

Case Study

Club Name: **Leigh Rugby Union Club**

Location **Round Ash Park, Hand Lane, Leigh**

Theme **Healthier Eating and Healthy Business Award**

Background

At Leigh Rugby Union on match days the food provided is sourced, prepared and cooked by staff employed by the club. In the past the club has provided traditional match day food consisting of chips and hot dogs and burgers.

Activity

- **Changed cooking methods**- The new caterer at the club identified that the cooking methods used at the club, including using deep fat fryers, were not offering the club the opportunity to provide healthier options for members and visitors. She reviewed the existing kitchen equipment and made recommendations for removal of some items and identified where any new equipment would be useful, this included the decommissioning of the deep fat fryers.
- **Changed food options** –All teams and visitors are now offered a more varied selection of food choices and healthier options as part of the after match meal e.g baked potatoes, pasta, home cooked stews and bakes etc.

Success

- **What they achieved** - The club now offers a **choice** of healthy match day food instead of the just the unhealthy option as the only choice as was offered previously. The food is prepared fresh where possible utilising low fat, low salt products and fat is drained off the meat where possible. The new options served by the kitchen have been well received by players and visitors alike and the club often receives positive comments from visiting teams about the quality of the food provided. The club has applied for and been awarded with the [Wigan Healthy Business Award](#) – a procedure that recognises their contributions to healthy and balanced food.

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