



FUEL TO GO & PLAY

KICKSTARTER CLUBS TOOLKIT

CAMPAIGN ASSETS AND RESOURCES
FOR YOU TO USE IN YOUR CLUB.



KICK- STARTER CLUBS



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WHY FUEL TO GO & PLAY KICKSTARTER CLUBS?

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. Fuel to Go & Play Kickstarter Clubs supports junior swimmers to fuel up with healthy eating and drinking and dispel the myth that high sugar foods such as lollies and sports drinks improve sport performance.

WHAT IS YOUR ROLE?

Join the Fuel to Go & Play Kickstarter Clubs community! To register your interest in being a Kickstarter Coordinator for your club, email projects@wa.swimming.org.au

Use this toolkit to promote Fuel to Go & Play Kickstarter Clubs at your club and help us make healthy eating the norm in junior sport!

IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

41% of junior players eat unhealthy snacks at halftime;

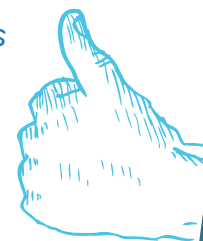
60% eat unhealthy snacks at fulltime;

Most parents think that healthy eating and drinking is important and would like to see healthy options in the club environment; and

Parents strongly support having pre-cut fruit at halftime.

FUEL TO GO & PLAY KICKSTARTER CLUBS SUPPORTS JUNIOR SWIMMERS TO FUEL UP WITH HEALTHY EATING AND DRINKING AND DISPEL THE MYTH THAT HIGH SUGAR FOODS SUCH AS LOLLIES AND SPORTS DRINKS IMPROVE SPORT PERFORMANCE. TO DO THIS, PARENTS, COACHES AND MANAGERS CAN TAKE SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy halftime snacks (not lollies!)
3. Encourage healthy choices after sport
4. Give healthy rewards e.g. games, awards
5. Be a role model: drink water and eat healthy foods in front of junior players!



RESOURCES

Club Pledge

Engage your club president to take the pledge and share it with club members.



The form is titled "FUEL TO GO & PLAY™ KICKSTARTER CLUBS CLUB PLEDGE". It features a blue background with a pattern of water droplets and a blue and white checkered pattern. At the top right, there is a small illustration of a water bottle with a straw. The form is designed to look like a piece of paper with punch holes at the top. It includes three numbered sections: 1. PROVIDING HEALTHY FOOD AND DRINK, 2. PROMOTING HEALTHY FOOD AND DRINK, and 3. HEALTHY CLUB CULTURE. Each section has a corresponding icon (a water bottle, a thumbs up, and a person) and a brief description of the commitment. At the bottom, there are fields for "CLUB:" and "DATE:". The form is decorated with orange slices at the bottom left and a "KICK-STARTER CLUBS" logo at the bottom right. Logos for the Department of Health and Healthway are also present at the bottom right.

FUEL TO GO & PLAY™
KICKSTARTER CLUBS
CLUB PLEDGE

WE ARE COMMITTED TO PROVIDING AND PROMOTING HEALTHY FOOD AND DRINK TO PARTICIPANTS AND PATRONS DURING AND AFTER SWIMMING.

1. PROVIDING HEALTHY FOOD AND DRINK
We will have free drinking water available at all times and will aim to have healthy food and drinks available before, during and after swimming.

2. PROMOTING HEALTHY FOOD AND DRINK
We will aim to promote water as the drink of choice during and after swimming; promote healthy food and drink options; limit the display of unhealthy options at club facilities; and display and/or distribute information about healthy eating and drinking.

3. HEALTHY CLUB CULTURE
We will aim to encourage and support all club personnel to actively discourage lollies and sports drinks and instead promote healthy eating and drinking before, during and after swimming.

CLUB: _____
DATE: _____

KICK-STARTER CLUBS

DEPARTMENT OF HEALTH | healthway



DOWNLOAD RESOURCES

RESOURCES POSTERS & FLYERS

Display these posters and flyers on your website, social media and clubroom.



