

Choose Well.
Feel Great.



**Best
Choice**

Food and drink with Green stickers are the healthiest choice!



**Choose
Carefully**

Food and drink with Amber stickers should be selected carefully and consumed in moderation.



Limit

Food and drink with Red stickers should be consumed rarely and in small amounts.

We are making healthy changes at our club by having healthy choices at our canteen - buy green to show your support!