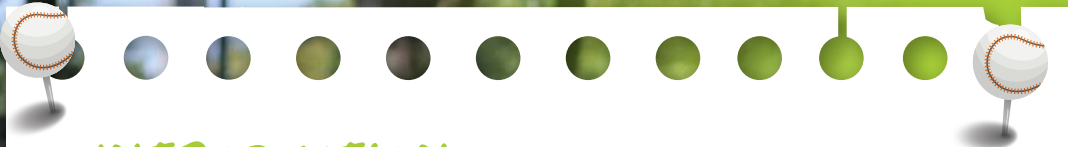


BASEBALL WA HEALTHY CLUB PROGRAM

FOR BASEBALL WA AFFILIATED CLUBS
GUIDELINES FOR FUNDING





INTRODUCTION

Our clubs play a big role in the health and wellbeing of our members, particularly young people. It is important clubs provide young players the food and drinks they need to perform their best.

In partnership with Healthway and Fuel to Go & Play®, Baseball WA is inviting affiliated clubs to apply for a healthy club grant to the value of \$5,000 to increase healthy food and drink environments at their canteens and club environments. Together, we can create change to give all kids a healthy start they deserve through:

- ✓ Increase availability and access to healthy food and drinks at baseball and teeball activities.
- ✓ Increase the promotion and where possible, the sale of healthy food and drink items.
- ✓ Increase knowledge of both young people and parents/guardians around healthy eating.
- ✓ Reduce our young people's exposure to the marketing of unhealthy brands.
- ✓ Increase the knowledge of our canteen managers/volunteers in offering healthy food and drink options in club facilities.



ELIGIBILITY

All metropolitan Baseball WA affiliated clubs are eligible to apply for funding.

Healthway funding requirements

Healthway will not provide funding to organisations that have arrangements (direct or indirect) with sponsors or supports resulting in the promotion of unhealthy brands or messages as outlined in our **Co-Supporters Policy**. You will need to demonstrate that your club doesn't have any unhealthy supporters or sponsors. In some circumstances Healthway may still provide support for clubs transitioning out of long-term agreements.

To ensure funded activities align with our core purpose of promoting and facilitating good health, several minimum requirements are applied as a condition of funding. Please refer to Healthway's **Minimum Health Requirements Policy** on our website for further information.

HEALTHY CLUB FUNDING

Funding of \$5,000 is available to sporting clubs to undertake simple healthy eating actions. Each club will be assessed by Baseball WA following an assessment criterion to meet the below objectives:

- 1 One (1) Canteen Manager/Volunteer to complete the Fuel to Go & Play® online canteen and food service training.
*must be completed prior to receiving funding.
- 2 Attend introduction nutrition education session hosted by Fuel to Go & Play® (introduction of the program, key strategies and practical tools to effectively implement healthy environments)
- 3 Replace unhealthy brands or messages clubs may be offering to members and/or visitors on game days.
- 4 Work with the Fuel to Go & Play® team in reviewing club canteen menu and making appropriate changes to increase promotion of healthy food and drink options.
- 5 Implement a club health and nutrition policy

Each club will be connected with a dedicated member from the Fuel to Go & Play® team who will support organisations through each step. Your club will receive the following signage and merchandise items to support promoting healthy food and drink options at your club:

- ✓ Fuel to Go & Play® A-frame stands
- ✓ 'Today's healthy choice' menu board
- ✓ Green item produce stickers
- ✓ Fuel to Go & Play® apron and hat
- ✓ Healthy food and drink retail toolkit
- ✓ Water wins fridge decal stickers

You will also be provided with a **Healthy Club Tool Kit** including a checklist, fact sheets, social media tiles and email templates for you to promote your club's participation in the program.



BUDGET

Funding should be used for a range of activities. Examples of how you can allocate the funding is provided opposite.

Please note these are only suggestions, and your club may have other ideas as to what will work best for you.



ACTION

DESCRIPTION OF SERVICE/PRODUCT

Healthy Clubs Coordinator / Canteen Manager or Volunteer
- Provide an incentive for a club representative to coordinate the program

Voucher for the Healthy Club Coordinator



Nutrition seminar for members; tailored to children and/or adults on nutrition for playing sport and post sport recovery

1 x nutrition seminar for members (discuss with Fuel to Go & Play® team for details)



Supply healthy snacks for pre- and post-game

Fruit salad cups, vegetable sticks, whole fruit



Purchase containers and food safe storage for fruit, veg and other healthy items to provide during sporting activities

Esky for keeping fruit and veg snacks cold
Plastic tub for oranges / cut fruit and veg



Launch the healthy club program by providing free samples of healthy food and drink options to educate members on pre/ during and post-game nutrition

Healthy Club Program launch – food and drink giveaways



Equipment to enable staff to prepare and store healthy fresh food

Blender
Cutting boards
Popcorn maker
Sandwich Press
Counter-top display fridge





PAYMENTS

Funding of \$5,000 will be paid directly to the club in one payment by Baseball WA on completion of the Fuel to Go & Play® online training being completed.

Reporting

Once your club has been awarded funding, Baseball WA and Healthway will be provided with a report from the Fuel to Go & Play® team on your club's efforts to achieve the program objectives.

How to apply

Applications close on **27 September 2024** and will be implemented over the 2024/25 season. Fill in the application form provided and submit to competitions@baseballwa.asn.au