



SWITCH UP THE SNACKS IN SPORT CLUBS

•Switch to healthier snacks



WHY SWITCH UP THE SNACKS?

Healthy and delicious foods and drinks give children the fuel, nutrition and hydration they need to perform, play, concentrate and be at their best.

We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It's time to switch up the snacks, so let's get started today!

Making changes at your sports club might seem overwhelming but there are small changes you can make to get started. You can 'Switch up the snacks' with the following 'bite' sized actions:



- **Refuel with fruit** – if half-time snacks are provided, fruit is supplied.
- **Switch to healthier snacks** – swap unhealthy canteen snacks for healthier options. Offer mostly healthier snack options like lightly salted popcorn, rice crackers, cheese and crackers, trail mixes, muesli bars, fruit salad or seasonal whole fruit.

The process is the same for each of the bites. You can try one 'bite' at a time or do them both at once. It's up to you. Whichever approach you take, this guide will support you every step of the way.

SWITCH TO HEALTHIER SNACKS – WHAT'S INVOLVED?

The 'Switch to healthier snacks' bite includes swapping some of the unhealthy snacks sold in the canteen or other areas of the club to healthier options.

Unhealthy snacks commonly available at clubs that could be swapped out include:

- chocolate bars
- lollies, such as jellies/gummies, hard candy and lollipops
- potato/corn/vegetable chips and crisps
- flavoured popcorn
- donuts, cakes and muffins
- large snack bars and chocolate- or yoghurt-coated muesli bars.



Healthier snack options that could be swapped in include:

- plain or lightly-salted popcorn
- plain or flavoured rice crackers
- cheese and cracker packs
- trail mixes (i.e. dried fruit and nut/seed mixes)
- fresh fruit snacks, such as seasonal fruit, mixed fruit salad or fruit kebabs served with reduced fat yoghurt
- yoghurt tubs, plain or flavoured (preferably reduced fat)
- dip and cracker packs or dip and vegetable sticks
- small fruit and nut-based snack bars or muesli bars.



To switch to healthier snacks, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing what snacks are currently available at the club.

This will help identify healthier snacks that are already available, and less-healthy varieties that could be swapped over.

Consider all the snacks provided at the canteen, vending machine or anywhere else where snacks are sold to spectators and players.





STEP TWO: PLAN

Now you know what you have, decide how you will make your changes.

What changes do you need to make to swap some of your unhealthy snacks over to healthier ones?

Decide which unhealthy snacks you're able to swap out and which you would like to keep. For instance, you may want to keep some of your best sellers and swap the less popular varieties to healthier snacks. Or you may want to offer only one or two chocolate bars rather than four or five. You could also reduce the size of your unhealthy snacks, for example provide smaller 20g packets of chips rather than large 80g packets.

Find out where the club purchases its snacks for the canteen. It could be:

- a local supermarket
- a local distributor or wholesaler.

Once you know where the club purchases its snacks from, review what snacks they currently have available. Or contact the supplier, if appropriate, to discuss and determine healthier snack varieties the club can purchase.



STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

SUPPORTING SUCCESS

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success if you:

- place the healthier snack options on your front counters and move the unhealthy options to less prominent areas such as on back or side counters
- promote the healthier snacks in meal deals together with healthier drink options (e.g. fruit salad cup and water for \$5)
- price healthier snack options competitively (e.g. lower the price of healthier options and increase the price of unhealthy options).





CELEBRATE

Great job! You've finished the 'Switch to healthier snacks' bite for Vic Kids Eat Well. Make sure to share the good news with the club, and plan how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

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