

# A Better Choice

Healthy food makes us feel great. Putting the right fuel into our bodies helps us all remain active for longer, improves focus, concentration and boosts our ability to perform. Nowhere is that more important than at our local sporting clubs.

Getting the most out of enjoying sport extends beyond what happens on the ground, in the pool or on the track. There are great benefits for all when you offer better food and drink options for your players and families.

*A Better Choice* is an initiative by Health and Wellbeing Queensland that gives canteen convenors, volunteers, and committee members the tips and tools to make it easier to provide better choices at your canteen. No matter what the venue size.



Photo credit: QSports

## Help your players and families Green up meals



Adding some colour to your club's canteen food can help fuel players and their families. Incorporating more veggies and other healthier ingredients to your menu choices is beneficial for many reasons:

**Healthy fuel is the best kind for strong performances.**

Meals loaded with veggies help players fuel up and recover, getting them back into the game sooner and with more energy than before. Healthy meals also provide the right nutrition for concentration, focus, and strength.

**Simple healthier options work.**

By providing quick healthy changes you can avoid any food waste and lots of additional prep. Simply promoting the healthy menu options already available or adding veggies to classic meals makes them a more wholesome choice.

**It promotes overall wellbeing.**

Eating healthy food makes us feel better, as well as helping us to stay fit and active for longer.

**It's the change local parents want to see.**

66% of Queensland parents recognise the importance of having healthier food at local sports clubs, while 57% want to see them available for their kids.

**You can reach a wider market.**

Providing healthier options opens you up to a greater market as players and their families who may otherwise seek healthy meals elsewhere or bring them from home can now find them at your venue – and put their dollars into your organisation.

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## The quick wins.

Adding healthier ingredients to your canteen food is easy. Start with a few simple changes now and build in more over time. Here are some quick wins you can make today. Test 1 or 2 and see the difference it can have.



### Add veggies to menu classics.

**Our top tip.** A simple way to add nutritional value to your existing menu is by adding diverse, colourful salads or vegetables as standard to burgers, toasties, pizza and other main meals. To make it easy, many of these ingredients come pre-packaged, canned or frozen which makes for simple storage.



### Change up the menu with healthy meal deals.

Why not try leaner cuts of meat like chicken, turkey or tuna in sandwiches and wraps? And provide low-fat alternatives for yoghurts and other dairy. Or package up cut fruit. These healthy choices are the perfect option to team with a chilled water in a meal deal combo. Price them competitively and promote as your weekly blackboard specials.

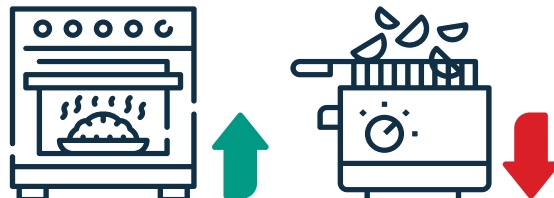
### Add healthy options to your menu.

Adding healthier options to your existing menu is an easy way to support your customers to choose something more wholesome. This can even start with adding items like corn or veggie skewers on the club BBQ and promoting this via signage around the club.

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## More simple tips to try.



### Change up pastries and fried foods.

Where possible, use healthier cooking methods for fried foods, such as oven baking or steaming. Limiting portion sizes of these items is another way you can have a positive impact, as well as reducing the number of fried foods and pastries available.



### Limit unhealthy options on the menu.

Review your current menu and identify any less healthy items that could be limited or altered to provide more balance. For example, your menu could only feature 2–3 'less healthy' meal options. When considering which to limit or remove, begin with items selling poorly.

### Ensure healthy options are affordable.

Make sure healthier options are priced competitively compared to other less healthy menu items. This can encourage spectators, players and their families to try new foods. Even better as a meal deal with chilled water. That way, everyone can afford to make a better choice.

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## How to spot the better choice.

Variety is key to a good canteen menu. Take a look at your current offering and consider if you've got a good balance of healthy options vs less healthy options. **Here's a quick rundown to guide you:**

Offer more of these:	Offer less of these:
<ul style="list-style-type: none"><li>• Sandwiches/rolls/wraps – with veggies or salad and meat or cheese*</li><li>• Sushi and rice paper rolls – with veggies and meat</li><li>• Toasted sandwiches/jaffles – with cheese* and tomato, baked beans or chicken and avocado</li><li>• Soups – vegetable based and served with bread/rolls (preferably wholemeal/grain)</li><li>• Pizza – with meat, veggies and cheese*</li><li>• Jacket (baked) potatoes – with cheese* and coleslaw or baked beans</li><li>• Stir fries or curries – with veggies, meat and rice or noodles</li></ul> <p>* preferably reduced fat</p>	<ul style="list-style-type: none"><li>• Hot chips, wedges, hash browns, tater tots, potato gems, potato cakes, potato scallops</li><li>• Dim sims, spring rolls, Chiko rolls</li><li>• Crumbed/battered meat and fish i.e. chicken nuggets, chicken schnitzel, fish fingers</li><li>• Pies, pasties, sausage rolls, hot dogs</li></ul>



## Let's make healthy options easy together.

Greening up a canteen menu will not only mean you are supporting the performance of your club's players, you'll also be supporting the health and wellbeing of their families. It's a change many Queenslanders are looking for.

For more on *A Better Choice for Sport and Recreation in Queensland*, visit [hw.qld.gov.au/a-better-choice/](http://hw.qld.gov.au/a-better-choice/)