



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.

Fruit has many nutritional benefits including carbohydrates for energy, and vitamins and minerals that contribute to good health and performance. Many fruits also contain large amounts of water, which helps with hydration.

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.



REFUEL WITH FRUIT – WHAT’S INVOLVED?

The ‘Refuel with fruit’ bite includes swapping fruit as a snack for junior players if half-time snacks are provided. Here are some practical and easy-to-prepare fruit options for half-time snacks:

- sliced oranges or apples
- watermelon wedges
- halved bananas
- grapes.

Note: for something more substantial during long tournaments or all-day events, consider offering veggie sticks or cut up sandwiches with lean meat and salad.



To refuel with fruit, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

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

Identify healthier snacks that are already available, and less-healthy varieties that could be swapped over.

Consider all the snacks provided at half-time during the game and find out if the club also provides snacks to players before or after games.

Note: a half-time snack is not essential for physical activity that lasts less than 75-minutes, so consider whether a snack is really needed.





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 your snacks over to fruit during games?

Find out who provides the snacks on game days. It could be:

- someone from the club, such as the coach or a volunteer
- a parent of a child who plays at the club, via a roster system.

If the club provides the snacks, contact the person responsible from the club to discuss fruit or other healthier snacks that the club can provide, and where they could purchase them locally. The club could consider entering into a sponsorship arrangement with a local fruit supplier or supermarket to facilitate this.

If the snacks are provided by parents who are rostered on, consider how to communicate the new requirement for supplying fruit or other healthier snacks. For example, communication may be via club newsletters or emails to parents, social media or announcements at training.

Also consider having a fridge or esky available to store the fruit or other healthier snacks for games on hot days.



STEP THREE: ACT

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

SUPPORTING SUCCESS

Ensure that coaches, club officials and parents are encouraging junior players to consume the fruit provided on game days.

Most importantly, make sure junior players are drinking water and keeping hydrated!

RESOURCES REFERENCED IN THIS GUIDE:

[Right Stuff: Healthy halftime snacks – NSW Government](#)

[Half-time snacks for active kids – Sports Dietitians Australia](#)





CELEBRATE

Great job! You've finished the 'Refuel with fruit' 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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