-seeded) and slices of banana. Rice paper can be purchased from Asian foods section of most supermarkets, or Asian grocery stores.

**Approximate cost per serve:** 50¢

## Contact Details

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

## Changes Occurring at Woden Valley Soccer Club

We congratulate Woden Valley Soccer Club on their efforts this year for participating with the *Healthy Food@Sport* project. The canteen manager did a fantastic job trying to 'GREEN' up the canteen menu. We are impressed by the canteen manager's enthusiasm for change. She is very passionate about preparing healthy and nutritious meals onsite, and has been proactive in sourcing required cooking appliances through their club committee. The canteen manager has made the following positive changes to GREEN up the menu:

- Trialed an air-popper to make popcorn, which is priced competitively with other savoury snacks.
- Provided healthy muffins to replace other baked goods.
- Offered veggie burgers as a healthier option from the BBQ.
- Replaced white breads and rolls with white high fibre, wholemeal and wholegrain varieties.
- Reduced serving size of savoury pies and sausage rolls, and looking into sourcing healthier varieties from local suppliers.
- Decreased variety of soft drinks.
- Encouraged club members to refill their water bottles at the *Healthy Food@Sport* water dispenser via promotional boards.

The *Healthy Food@Sport team* looks forward to providing Woden Valley Soccer Club with ongoing support and advice in future seasons.

## Summary of Consumer Surveys - Pilot Phase

Consumer surveys were conducted at 10 community sporting clubs with 606 surveys conducted during December 2011 – June 2012. The key findings include:

- 72.2% of respondents purchased food and drinks from canteen run by the community sporting clubs.
- 44.58% purchased drinks; 34.93% purchased mostly snacks; 25.52% of respondents purchased a mix of snacks and meals; and a further 15.8% purchased mostly meals.
- 76.46% of respondents indicated that if there were more green and amber food and drink choices available they would buy them for themselves.
- 58.31% of respondents indicated if there were more green and amber food and drink choices available they would buy them for their children.
- 55.77% of respondents would be prepared to pay the same amount for green and amber food and drinks items as the unhealthy options. A further 31.19% indicating that they would pay more than the unhealthy options.

Please refer to the 'Consumer Survey Key Findings Summary' Report for further information on the top five options requested for snack foods and drinks (green and amber); top two options requested for cold foods (green and amber); and the top four options requested for hot foods (green and amber).

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)