HEALTHY CHOICES

SUPPORT DOCUMENT: HEALTHY CHOICES FOR JUNIOR SPORT

Information for Coaches and Parents – Using the fact sheet

- This information in this fact sheet is aimed children and adolescents participating in recreational junior sport.
- The information in this fact sheet may also assist parents, coaches, committee members, canteen managers and other club representatives to understand the nutrition requirements for junior sport and includes appropriate and practical food examples for the home as well as the club canteen and catering.
- The fact sheet can be tailored for your sport so feel free to include images, slogans and logos that speak to your audience and your sport. Think about including a quote from a role model such as an elite player/athlete from your particular sport to support the message. Eg: Why breakfast is important to help them perform.
- You may also like to use all or parts of the information in the fact sheet on posters, newsletters, the club web site, social media and other club communication channels.
- Below are a list of "key messages" including evidence based information and facts on healthy choices and the health risks associated with unhealthy food and beverage consumption. These may be used in club communication to accompany the fact sheet information however the working of these key messages have been approved as part of the VicHealth State and Regional Sport Program and **cannot** be changed.
- For young juniors, we try to not to emphasise terms like performance as the focus should be on being healthy, physically active and having fun. Terms like improving co-ordination, concentration and helping your body recover are used.

Key Messages

- Refer to key messages in the Strategies *to Influence Healthy Practices in Community Sport Settings* document.