



Attention: Elected Officials, Board of Directors and Facility Operators

Re: Nutrition Policy for Community Recreation Facilities

In 2007, concerned organizations including Prairie Mountain Health, Recreation and Regional Services Branch, Westman Recreation Practitioners Association, and Manitoba School Nutrition Support Team joined to form the *MOVE* to Healthy Choices Committee.

Healthier food choices can reduce the risk for chronic diseases, such as type 2 diabetes, stroke, or cancer. We know children are often exposed to environments that do not support healthier food choices, in addition, many children are not consuming enough vegetables and fruit each day, which negatively affects their health. There is a growing trend in Manitoba and nationally to improve the eating environments where we live, learn, work, and play. By changing the environments, we can support people to make healthier choices.

Recreation facilities, whether they are pools, arenas, or community centres, should take this opportunity to support the health and wellbeing of our community. Recreation facilities already support healthy lifestyles through physical activity and social networking, so they should also be a key place to support healthy choices of food and beverages. Many believe that offering healthy choices will only result in revenue losses, but that is not always the case. If done strategically, according to the facility's needs, healthy choices can also lead to profits.

As the *MOVE* to Healthy Choices Committee we are asking your organization and or municipal council to consider developing a nutrition policy to ensure your facility will offer healthy food choices. This may be as simple as offering choices of healthy foods at your committee meetings, in your concession stands, vending machines, or at a community gathering. Please consider discussing such a motion or policy at your next meeting.

Thank you very much for your consideration. Please feel free to contact us for assistance in developing such a policy for your group or for assistance in implementing such a policy.

Sincerely,
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MAKING THE *MOVE* TO HEALTHY CHOICES



**Nutrition Policy
Development Guidelines
for Recreation Facilities**

October 2012



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Did You Know?

An Overview of Evidence to Support Healthy Eating in Your Community

The numbers say it all. Consider the risks associated with not providing healthy choices:

- Many chronic diseases are linked with unhealthy lifestyles, putting some children at risk for early onset of type 2 diabetes, hypertension, respiratory disorders, orthopaedic problems and psychological problems during their youth.
- Tooth decay is one of the most common disorders of childhood, affecting 60% of 5 to 17 year-olds. There are 8-10 teaspoons of sugar in a can of pop. Is it any wonder pop contributes to dental decay, but did you know the harmful acids in pop are also at fault? No surprise either that it takes more than an hour to burn off one can of the sugary stuff.
- Lack of adequate fruit and vegetable consumption has become an important public health issue. According to the 2004 Canadian Community Health Survey 59% of Canadian children 2-17 years of age consume fruit and vegetables less than five times a day
- We know that the incidence of obesity/overweight has increased significantly over the last 25-30 years in all age groups, especially in our youth population. Obesity is complex and there are many contributing factors. However, according to the Canadian Institute for Health Information, improving lifestyle behaviours such as healthy eating and physical activity can have a significant impact on reducing the waistlines and improving the health of Canadians.

What is Happening Closer to Home?

- In 2007 in the Assiniboine Regional Health Authority (ARHA) only 11% of students ate 5 or more fruits and vegetables a day
- According to the Brandon Regional Health Authority Youth Health Survey report in 2008, fruit and vegetable consumption is well below the recommended intake for both boys and girls. Only 11% of males and 10% of females consumed over 5 servings.
- According to the Chief Provincial Public Health Officer's Report 2010, 31% of children aged 2-17 in Manitoba are overweight or obese, higher than the national average of 26%.
- Adolescents 12 to 17 years of age living in southwest Manitoba have a prevalence of overweight/obesity of 33% as compared to 36% in Manitoba overall (Chief Provincial Public Health Officer's Report 2010).



Consider the benefits of healthy choices

- Children and adolescents who eat five or more servings of fruit and vegetables each day are far less likely to be overweight or obese than those who eat fewer fruits and vegetables.
- The World Health Organization predicts that if people ate the recommended five servings of fruit and vegetables a day there could be a 20% decrease in deaths from chronic disease.
- Establishing healthy eating habits in early life can contribute to healthy eating in later life. Consequently, experts recommend preventive interventions begin in childhood.

Why Develop a Nutrition Policy?

Many families spend countless hours at a community arena, pool, sports field, or community centre. By supporting the healthy eating message and offering healthy options within these types of settings, you have the potential to have a positive impact on the foods patrons choose to eat.

