

# HEALTHY ACTIONS CHECKLIST

## Promoting water

Set up a water refill station (such as a water container on field)

Provide filled water bottles to children during half time / training

Place water jug and cups on the canteen counter

Have water available for sale at the canteen

Increase the stock of bottled water

Display water on the top shelves or at eye level in fridges

Place water at the front of the canteen/canteen counter

Price water cheaper than sugar-sweetened drinks

Add water to meal deals and menu boards

Install a water fountain on the premises



# Limit sugary drinks

Remove at least 3 types of sugar-sweetened drinks from your menu

Choose to keep only the best selling lines of sugar-sweetened drinks and remove the rest

Don't restock sugar-sweetened drinks once sold out

Swap one or more sugar-sweetened drinks for water

Increase stock of healthy drinks, such as water

Place sugar-sweetened drinks at the bottom of the fridge and esky or at the back of the canteen out of sight

Remove all sports and soft drinks from the counter

Price sugar-sweetened drinks more than water

Stop selling sugar sweetened-drinks altogether





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

**Tracy Jedrzejewski - Wollondilly Redbacks JAFC**



***“We’re proud supporters of Finish with the Right Stuff. We encourage all our kids to eat, drink, before, during, and after the match in a healthy manner. It also sends a positive message to our community that we care about our children’s health.”***

**Brad Mitchell - Hills Hornets Touch Football Association**



# Providing Healthy food

Add healthy snacks and/or meals to the menu

Make healthy ingredient swaps for menu items

Reduce portion sizes of unhealthy options

Add salad and/or vegetables to menu items

Display fresh fruit on the counter

Highlight healthy options on your menu board

Put stickers on healthy food items

Provide meal and snack deals using healthy food

Price healthy options lower than unhealthy options

Introduce a reward system for healthy food

Use only healthy options in meal deals

Display healthy food posters in the canteen

# Limiting unhealthy food

Remove at least 3 or more lines of confectionery from your menu

Increase stock of healthy food options

Swap one or more confectionery options for a healthy option

Place unhealthy snacks at the back of the canteen or under the counter, out of sight

Choose to keep only the best selling lines of confectionery and remove the rest

Don't restock confectionery once sold out

Remove all unhealthy snacks such as chips and lollies from the counter

Price unhealthy snacks and food more than healthy options

Stop selling confectionery altogether



# Supporting a healthy club

Encourage players to bring only water to training and game days

Remind players to drink water and grab healthy snacks by announcing it over the PA system and on social media

Introduce healthy game day food and drink deals

Promote the canteen's healthy food and drinks in the club newsletter, website and social media

Encourage coaches to remind players to drink water before, during and after games and training

Clubs, coaches or parents provide healthy snacks during half time and at training, such as cut fruit

Coaches inform players and parents that water is the best drink for performance and recovery for junior sport.

Coaches distribute a list of healthy food items for sale in the club canteen to parents



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**STUFF**



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