A3 posters



A4 digital flyers



DOWNLOAD A4 POSTERS



DOWNLOAD A3 POSTERS

RESOURCES

Social Media Tiles

Post these social media tiles on Facebook or Instagram, or make your own posts.

Ask team managers to send or post photos of Fuel to Go & Play Kickstarter Clubs in action and share on social media and your club news.

Use tags:

@HealthwayWA

#FTGPKickstarterclubs



DOWNLOAD RESOURCES

RESOURCES

Email Template

Provide this template to team managers to send out to their teams so everyone is on board.

Hi there!

This season, (Club) is taking part in Fuel to Go & Play™ Kickstarter Clubs. Our club can get on board by supporting junior swimmers to fuel up with water and healthy snacks.

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. We don't need sports drinks, sugary drinks or lollies to play sport. Good fuels include fruit, vegetables, whole grains, low fat dairy products and water.

As parents, managers and coaches, we can take some simple actions to help junior participants make healthy choices:

1. Pack a water bottle to drink before, during and after sport
2. Bring fruit for healthy snacks between exercising (not lollies!)
3. Encourage healthy choices before, during and after exercising
4. Give healthy rewards e.g. praise, playtime, awards
5. Be a role model: drink water and eat healthy foods yourself!

Thank you!

(Manager)

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RESOURCES

Healthy

RECIPES

Share these healthy recipes with your club. Encourage members to share more of their own healthy recipe ideas.

QUICK CORN PIKELETS

SERVES: 10

METHOD

1. Mix flour, creamed corn and milk together in a large bowl. This makes quite a thick batter, more like lump than porridge mixture.
2. Heat a large frypan and spray with oil.
3. Use a large spoon to drop spoonfuls (about 1/4 cup) of batter into the frypan. Cook on a medium heat until golden brown. They will puff up a bit too. Flip over and cook for another 3 minutes, or until golden brown.
4. Repeat until the batter is all used.

INGREDIENTS

- 2 cups self-raising flour
- 2 x 400g cans creamed corn
- 4 tablespoons reduced fat milk
- Olive oil or canola spray

TIP!
These have been tested in the WACA after some practice. Free flour and work very well.

PUMPKIN FETA & PEA FRITTATINI'S

SERVES: 12 X 70g FRITTATINI'S

METHOD

1. Preheat oven to 180°C.
2. Place pumpkin in microwave safe bowl with a little water. Microwave on high for 5-7 minutes or until tender, drain.
3. Line 12 holes of a greased 1/2 cup capacity muffin tray with squares of baking paper - allow a little to overhang as the frittatinis will pop up.
4. Divide pumpkin, peas and feta between lined muffin holes - they should be quite full.
5. Lightly beat eggs and pepper in a jug, stir in meat, pour over filling.
6. Place in centre of oven, bake for 20 minutes.
7. Leave to cool in tin for 15 minutes before removing from tin to serve.

INGREDIENTS

- 375g butternut pumpkin, peeled, deseeded and chopped into small pieces
- 150g reduced fat feta cheese, crumbled
- 6 large eggs
- Pinch black pepper
- 3 tablespoons fresh mint, chopped

CHICKEN OR MUSHROOM GOZLEME

SERVES: 10

METHOD

1. Add oil, лук and garlic to pan, sauté for two minutes or until lukewarm.
2. Add the sliced and sautéed, cook on medium heat stirring until the squash is heated through.

CHICKEN FILLING

1. Sauté chicken on high in a pan until evenly browned.
2. Sprinkle stock through and turn off heat.
3. Add lemon juice and stir thoroughly.

MUSHROOM FILLING

1. Add oil and mushrooms to pan, sauté until cooked.
2. Remove from heat and drain.

ASSEMBLY

1. Spread 1/2 cup of the squash mixture on one half of the tortilla.
2. Spread 1/2 cup of the chicken or mushroom mix over the squash.
3. Top with 1/4 cup (100g) of reduced fat cheese, lightly browned.
4. Fold tortilla in half to form a half circle.
5. Toast on a flat grill/toaster machine until lightly browned.
6. Cut in half and place in a plastic rectangular container for serve. See notes.

