



**Healthy Choices Philosophy and Guiding Principles  
Regional District of Nanaimo  
Recreation and Parks Department**

**Background:**

In response to an ever increasing world wide concern regarding inactivity and obesity rates the British Columbia Provincial Government made a commitment to affect change in the lives of British Columbians. The *Healthy Food and Beverage Sales in Recreation Facilities and Local Government Buildings Initiative (HFBS)* was launched in 2008. This initiative is coordinated through the British Columbia Recreation and Parks Association and the Union of British Columbia Municipalities with funding provided through the BC Healthy Living Alliance and support from ActNowBC. In support of this initiative the Regional District of Nanaimo Recreation and Parks Department received grant funding in 2009 to assess its food services delivery and develop the Healthy Choices Philosophy and Guiding Principles. In November 2010, the Regional District of Nanaimo Board adopted the philosophy, guiding principles and three year implementation chart as presented below.

**Purpose:**

To establish a philosophy and guiding principles for the provision of healthy food and beverage choices in relation to services provided through the Recreation and Parks Department. The philosophy and principles will be incorporated into the various service functions directly managed by the Department including the facilities of Oceanside Place and Ravensong Aquatic Centre and program services in District 69, Electoral Area A, and Parks.

**Philosophy:**

The Recreation and Parks Department is committed to encouraging and educating residents and visitors to the District 69 community in making healthy lifestyle choices, in both physical activity and eating habits.

**Guiding Principles:**

Healthy food and beverage choices will be available where food is sold and/or provided throughout the Department. Promotion of healthy food choices goes hand in hand with the Department's mandate to encourage physical activity and being active at all ages. This messaging will be consistently promoted as Stay Active, Eat Healthy.

To promote healthy food and beverage choices, the Department will...

**Through Implementation:**

- Adopt and implement a three year phased-in percentage transition chart for the **food services** contract with the goal of providing 70% *Choose Most* and *Choose Sometimes* and 30% *Choose Least* and *Not Recommended* by the end of the three year period (see Appendix I).
- Adopt and implement a three year phased-in percentage transition chart for the **large vending machines** contract with the goal of providing 0% *Choose Least* and *Not Recommended* by the end of the three year period (see Appendix I).
- Evaluate the contracted food operator and vending services provision of healthy food and beverage choices (by number of products) as per the adopted percentage transitions for the three year period.
- Require the contracted food operator and vending services to display healthy choices as the most visible choice in the food services area and vending machines.
- Recommend that smaller portion-sized selections be made available in all food and beverage categories to ensure consumers have a range of choices regarding portion size and price.
- Monitor the healthy food and beverage choices provided in vending machines and food services every six months to ensure percentage goals and healthy choices guidelines are being met.
- Offer healthy food choices in all Department organized programs, meetings and events, where food and beverages are provided.
- Provide alternatives for program incentives and prizes (e.g. stickers) instead of food and beverage incentives for Department organized programs and events.

**Through Education:**

- Support recreation programs, camps, events and birthday party patrons in making healthy snack and meal choices through the distribution of information packages.
- Support all RDN staff, including summer staff and instructors, in choosing healthy snack, lunch and meeting food and beverages.
- Stay current of relevant information and best practices for the provision of healthy food and beverages.

**Through Communication:**

- Dedicate space in the Active Living Guide to educate District 69 about the Department's commitment to staying active and eating healthy.
- Display and maintain "Stay Active Eat Healthy" signage.
- Provide patrons with "healthy choices" educational information.
- Provide media with information to increase public awareness regarding the "Healthy Choices" initiative available through the Recreation and Parks Department.

## Appendix I

Three Year Percentage Transition Chart						
	Recommended %			Recommended %		
	of Choose Most and Choose Sometimes	Choose Most	Choose Sometimes	of Choose Least and Not Recommended	Choose Least	Not Recommended
Year 1						
Vending	70%	50%	20%	30%	15%	15%
Food Services	50%	25%	25%	50%	25%	25%
Year 2						
Vending	80%	60%	20%	20%	10%	10%
Food Services	60%	35%	25%	40%	20%	20%
Year 3						
Vending	100%	70%	30%	0%	0%	0%
Food Services	70%	50%	20%	30%	15%	15%

***For more information about this project, please contact either the:***

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**Or the,**

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