



HOW TO PROMOTE HEALTHY FOOD AND DRINK TO PLAYERS AND PATRONS

It can be hard to promote healthier options to players and patrons. Use these tips to help encourage them to choose healthy, everyday options and finish with the right stuff

- Give families, players and patrons information on eating and drinking healthily (for example, the FWRS resources)
- Let coaches, team managers and families know that fueling for performance, means fueling with the right stuff
- Talk to players and patrons about the importance of eating and drinking healthily
- Announce healthy specials and meal deals over the club PA system
- Promote your healthy options on your social media pages or in newsletters
- Hang up posters about healthy food and drinks in the club
- Get support. Like and follow FWRS for the latest information
- Share FWRS posts on your social media pages