INGREDIENTS

- 2 tablespoons olive/canola oil
- 1 onion, very finely chopped
- 2 tablespoons garlic, minced
- 2 mushrooms, salt reduced vegetable stock powder
- 2kg frozen squash
- 600g minced fat chicken, ground 20 x 10" tortillas
- CHICKEN FILLING: 1kg cooked sliced chicken breast
- 2 tablespoons salt reduced vegetable stock powder
- Amount of 1 lemon
- MUSHROOM FILLING: 2kg mushrooms, halved and finely sliced
- 1 tablespoon polyunsaturated vegetable oil

FUEL TO GO & PLAY™ MUESLI CUPS

SERVES: 1

METHOD

1. Mix yoghurt and oats together in a bowl.
2. Place half mixture into serving jar or glass.
3. Layer with berries and add seeds.
4. Repeat step 2 and 3.
5. Ready to eat.

INGREDIENTS

- 1/4 cup rolled oats
- 2 tbs Greek yoghurt
- 2 tbs mixed berries
- 2 tsp pumpkin seeds

FUEL TO GO & PLAY™ COCONUT PORRIDGE

SERVES: 1

METHOD

1. Place oats, milk and cinnamon in a bowl and stir.
2. Place in microwave for 2 minutes.
3. Drizzle with honey and top with fruit.

INGREDIENTS

- 65g rolled oats
- 125 mL unsweetened coconut milk
- 1/4 tsp honey
- 1/4 tsp cinnamon
- 2 tbs mixed berries or fruit of your choice

FUEL TO GO & PLAY™ VEGIE EGGS

SERVES: 1

METHOD

1. In a bowl whisk eggs and milk together and add cheese - set aside.
2. Heat a small frying pan, add oil, add mushroom and cook until softened.
3. Add tomatoes and spinach and cook until spinach is wilted.
4. Add egg mixture and stir - cook until eggs are cooked through or to your liking.
5. Serve on toast!

INGREDIENTS

- 2 eggs
- 1 tbs reduced fat milk
- sprinkle of shredded cheese
- 2 mushrooms - diced
- 1/2 medium tomato - diced
- 1/2 cup spinach
- 2 slices toast
- 1 tsp olive oil

FUEL TO GO & PLAY™ BREAKFAST SMOOTHIE

SERVES: 1

METHOD

Place all ingredients into a blender and mix until smooth.

INGREDIENTS

- 2 Weetbix
- 1 cup reduced fat milk or alternative
- 1 medium banana
- 1 tsp nut or seed paste
- 1 pitted date
- 1/2 cinnamon

TIP!
Looking to increase your vegetable intake? Why not add a handful of spinach or 1/2 a cucumber.

↓
DOWNLOAD RESOURCES

RESOURCES Fact Sheet

Attach this fact sheet to emails to your team, or to club members to communicate what we are trying to achieve.



WHY FUEL TO GO & PLAY™ KICKSTARTER CLUBS?

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. Fuel to Go & Play™ Kickstarter Clubs supports junior swimmers to fuel up with healthy eating and drinking and dispel the myth that high sugar foods such as lollies and sports drinks improve sport performance.

IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

- 41%** of junior players eat unhealthy snacks at halftime;
- 60%** eat unhealthy snacks at fulltime;
- 82%** of parents think that healthy eating and drinking is important for their children, and even more important at sporting games;
- 88%** of parents and others supported having pre-cut fruit at halftime

WHAT CAN YOU DO?

PARENTS, COACHES AND MANAGERS CAN SUPPORT YOUNG PEOPLE TO MAKE HEALTHY CHOICES WITH SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy snacks (not lollies!)
3. Encourage healthy choices after exercising
4. Give players healthy rewards e.g. games, recognition or raffle tickets for an end of season prize
5. Be a role model: drink water and eat healthy foods in front of junior participants!

