



GOOD SPORTS PROGRAM

HEALTHY EATING

As a Good Sports club we're part of a movement to inspire a healthier sporting nation.

We've joined the Good Sports Junior Program. This means we're going to be making some important changes around our club to encourage our juniors, our members, and our community to make healthier choices.

In order to encourage our juniors to choose healthier eating options we're making more fruit, vegetables and water available at our canteens and BBQs while reducing fatty and sugary food. We'd love you to help us!

SNACKS AND HALF TIME

Please bring healthy snacks for our juniors to eat at half and full-time. We've put together a list of snack ideas that are delicious and nutritious.

- Rice cakes with healthy toppings – you can really load up the healthy factor here! Think avocados, tomatoes, cucumber, rocket, ham, cheese, spinach, lettuce, smoked salmon, banana, peanut butter, strawberries and eggs. There's really no end to the delicious combinations you can create.
- Vegetable sticks – it's been proven (completely unscientifically) that vegetables are more delicious in stick form, they're also easier to eat.
- Yogurt – it's high in protein which can help kids to maintain energy throughout the day.
- Nuts – these delectable guys are natural power-packs of nutrients like vitamins, minerals, antioxidants, healthy fats, protein and fibre which helps kids to grow, learn and develop. Need we say more?
- Popcorn – that's right. The staple movie favourite is actually a healthy snack, just don't overload it with butter and salt.
- Fruit – this is one of the most important food groups. Low in fat and calories, full of key nutrients, fruit also protects kids from illness and disease so go crazy here. Fruit skewers are always a crowd favourite.
- Salad rolls – as long as there have been children, there has been the question about how to get them to eat their vegetables. Lucky for us some super creative people came up with some really fun ways to make kids eat their greens. Rice paper salad rolls are always a big hit (with the little kids and the big kids) and really don't require a whole lot of effort.
- Miniature healthy baked treats – we're talking mini-muffins, mini-quiches, mini-slices, pumpkin bread, zucchini bread