

# GOOD SPORTS PROGRAM HEALTHY EATING.



**You only get out what you put in. Healthy eating is at the core of having a healthy body, which is a huge advantage, both on and off the field.**

We know that sports clubs across the country are leading the charge when it comes to promoting physical fitness. With 60% of Australian adults and 25% of children and adolescents now classed as overweight or obese, it's more important than ever to get people moving.

Good Sports Healthy Eating is a program designed to give your club a head start. Helping people access healthy food isn't just a huge win for the community and individuals; it can be a huge boost on game day.

In Queensland, the program is based on the Australian Dietary Guidelines and the Queensland Government approved Food for Sport Guidelines.

In the ACT, it is based on the Australian Dietary Guidelines and the National Healthy School Canteen Guidelines and is funded by ACT Health.

In NSW, it is based on the Australian Dietary Guidelines and the Fresh Tastes at School NSW Healthy School Canteen strategy. The NSW healthy eating program incorporates the Finish With the Right Stuff practices, and is funded by the NSW Health.

The Good Sports Healthy Eating program focuses on:

- Increasing the range of healthy food and drink options available
- Safe food handling
- Promoting water as the drink of choice
- Encouraging healthy fundraising activities and prizes
- Creating a healthy food and drink policy.



INSPIRING A HEALTHIER SPORTING NATION

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## THERE ARE 3 PROGRAM LEVELS.

LEVEL 1	LEVEL 2	LEVEL 3
<ul style="list-style-type: none"><li>• Food business registration (where required)</li><li>• Food safety training</li><li>• Availability and promotion of water</li><li>• Introduction of healthy menu items</li><li>• Promotion and display of healthy food and drink options</li></ul>	<ul style="list-style-type: none"><li>• Introduction of further healthy food and drink options</li><li>• Healthy snacks and drinks for junior members</li><li>• Healthy junior team prizes/rewards</li><li>• Healthy fundraising activities</li></ul>	<ul style="list-style-type: none"><li>• Continuing to increase healthy food and drink options</li><li>• Food and drink policy</li><li>• Healthy options at club functions</li><li>• Working with sponsors to come up with healthier options</li></ul>

Your local Good Sports team will help tailor the program to the needs of your club. There's something in it for everyone, regardless of whether you have a full canteen, cook a BBQ once a week, provide half-time snacks or don't serve food at all.

Benefits of the Good Sports Healthy Eating Program:

- Improved health of your members
- Improved knowledge to help with healthy food and drink choices
- Increased respect from sponsors and members for encouraging a healthy lifestyle
- Increased revenue streams
- Access to free resources including recipes, fact sheets, posters, articles and merchandise.



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