



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 feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

March 2014

Issue 21 – New Project Targets



Project Targets to Work Towards

The Healthy Food@Sport Project is delighted with the positive changes happening on the menus of participating sporting organisations/clubs, with them featuring a greater range of healthier (**GREEN/AMBER**) and fewer unhealthy (**RED**) food and drink options. As sporting organisations/clubs continue to explore healthier options to feature on their menus, we thought it was timely to provide some targets to work towards in the coming seasons. These targets consist of a combination of 80% **GREEN/ AMBER** and 20% **RED** food and drink options, which closely aligns with [ACT Health's Healthy Food and Drink Choices Policy](#), currently being rolled out across the Territory as part of the [Towards Zero Growth: Healthy Weight Action Plan](#).

Below is an example of a **GREEN** meal deal that you might like to use at your site. Over the page is a sample menu that meets the new project targets.

To access brand names, contact details of suppliers, a greater range of **GREEN/AMBER** food and drink options that you can offer, or to book a meeting with the Healthy Food@Sport Project team to discuss the items that your organisation/club can feature on your menu, please contact Grant Voysey, Senior Project Officer – Healthy Food@Sport on 6207 1696 or email grant.voysey@act.gov.au.

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Green Meal Deal


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GREEN MEAL DEAL
Egg sandwich
Bottle of water
Piece of fresh fruit

\$ _____



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



Nutrition Advisory & Support Service

The friendly team at Nutrition Australia ACT are just a phone call or email away if you need a helping hand to make **GREEN** changes at your canteen, or help to confidently categorise a product against the Traffic Light Guidelines. Make the most of this **FREE** service and drop them a line today.

Contact Nutrition Australia ACT at: (02) 6162 2583 or email: act@nutritionaustralia.org.

Please refer to the 'Stock Your Pantry For Winter' Fact Sheet for information on the range of options to stock in your pantry to make quick and easy healthy meals, as well as a recipe for Macho Nachos (Please note: your food service is required to be a registered food business to sell this item).



Contact Details

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

Sample Menu That Meets the New Project Targets (80% green/amber options, 20% red)

Hot Food (*Straight from the BBQ*)

	Egg sandwich	\$
	Egg/bacon sandwich	\$
	Sausage sandwich	\$

Snacks

	Piece of fresh fruit	\$
	Pretzel snacks	\$
	100% fruit leather	\$
	Pre-packed mini muffins	\$

Drinks

	Bottle water	\$
	Tea/coffee (reduced fat milk)	\$
	Hot chocolate (reduced fat milk)	\$
	Reduced fat milk (Flavoured/plain)	\$
	Breakfast drink (reduced fat milk)	\$
	100% fruit juice (≤ 250 ml)	\$
	Sports drink	\$

To access the range of newsletters and fact sheets in this series please visit: www.health.act.gov.au