



## Healthy Choices Policy and Guiding Principles for @name@ Community Centre

Date Approved: @date@

Approved By: @community association@

### PURPOSE:

To establish guiding principles for the provision of healthy food and beverage choices at the @name@ Community Centre

### POLICY:

@name@ Community Association is committed to encouraging @community name@ citizens to make healthy lifestyle choices.

### Guiding Principles:

Healthy eating choices will be available where foods and beverages are sold and/or provided at the @name@ community centre and association programs to ensure consistency of healthy lifestyle messaging to patrons.

### Foods and beverages at @name@ Community Centre

To promote healthy eating, we will:

- Post and maintain signage that promotes healthy choices;
- Add trial runs of healthier (e.g. "Sell Most") foods;
- Encourage current on-site contracted food and vending services to increase healthier fare choices and include stipulations in future contracts;
- Refrain from using deep fryers and serving deep fried foods;
- Offer only small sized soft drink sales;
- Provide a minimum of 70% healthy (i.e. sell most and sell sometimes) choices at concessions (by number of products);
- Encourage all groups with whom we have contracts to adhere to this policy for public concession sales and providing foods and beverages to the public; and
- Monitor current product nutrition information through available resources