



HEALTHY SPORTS CLUBS

Sporting clubs are at the heart of many communities across the Loddon Campaspe region, providing opportunities for physical activity, social connection and community participation. However, many clubs face challenges in offering healthy food and drink options due to limited resources, facilities and volunteer capacity.

To support healthier club environments, HLC delivered the Healthy Sports Clubs Project, helping local sporting clubs and recreation facilities make healthy choices easier and more accessible for members, players and visitors



WHAT WE DID

Using a place-based approach, HLC Health Brokers partnered with a diverse range of sporting organisations, including football and netball clubs, basketball clubs, lawn bowls clubs, cricket clubs, soccer clubs, equestrian clubs and sports and leisure centres.

Health Brokers worked directly with participating clubs to understand their individual needs and identify opportunities for improvement.

SUPPORT INCLUDED:



Conducting club-specific needs assessments



Healthy menu and meal planning assistance



Improving food and drink displays to encourage healthier choices



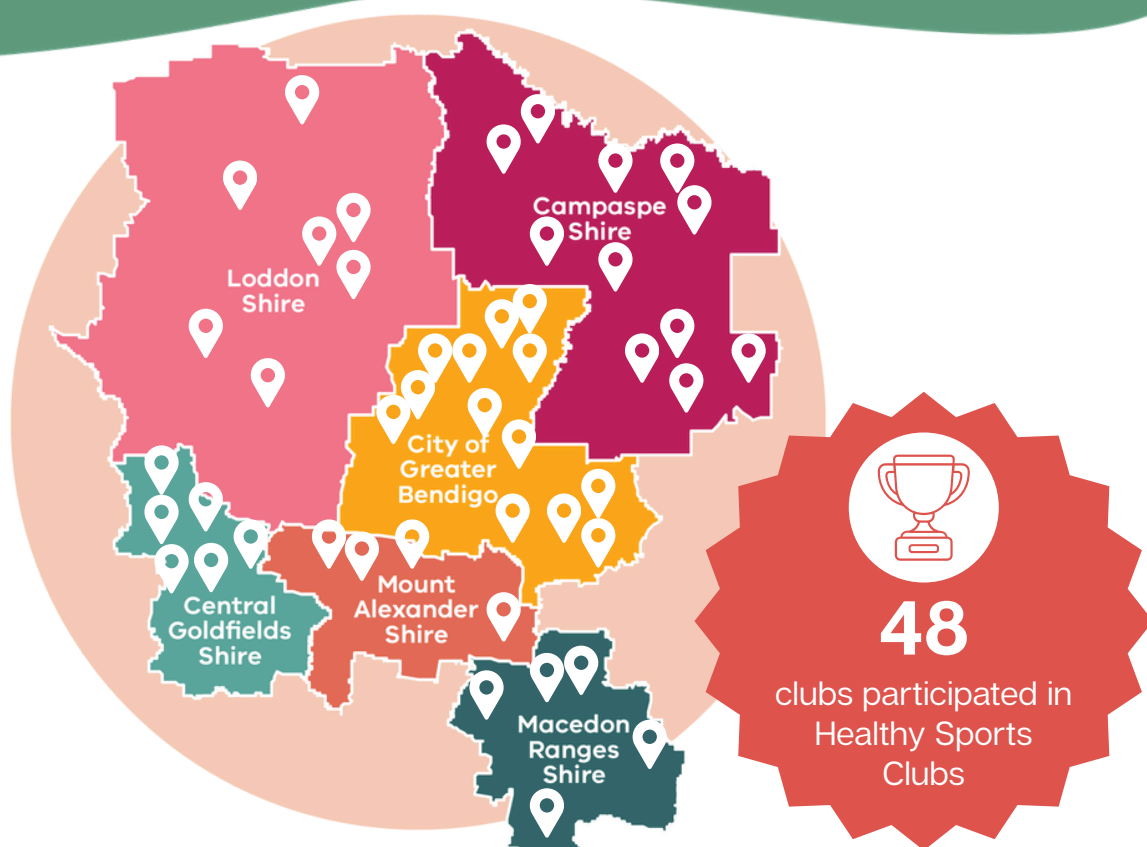
Providing small-scale equipment to support healthy food preparation and storage



Building club knowledge and capacity to create healthier food environments

This tailored support enabled clubs to implement practical and sustainable changes that suited their facilities, volunteers and members.

PARTICIPATING CLUBS



Campaspe Shire	Central Goldfields Shire	City of Greater Bendigo
1. Rochester Little Athletics 2. Echuca Basketball Association 3. Echuca Bowls Club 4. Ky Valley Golf Club 5. Lancaster FNC 6. Mount Pleasant FNC 7. Lockington Pony Club 8. Rochester FNC 9. Echuca Moama Squash 10. Rushworth Bowls Club 11. Lockington Bamawm FNC	1. Dunolly FNC 2. Maryborough Giants FNC 3. Maryborough FNC 4. Maryborough Netball Association 5. Talbot FNC 6. Carisbrook FNC	1. Kangaroo Flat Bowling Club 2. Ironbark Tennis Club 3. Kangaroo Flat FNC 4. Heathcote FNC 5. Heathcote Bowls Club 6. Heathcote Tennis Club 7. Axe Creek Cricket Club 8. North Bendigo Bowls Club 9. North Bendigo FNC 10. California Gully Cricket Club 11. White Hills Bowls Club 12. White Hills Cricket Club 13. White Hills Junior FNC 14. White Hills FNC
Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire
1. Bridgewater FNC 2. Inglewood FNC 3. Calivil FNC 4. Pyramid Hill FNC 5. Boort Yando Cricket Club 6. Kingower Cricket Club 7. Bridgewater Bulls Cricket Club 8. Wedderburn Band Cricket Club	1. Lancefield Football and Netball Club 2. Kyneton Pony Club 3. Gisborne Pony Club 4. Lancefield Equestrian Club 5. Bullengarook Pony Club	1. Harcourt FNC 2. Castlemaine Pony Club 3. Maldon FNC 4. Campbells Creek FNC



THE IMPACT

The Healthy Sports Clubs Project helped participating clubs create environments where healthy choices are easier for members, families and visitors. Clubs reported positive changes to their food and beverage offerings, with healthy options becoming more visible, appealing and accessible. Importantly, the project demonstrated that even small changes can make a significant difference. By supporting clubs to improve their canteens, kitchens and food service practices, the project strengthened local capacity to promote health and wellbeing through community sport. Participating clubs also received positive feedback from members and visitors, highlighting strong community support for healthier sporting environments.

SUSTAINABILITY

To support the sustainability of this project, HLC linked each participating sporting club in with their local Vic Kids Eat Well (VKEW) provider. This provided ongoing support to sporting clubs, helping them to embed changes longer term. See the below table for changes over time to VKEW registrations for each local government area.

Number of settings registered with VKEW 2022	Number of settings registered with VKEW 2026
• Campaspe = 4 • Central Goldfields = 1 • Greater Bendigo = 18 • Loddon = 3 • Macedon Ranges = 3 • Mount Alexander = 4 Total = 33	• Campaspe = 20 • Central Goldfields = 19 • Greater Bendigo = 88 • Loddon = 12 • Macedon Ranges = 20 • Mount Alexander = 17 Total = 176