



FUEL THE FUN: A TUCKSHOP GUIDE TO HEALTHY SPORTS DAYS

Sports days help students become healthier and happier, while creating a positive and active school environment. Sports Days look different from school to school and include events such as swimming carnivals, cross country, athletics carnivals, interschool sports and fun runs. ¹

WHY SPORTS DAYS MATTER

Sports Days encourage physical activity; something all children need.

Data from the Australian Institute of Health and Welfare suggest that most children in Australia are not meeting the daily recommendations for physical activity of 60 minutes of moderate to vigorous activity every day. The more they do, the more health benefits they are likely to see. ²

Sports days build confidence, encourage teamwork and promote healthy lifestyles. They bring together students, teachers, and the wider community, creating school spirit and encouraging a sense of belonging. Sports Days give students a break from classroom learning while making physical activity enjoyable.

TUCKSHOP: PART OF THE TEAM

Sports days promote a sense of community. Providing healthy, delicious snacks on the day serves as a good opportunity to remind everyone that the Tuckshop is an integral part of the school community. It provides the Tuckshop with the opportunity to serve something different from the usual menu, generating interest and additional income for the business.

Sports Days also provide the chance for parents to volunteer their time, when they may not have the time to volunteer regularly in the Tuckshop. Plenty of parents make the time to go to Sports Days!

COMMUNICATION AND PROMOTION

Good communication helps make healthy options the easy, expected and exciting choice on sports day.

Promote the menu early through the school newsletter, app, social media, assemblies and classroom notices, and highlight crowd-pleasers such as burgers, burritos, snack packs, frozen treats and water. Use positive, energetic language that links food to fun, energy and participation, rather than focusing on what is not available.

Make it easy for families to support the Tuckshop by sharing clear ordering details, cut-off dates, prices and collection points. Pre-orders can help with planning, reduce waste and give the tuckshop a better idea of how many volunteers will be needed.

Where possible, involve students by using house colours, themed menu names or simple posters so the healthy sports day menu feels like part of the event, not an afterthought.



USE SMART CHOICES TO GUIDE MENU OPTIONS

All food and drink supplied at school events needs to align with Smart Choices, the healthy food and drink supply strategy for Queensland schools.

This system uses a traffic light system to classify food and drinks.

CATEGORY REMINDER:

GREEN: 'Have plenty' – encourage and promote these foods and drinks in the school.

AMBER: 'Select carefully' – do not let these foods dominate choices and avoid large serving sizes.

RED: 'Occasional' – limit the availability of these foods and drinks to no more than TWICE per term.



RED FOOD DAYS

These are permitted under *Smart Choices* but should be limited to no more than twice per term. It is important to remember that the strategy is not Tuckshop specific; it governs all food and drink on school grounds / at school events which includes fundraisers, Tuckshops, fetes, OSHC, and school excursions.³

As sports days are promoting physical activity and healthier lifestyles, they present a great opportunity for tuckshops to showcase delicious, healthy food options.⁴

PLAN A WINNING SPORTS DAY MENU

Consider food options that are realistic to achieve with the equipment, resources and time that is available to you.

Avoid anything that is too complicated. Whatever items you choose, you need to be able purchase, store, prepare, cook and keep hot or cold prior to service.

If your Tuckshop is using a Sports Day as a fundraiser, it is important that the Tuckshop and the P&C/P&F/school work together to provide food and drink options for the sports days. It needs a uniform approach, not two operations competing against each other for business.

Your school may consider inviting an external food or coffee van to the Sports Day to provide student, parent and staff catering. It is important to remember that these food options should also comply with *Smart Choices*. If you outsource catering, it is unlikely that the school or Tuckshop will receive or benefit from the additional student and staff spend.

SOME SIMPLE TIPS:

- Knowing how many people to cater for allows you to plan, purchase stock, and recruit volunteer helpers.
- Have special offers available for those who pre-order. For example, a burger plus a drink and a snack.
- Advertise items that will also appeal to staff and parents.
- Consider menu options that can be eaten standing up, such as a grazing box or snacking plate.

THINK BEYOND THE SAUSAGE SIZZLE!

Students are using their bodies and their brains, so help them refuel with foods that provide plenty of nutrients and support hydration.

Offer healthy, nourishing choices that keep students energised, hydrated and ready to perform at their best!



References:

[1] [Physical activity in state schools](#)

[2] [Physical activity - Australian Institute of Health and Welfare](#)

[3] [Smart Choices: Healthy Food and Drink Supply Strategy for Queensland Schools](#)

[4] [Strategies to support a whole-school approach to healthy eating](#)

HEALTHY SPORTS DAY MENU IDEAS



BARBEQUE

The humble BBQ is often an easy win.

Burgers are a great option that can be adapted to cater for different dietary preferences.

Under Smart Choices, sausages are generally considered RED so if using, look for options that are lower in fat / lower in salt.

Consider serving with wholemeal or wholegrain bread and skip the butter.

BURRITOS

Mexican dishes are always popular and this handheld option for sports day would be a winner. Bulk out your burritos with additional veggies to boost nutritional content and provide extra energy for all that physical activity.



PIZZA

Pizzas can be made in bulk, in house, and in preparation for sports days. Keep the toppings simple and offer a limited selection. Consider naming the pizza types after the school's sporting houses.

GRAZING PLATE / SNACK PACK:

Ideal for parents / spectators and staff who need a snack while supervising sporting activities. Snack packs can be put together based on what is available and in season.



FROZEN SNACKS

In warmer weather, offering a frozen snack can help keep kids cool as well as being viewed as a treat. Look for AMBER options, such as frozen juice sticks, or DIY frozen cordial or milk pops; a simple frozen snack that can be made in house colours!