

# HEALTHY SPORTS CLUBS



## HEALTHY FOOD & BEVERAGES HEALTH AREA



### BACKGROUND

For all age groups, good nutrition contributes significantly to improved quality of life, physical and mental wellbeing, and protection against chronic diseases. Consuming a wide variety of nutritious foods and beverages can support all aspects of health.

In many settings, such as sports clubs, the food environment plays an important role in supporting people to make healthy food and beverage choices. The food environment includes spaces like club canteens and vending machines, as well as food and beverages provided during club training or events. By making small changes to these environments, clubs can support members to access and choose nutritious food and beverages, and therefore maintain and enhance their wellbeing.

### ACHIEVING THIS HEALTH AREA

The **Healthy Food & Beverage** health area aligns with the Healthy Choice guidelines and focuses on making the healthier option the easy option.

The area consists of Levels 1-3, with Level 3 being the 'gold standard'. Clubs can complete Level 1 first and then choose to keep working towards Level 3 in future sessions.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework:

- Creating a physical club environment that promotes healthier food and beverage choices
- Building connections between officials, members, players, families and the wider community, and engaging them to work together to promote good nutrition
- Establishing a supportive club culture that role models healthier food and beverage choices

**CONTACT CASSANDRA TO REGISTER YOUR CLUB:**  
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