

Healthy event checklist

Did you know at least one third of cancers are preventable with simple lifestyle changes? Make your event a healthy one to join the QUEST to help beat cancer and reduce Queenslanders' cancer risk.

Make your event smoke-free

- ✓ Host a smoke-free event.
- ✓ If you allow smoking make sure smoking areas are clearly signed and located away from non-smoking areas and where individuals are regularly walking through.
- ✓ Provide information about quit smoking services like Quitline 13 QUIT (13 7848).

Stay SunSmart every day

- ✓ Use shade provided by trees, buildings and other structures or organise your own shade (e.g. marquees).
- ✓ Provide SPF30 or higher broad spectrum water resistant sunscreen for guests.
- ✓ Encourage guests to Slip on sun protective clothing, Slop on minimum SPF30 or higher sunscreen, Slap on a broad brimmed hat, Seek shade and Slide on sunglasses.
- ✓ Schedule outdoor activities outside peak UV times.
- ✓ Consider having SunSmart items (e.g. hats, sunglasses and sunscreen) available for purchase on the day.

Provide and promote healthy food and drink

- ✓ Provide healthy catering or encourage guests to bring their own healthy food and drink.
- ✓ Limit the amount of red and processed meat available (e.g. sausages, salami, ham etc.)
- ✓ Provide plenty of fruits, vegetables, wholegrain breads and grains and low fat dairy.
- ✓ Avoid fatty, sugary and salty foods and drinks (e.g. deep fried foods, lollies, chips, cakes, soft drinks).

- ✓ Consider people with special dietary needs (e.g. intolerances, allergies, cultural considerations).
- ✓ Label foods to indicate healthier choices (e.g. eat most, eat moderately, eat least).
- ✓ Remember to prepare, store, transport and serve foods safely.

Take time to be active

- ✓ Provide regular breaks and opportunities for guests to move about.
- ✓ Promote active transport to the event e.g. walking, cycling, public transport.

Go alcohol-free

- ✓ Hold an alcohol-free event.
- ✓ If you serve alcohol, serve it in standard drink sizes and provide a maximum of two standard drinks per adult.
- ✓ Provide light or low strength alcohol options and healthy non-alcoholic drinks (e.g. water, 100% fruit juice).

Promote your healthy event

- ✓ Download and print information resources for your event - healthy loud speaker announcements, food labels, poster, and much much more.
- ✓ Promote your event as healthy through marketing materials (e.g. ticketing, flyers and programs, website).
- ✓ Ask staff and volunteers to be good role models and practice healthy behaviours.
- ✓ Make sure prizes, give-aways and promotional items are healthy (e.g. sun protective clothing, sports items, healthy cookbooks).

Share your ideas with us!

QUEST@cancerqld.org.au

For more information and support visit our website

http://www.cancerqld.org.au/page/need_support/events_functions/

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Disclaimer

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