

PROMOTE HEALTHY OPTIONS.



Encourage healthy eating by making more fruit, vegetables and water available at your canteens and BBQs while reducing fatty and sugary foods and drinks. **Choose 4 of the options below.**

- Remove two unhealthy options permanently.**
Take two unhealthy items out of the canteen or club BBQ to promote healthier choices.
- Offer healthy meal deals.**
Promote healthy specials such as 'Add bottled water for \$1' or '\$5 for a salad roll and water'.
- Give the healthy options prime position in your food cabinets.**
Send the junk food to the back of the counter and move the fresh fruit, popcorn and nuts up the front as people will be more likely to choose them.
- Lower the price of the healthy options.**
Make healthy food the cheaper option.
- Have a healthy message on display.**
Put your Good Sports whiteboard to good use and write a positive healthy eating message.
- Make small (healthy) changes to existing menu items.**
Add salad to existing items such as hot dogs or sandwiches and offer salad options at BBQs.
- Ask your sponsors to offer a healthy award option.**
If a fast food outlet gives you awards and vouchers for your young members, ask them to include a healthy option as well.
- Ditch the chocolate fundraisers and find a healthy way to raise money.**
Car wash, Mother's Day Stall, Father's Day Stall, mystery box raffles are a fun way to add excitement and mystery to your fundraiser. There lots of ideas out there!
- Loyalty Cards / Vouchers.**
Reward repeat purchases of healthy items through the use of a loyalty card or offer discounts on healthy options.

Now log into your club portal and let us know which ones your club is using.