GET ON BOARD!

Join the Fuel to Go & Play™ Kickstarter Clubs community! Participating clubs and associations can receive \$600!

To register your interest in being a Kickstarter Club Coordinator for your club, contact Swimming WA at projects@wa.swimming.org.au to receive your Fuel to Go & Play™ Kickstarter Club Information and Grant kit.

Fuel to Go & Play™ KICKSTARTER CLUBS

 **DOWNLOAD RESOURCES**

FUEL TO GO & PLAY KICKSTARTER CLUBS

Swimming WA will work with Healthway and the WA School Canteen Association to create healthy environments for their members and community through the implementation of the Fuel to Go & Play Kickstarter Club program. Swimming WA will provide grants of up to \$600 to achieve the following objectives:

First Grant Payment of \$200 for all Swimming WA Clubs to achieve the following strategies:

- ✓ Implementation of Healthy Club Policy or Pledge
- ✓ Fruit and veg available at all club events and meets
- ✓ Promotion of healthy food and drink options at all club events/ meets, through social media and EDM's.

Second Grant Payment of \$400 will be made to clubs that provide evidence of achieving the strategies above. This additional funding can be used to strengthen promotion of healthy eating initiatives through your club, to members and at events. The Fuel to Go & Play Toolkit will provide supporting resources to fuel your club with healthy food and drink options.

The graphic is a blue-themed poster for the 'Fuel to Go & Play™ KICKSTARTER CLUBS COORDINATOR CHECKLIST'. It features a white checklist card with a punch-hole top, set against a background of blue water bubbles and orange slices. A whistle icon is in the top right corner. The checklist includes items with checkboxes, some of which are already marked. At the bottom, there is a 'GREAT JOB!' message, contact information, and logos for the Government of Western Australia and Healthway.

FUEL TO GO & PLAY™
KICKSTARTER CLUBS
COORDINATOR CHECKLIST

**TICK OFF THE ACTIONS
THROUGHOUT THE SEASON:**

- Kickstarter Club Coordinator details registered at: projects@wa.swimming.org.au ☐
- Club president signed Kickstarter Club Pledge ☐
- Fruit and veg available at club events and meets ☐
- Promotion of healthy food and drink options at all club events and meets: ☐
- Social media (Facebook/ Instagram) ☐
- Feature in club e-newsletter ☐
- Printed poster in club room ☐
- Email template sent to all coaches ☐
- Healthy recipes shared with club members ☐
- Share evidence of your healthy club in action and send to projects@wa.swimming.org.au to be eligible for the second grant payment of \$400. ☐

GREAT JOB!
Email your completed checklist to:
projects@wa.swimming.org.au

KICK-STARTER CLUBS



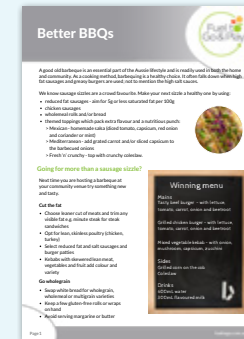
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MORE HEALTHY IDEAS FOR YOUR CLUB



Healthier Vendor Guide



Better BBQs



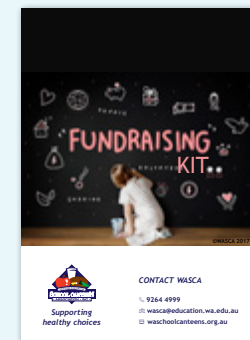
Tips for coaches and managers



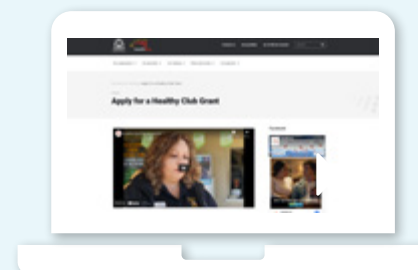
Rewards in sport



End of season wind-up



Healthy fundraising ideas



Healthy Partnership Program



Healthy half-times in junior sport infographic



For more information email
projects@wa.swimming.org.au

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