



**Opal**

## HEALTHY KIDS SPORT & PHYSICAL ACTIVITY



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## HEALTHY SNACKS FOR JUNIOR SPORT

Fresh snacks during junior sport are suggested, such as fresh fruit for half time and immediately after the game. Please do not provide lollies for junior sport participation.



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## HEALTHY DRINKS FOR JUNIOR SPORT

Water is recommended as the drink of choice before, during and immediately after sports participation. Please provide a drink bottle with cool water during junior sport participation.



## HEALTHY DRINKS FOR CHILDREN'S SPORT AND PHYSICAL ACTIVITY

### Water. The original cool drink.

Water is the best drink for kids to hydrate before, during and after junior sport and physical activity. Good hydration helps kids with their performance by improving concentration and coordination.

### Cool, fresh water

- > Keep water bottles cool by storing with an ice pack in a chiller bag
- > Pack frozen water bottles during hot weather
- > Support your children's healthy habits and make water your drink of choice

### Cool, fresh water

- > Water is good for kid's teeth
- > Tap water is FREE

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## HEALTHY SNACKS FOR CHILDREN'S SPORT AND PHYSICAL ACTIVITY

### Make it a fresh snack!

If you provide your child with a snack for energy when they are being active, choose healthy foods that are packed with lots of vitamins and minerals that kids need for good health and long lasting energy.

### Healthy snacks during junior sport

- > Fresh fruit – keep cool in summer.
- > Orange segments are a winner!
- > Melon wedges are great in summer

### After the game

Kids should enjoy their usual healthy meal or snack within two hours after sport.

### Healthy snack ideas

- > Slice of raisin bread or plain fruit scone
- > Wholegrain crackers with low fat cheese
- > Wholemeal pikelets

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## WHAT IS OPAL?

OPAL is a program that's about supporting everyone in your community to eat well and be active.

To find out more and become involved, visit [campbelltown.sa.gov.au/OPAL](http://campbelltown.sa.gov.au/OPAL) or contact the Campbelltown City Council Team.

Phone: 0417 374 422 Email: [gfairbrother@campbelltown.sa.gov.au](mailto:gfairbrother@campbelltown.sa.gov.au)

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