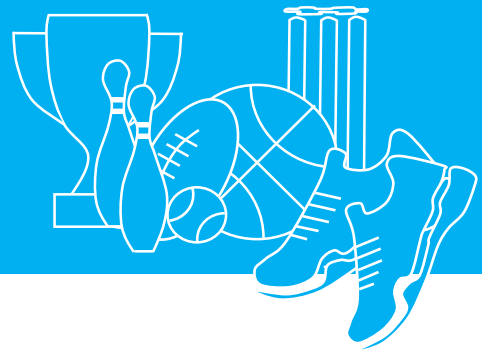


HEALTHY SPORTS CLUBS



HEALTHY FOOD & BEVERAGES HEALTH AREA



BACKGROUND

Sports clubs are community hubs for people to come together and be involved in physical activity and sports. When nutritious food and drinks are offered at clubs, everyone has the opportunity to fuel their body in a way that helps their sports performance and overall wellbeing. Having access to nutritious and delicious food and drinks can play an important role in energy levels, supporting recovery, and making sure that the body is properly nourished.

However, many sports clubs face challenges when it comes to providing these food and drink options. Local community sports clubs often lack the time, facilities, and resources needed to update their canteen menus or provide different and nutritious food options. As a result, many individuals attending these clubs may find themselves with limited options that don't meet their dietary needs, leaving them unsure of how to fuel their bodies while at the club.

The good news is change is happening. More clubs are recognising that nutritious and tasty food options are important to support their players' performance and wellbeing —and they don't have to navigate this shift alone. Free, tailored 1-on-1 support is now available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Healthy Food & Beverages health area of Healthy Sports Clubs offers practical tools and strategies to help clubs offer a variety of wholesome, nutritious, and tasty food options for all their members to enjoy.

ACHIEVING THIS HEALTH AREA

The **Healthy Food & Beverages** health area aligns with the Healthy Choice guidelines and Vic Kids Eat Well. 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 seasons.

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

- Increase healthy food and drink options and promotion
- Increase healthier sponsorship, rewards and fundraising
- Provide healthy eating education to members
- Create a healthy food and beverage policy
- Support leaders to be healthy role models.