



HOW TO MAKE HEALTHY CHANGES STICK

Make sure all your hard work is upheld next season by using these helpful tips

- Have a healthy food and drink policy (FREE Finish with the Right Stuff draft!)
- Train all volunteers in healthy food and drink. Support canteen managers, coaches and team managers to be good role models and encourage players to choose healthy, everyday options
- Hold a presentation or meeting before the start of each season to share success from last season and emphasize the importance of keeping these going
- Educate players and patrons in the importance of healthy eating and drinking in junior sport (share information via newsletters and social media)
- Display healthy food and drink posters in the club and around the grounds
- Get support. Like and follow FWRS for the latest information and updates

