



SUBJECT: HEALTHY FOOD AND BEVERAGES IN CITY-OWNED FACILITIES	NO.GGA-29
FUNCTION: GENERAL GOVERNMENT - ADMINISTRATIVE	
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The City of Kamloops Healthy Food and Beverage Policy shall adhere to all current good governance practices and regulations and shall be used as a tool to promote healthy lifestyles throughout the community. It is based on standards set by Health Canada and is consistent with Interior Health Authority and School District #73 guidelines. It is understood that the policy shall be adhered to by all City staff and volunteers for gatherings pertaining to City of Kamloops business.

To further its vision for community health and wellness, the policy is to establish guidelines for healthy eating in City-owned facilities and venues (Appendix "A") as a means to promote good nutrition and healthy lifestyles throughout the community.

1.0 Definitions

- 1.1 A **prepared item** is described as food or beverage that is vendor, concession, or homemade.
- 1.2 A **pre-packaged item** is food or beverage prepared off site and is machine wrapped.
- 1.3 A **processed food** has been altered from its natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration, and aseptic processing.
- 1.4 **Franchised food** is a type of business in which a group or individual receives a licence from a corporation to conduct a commercial enterprise. Corporate franchises enable a franchisee to market a well-known product or service in return for an initial fee and a percentage of gross receipts.
- 1.5 A **servicing size** references an amount. Please see the Canada Food Guide for specifics from the four food groups (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php>).

2.0 Policy Guidelines

It is recommended that:

- 2.1 The City of Kamloops shall encourage food and beverage providers in City-owned facilities to prepare all food and beverage.



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- 2.2 All processed food and beverage distributed in City-owned facilities and venues (Appendix "A") shall be marketed with the checkmark system according to the brand name food list (Appendix "B").
- 2.3 Prepared items shall adhere to Canada Food Guide policies. All items shall be prepared in accordance with Government of British Columbia "Making Healthier Foods" recommendations (Appendix "C").
- 2.4 Pre-packaged food and beverage shall meet the following percentages as established in Nutritional Guidelines:
 - a) At least 80% of items will be from the "Choose Most" and "Choose Sometimes" categories and no more than 50% of products coming from the "Choose Sometimes" category.
 - b) Up to 20% of product choices may be from the "Choose Least" or "Not Recommended" categories, with no more than 10% from the "Not Recommended" category.
- 2.5 All pre-packaged food and beverage items shall contain a nutritional facts label (Appendix "B").
- 2.6 Pre-packaged products sold must only be offered in regular sized, single serving packages.
- 2.7 No items marked "jumbo" shall be served.
- 2.8 Sports drinks shall be marketed as "Not Recommended".
- 2.9 Products categorized as "Choose Most" and "Choose Sometimes" must be placed more prominently than items that are not and must be sold at comparable prices.
- 2.10 Fruits and vegetables shall be offered in facilities where prepackaged items are sold.
- 2.11 The City of Kamloops will continue to support current food initiatives and will continue to promote buying local produce and Farmers' Markets.
- 2.12 The City of Kamloops shall provide resources and lists of acceptable items that meet the nutritional guidelines upon request. (Appendix "B").



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- 2.13 The City of Kamloops reserves the right to limit quantities and exercise control on any item offered at a City-owned facility (Appendix "A").
- 2.14 Audits shall be performed in aforementioned facilities as decided by the Parks, Recreation, and Cultural Services Department.
- 2.15 Mobile concessions shall adhere to the guidelines by 2010 January 1.
- 2.16 Preferred caterers shall adhere to these guidelines by 2011 January 1.



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APPENDIX "A"

CITY-OWNED FACILITIES

City-owned venues and facilities include, but are not limited to, the following:

- Tournament Capital Centre
- Interior Savings Centre
- McArthur Island Sports and Events Centre
- Brock, Memorial, and Valleyview Arenas
- Municipal parks
- Municipal pools
- Westsyde Pool and Community Centre
- McArthur Island Golf Course
- City Hall
- City yards
- RCMP buildings
- Fire stations
- Kamloops Museum & Archives
- Art Gallery



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APPENDIX "B"

BRAND NAME FOOD LIST

Further healthy food and beverage information is available at:

- www.brandnamefoodlist.ca
- www.lcs.gov.bc.ca/HealthierChoices/pdf/Appendixiii.pdf
- www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- www.cfsan.fda.gov/~dms/foodlab.html

For guidelines in similar jurisdictions, contact:

- www.actnowbc.ca/media/Workbook.pdf
- www.bced.gov.bc.ca/health/guidelines_sales07.pdf



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APPENDIX "C"

MAKING HEALTHIER FOODS

For example:

Healthier Pizza

Choose at least three of the following:

- Whole grain crust.
- Half the amount of a CM or CS cheese or a mix of CM or CS cheeses.
- Tomato sauce instead of barbecue or white sauce.
- Two or more veggie or fruit toppings. Try pineapple, tomato, onion, mushrooms, bell peppers, spinach, broccoli, cauliflower - be a vegetable explorer!
- At least 20 g of a CM or CS meat and alternatives per slice.

Healthier Hot Dogs and Hamburgers

Choose at least three of the following:

- Whole grain bun (at least 2 g of fibre).
- CM or CS wiener or burger (consider vegetarian substitutes some of the time).
- CM or CS cheese.

Courtesy of http://www.bced.gov.bc.ca/health/healthier_foods.pdf.