



Create Your Plan

Fuel Up Before Your Game

Recharge After the Match

Snack Before the AFL Game

Footy Foods at the Game

Pair-Share Reflection

Once you've finished your plan, share it with a partner and discuss:

What was your favourite food on your Footy Day Plate?

What is your favourite food to eat while watching footy?

Did you discover any new food ideas from your partner?



Did you know it's Kids Footy Month?

You've planned the perfect match-day menu, now pack your fuel and head to a game! During Kids Footy Month, students can attend selected AFL matches for free between Rounds 16–19.

To view your nearest game day clinic go to play.afl/coleshealthykicks

Plus check out what games are **FREE** this month at <https://www.afl.com.au/kidsfootymonth>