



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?

- Practical tools, tips and free merchandise
- Helpful resources, custom support 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 and your club?

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



“The Finish with the Right Stuff program gave our committee the confidence to implement changes that we all knew knew were beneficial for the kids playing our sport”

Tracy Jedrzejewski - Wollondilly Redbacks JAFC



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WHY FINISH WITH THE RIGHT STUFF?

All the benefits of participating in sport can be lost if kids load up on unhealthy food and drink.

Supporting your kids to drink and eat healthy will:

- improve their performance
- improve their recovery
- promote their overall health
- make them more likely to continue participating in sport

With more and more families wanting healthy options, *Finish With the Right Stuff* will help you respond to patron demand and support club profits!

More than 1 in 4 kids in NSW are above a healthy weight and poor diet is a leading cause of this. Being above a healthy weight has big impacts on kids' physical, mental and social well-being, including increased asthma, sleep disruption and low-self esteem.

Your club can help support happier and healthier kids by making a few small changes with support from the *Finish with the Right Stuff* team!



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PROGRAM STEPS

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

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



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MILESTONE CHECKLIST

- Water is available and promoted
- Healthy food and drink options are available at all times
- Information about healthy eating and drinking is displayed or given to patrons
- Healthy food and drink options are displayed more prominently than unhealthy options
- Players drink water and eat healthy snacks at halftime
- Coaches/ team managers encourage players to drink water and eat healthy food
- A healthy food and drink policy has been adopted



WHAT IS HEALTHY FOOD AND DRINK?

Finish with the Right Stuff assesses food and drink in line with the Australian Dietary Guidelines. The Guidelines put food and drinks into two different groups:

EVERYDAY - fill the canteen and menu

Foods that are made from the 5 food groups that give our bodies the right fuel to perform with vitamins and minerals

1. Fruit (including fresh, dried, frozen, canned in juice, 99% fruit juice)
2. Vegetables, and legumes/beans.
3. Grain foods, preferably wholegrain and high fibre.
4. Lean meats and alternatives, including poultry, fish, eggs, tofu, legumes and beans.
5. Reduced fat milk, yoghurt, cheese and/or alternatives Children also need water as their main drink. Chilled, filtered, spring or sparkling water are suitable options.

OCCASIONAL - choose carefully and limit

Food and drink high in sugar, fat and often salt with little nutritional value. They are not needed as part of a healthy diet and should only be enjoyed sometimes and in small amounts.

Finish with the Right Stuff supports sport clubs to:

- Increase the provision and promotion of 'Everyday' items for players and patrons.
- Swap 'Occasional' items for 'Everyday' food and drink items





FREQUENTLY ASKED QUESTIONS

Q: Will I lose profits if I make changes to my canteen menu?

A: Clubs who have participated in the program have reported that their profits haven't been affected. In some cases they have actually increased! More parents and families are wanting healthy options for themselves and their kids, and clubs who provide these options tell us they always sell.

Q: Healthy food is more expensive, how can I provide healthy options without it costing too much?

A: *Finish With the Right Stuff* will give you lots of ideas and recipes for cheap healthy options to provide in your club. We also give you free merchandise to help you make and promote healthy food!

Q: I don't have a lot of time, how am I meant to make all these changes?

A: We understand how busy everyone in your club is, especially during game season. That's why *Finish With the Right Stuff* promotes small, easy, step-wise changes and gives you free tools and resources to help you make these quickly.



FREQUENTLY ASKED QUESTIONS

Q: Healthy food is perishable and takes too long to prepare

A: *Finish With the Right Stuff* will give you lots of ideas and recipes for healthy options that are non-perishable and very quick and easy to make. We also give you free merchandise to help you make healthy food easily!

Q: What if our players and patrons don't want healthy options?

A: Our research has shown that there is demand for healthy food and drink options in community sports clubs. Clubs already participating in the program report that families and children respond really well to their clubs making healthy changes. *Finish With the Right Stuff* promotes gradual changes so you can still have options for people who aren't as motivated to buy healthy food and drink.

Q: How do I get everyone in my club on-board with the program?

A: *Finish With the Right Stuff* will give you tailored support and free resources and merchandise to help you get the whole club on-board and start conversations with your patrons to get their support!



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