

TOP TIPS FOR HEALTHIER CHOICES - OVERNIGHT TRAVEL

It's even more important to consider healthier choices when staying overnight, to help fuel everyone for big game days, recovery and minimise stress.



Determine your team's dietary requirements and preferences before departure



Create a meal and snack schedule for your trip

If catering for your team, determine what kitchen facilities will be available

If your meals are being catered, contact the catering team before arrival to discuss the menu



TOP TIPS FOR HEALTHIER CHOICES

- OVERNIGHT TRAVEL

When staying one or more nights for sport, it's even more important to consider meals and snacks. By planning food beforehand, it is easier to supply healthier foods on busy game days. Also, meals can be budgeted beforehand, making this a cheaper option, instead of purchasing from expensive take away shops.

Planning tips:	Have you considered:	Why is this beneficial?
Get the team involved in meal planning before departure, and explore dietary requirements and preferences	Including the team in meal planning and setting an expectation that all meals should include fruit and vegetables. Top tip: ask your team to inform you of: •Allergies •Dietary Requirements •Likes and dislikes	This will: •Make sure there are no surprises and everyone knows what to expect. •Ensure all team members are catered for, and fuelled for their sport. •By including team members in this planning, you are creating a sense of ownership and contributing to healthier habits in your sport.
Create a meal and snack schedule for your trip	•What meals and snacks will be offered and where will they be eaten. •When, where and by whom grocery shopping will be done and what needs to be purchased – consider online ordering and delivery to accommodation to save time. •When and where food preparation will be completed. Top tip: Consider where you will stop with your team when on the road, schedule breaks at parks or open area rest stops.	This will reduce the stress during the trip and ensure that healthier options are available for your busy team.
If catering for your team, determine what kitchen facilities will be available	•Kitchen facilities •Equipment •Storage space and type (cold and ambient temperature) Top tip: When planning the menu, include meals/snacks that require minimal equipment and can easily be scaled up for a large team.	This will allow you: •to design your menu according to what food storage options are available. •to select dishes that are easy to prepare with the available resources •to determine whether you need to pack cooking equipment.
If your meals are being catered, contact the catering team before arrival to discuss the menu	•Discussing menu options that will meet team requirements. •Emphasising that you want all meals to include fruit and vegetables. •Serving only water with all meals. Top tip: consider requesting substitute menu items for deep fried foods.	Most accommodations will be open and willing to provide healthier options - you just have to ask!



TRY THIS...

Meal (consider what, when and where the meal/ snack will be eaten)	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

Create a schedule to plan meals and snacks around the day's activities in a pre-travel schedule



Write your grocery list before departure



Consider ordering groceries online, to be delivered to your accommodation