

Case Study

Club Name: **New Springs Lions**

Location **Woodshaw Park Woods Rd Aspull**

Theme **Healthier Eating Options**



Background

On match days the food provided is sourced, prepared and cooked by a variety of volunteers from the club. These volunteers have limited time and facilities to cook a broad range of options and are required to cater for upto 40/50 players at any one time. The club recognises the importance of offering healthier options and identified and was keen to make a positive change to the food provision.

Activity

- **Offered free fruit to players and visitors** - The club identified a local greengrocer and engaged with them to support the club by offering fruit the club as part of its after match provision. They also negotiated a sponsored bowl of fruit for no cost, the club would receive a selection of oranges' that they would cut up and serve as segments to the junior players and visitors at the end of a match.
- **Changes to food provision** - The teams are now offered healthier options as part of the after match meal e.g baked potatoes, pasta etc. The club funded these changes through a grant application for a pasta boiler to replace a chip fryer. Other changes included introducing low sugar drinks instead full fat drinks and the promotion of the new options and the free fruit.

Success

- **What we achieved?** - The club now offers a choice of match day food instead of the just one option as was offered previously. The food is prepared fresh where possible utilising low/no fat products and the new pasta boiler produces large quantities of pasta which is cooked with great results. The introduction of free fruit has gained in popularity and the club reports that easy peel fruit e.g. bananas are the first to be eaten along with apples and pears, oranges are the last to go unless they are cut up and served as segments.

What Next

The club will monitor the success of new options and will continue to make small changes to provision to improve nutrition and health of the players and visitors.

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