

FINISH WITH THE RIGHT STUFF

PROGRAM OVERVIEW

What is it?

Finish With the Right Stuff is a free NSW Health program. It helps junior sports clubs to promote water as the drink of choice and provide and promote healthy food and drink options to children and patrons - without affecting profits!

What do you get?

- Custom support from staff
- Practical tools, tips and free merchandise
- Helpful resources, all for FREE

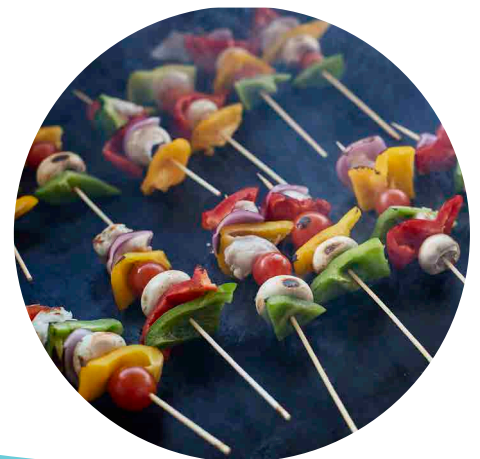
What's involved?

We support you to make small, healthy changes to your club. These changes are led by what your club wants to achieve and can typically include:

- Promoting water
- Reducing unhealthy food and drinks
- Supporting players to better performance

What's in it for you?

- Better performance
- Better health = continued participation in sports
- Respond to the demand for healthy options





PROGRAM STEPS

Register for free at Rightstuff.health.nsw.gov.au

- 1 Register your club or association
- 2 Decide which changes your club would like to make
- 3 Decide what support your clubs or association wants
- 4 Receive free merchandise and resources
- 5 Have support before, during and after the season