In recent years there has been an increased demand for healthy food options. Major fast food chains have realized that if they did not include healthy food options on their menu, they would be losing out on revenue. For example when ordering, patrons have the option of a side salad instead of fries, milk instead of pop and low-fat yogurt is available at many of the most popular and successful fast food chains.

The number of meals eaten away from home in the last 30 years has doubled. By offering nutritious foods in recreation facilities we encourage and create opportunities for people to make healthier choices.

A nutrition policy establishes guidelines which the board, staff and volunteers follow. It can also support initiatives already undertaken by your facility and staff. Having a nutrition policy in place will ensure that positive steps will not be lost when a change in board members or staff occurs. For example, if a facility has a policy to use only lean ground beef, a new staff person will be required to purchase and cook with lean ground beef regardless of personal preference.

If your canteen contracts out food services, then being able to follow a nutrition policy would be a condition of employment when considering who to hire.

Having a nutrition policy creates consistency while supporting healthy food choices in recreation facilities, which provides opportunities for people to eat healthy away from their home environment.



Building Support

Although it's widely recognized that healthy eating is a critical part of a healthy lifestyle, there might still be some resistance to a healthy choices initiative and even when you have full support, there are challenges to making any change. The following will help you prepare.

By choosing to develop a nutrition policy...

Concern: "We are taking away the patrons freedom to choose what they eat."

Response:

- People are still free to choose less healthy foods and beverages. Healthy choices should be just as available and appealing as unhealthy choices.
- Children and families who use recreation facilities should be supported in their efforts to make healthy choices. To become a life-long habit, healthy eating requires both knowledge and a supportive environment.

Concern: "People will just go down the street to buy junk food."

Response:

- Applying the same logic, recreation facilities could justify the sale of cigarettes and alcohol. Providing nutritious food choices makes good health sense and is consistent with recreation's promotion of physical activity.
- People may go down the street for healthy food choices as well, if they are not available.

Concern: "We will lose revenue, which we need to operate the facility."

Response:

- Concessions with healthier foods can be just as successful as those selling only less healthy foods when good, careful planning and strategic marketing take place.
- You may be losing revenue due to the fact that people are looking for healthy food choices, and may even be bringing in their own healthy foods from home.

Concern: "It may be too difficult to implement and we don't have enough resources."

Response:

- It's often necessary to start small and work toward more changes in the future.
- If you gather your partners at the start, it is easier to plan and implement a policy.



- Resources are increasingly available to support healthy eating initiatives in recreation, schools and other areas. (The *MOVE* to Healthy Choices Committee is just one of the resources now available).

Concern: “People won’t buy the healthy choices.”

Response:

- Appealing, affordable healthy choices have been showing up in major fast food chains.
- The 2007 Westman Region Recreation Canteen Survey showed that 86% of responders were interested in providing healthier food choices in their facility.
- There are many success stories within recreation, schools and other community spaces, in which sales increase with the availability of healthy choices.
- The use of strategic marketing can promote and increase sales of healthier choices.

Concern: “Preparing healthy foods will take too long in the concessions.”

Response:

- This may be true, but preparation times can be reduced by: planning ahead, researching quick and easy options and assembling foods at the time of order (salad and sandwich bars). Pre-cut, pre-washed produce is a healthy option and saves time.
- Doing the right thing may take extra time but your facility is showing the patrons that it values good health. For example, it may take extra time to wait until the skaters are off the ice before the ice resurfacer door opens, but this policy ensures the skater’s safety.

Concern: “Recreation patrons won’t accept these changes.”

Response:

- Feedback from facilities that have made healthy choices available is:
 - Most patrons are happy to have more healthy choices.
 - The facilities with healthy eating environments have received almost entirely positive feedback about the new options.
 - User groups are asking for healthier food choices.

Adapted from Information Sheet #1: Overcoming Resistance to Healthy Choices SAEH Healthy Choices in the Recreation Setting: Toolkit



Getting Started

Developing a nutrition policy for your facility, concession, snack bar, vending machine or canteen can be more successful with a planned approach.

It is always a good idea to develop a “terms of reference” that gives direction to the committee. Terms of reference may include the following:

- Introduction/background
- Purpose
- Expected outcomes
- Committee composition
- Scope of work
- Timeline
- Level of authority
- Decision making

Step 1. Gather a team

Identifying and involving key people can make any change more successful. Developing a nutrition policy can best be done by establishing a sub-committee of 4-6 people, which may include the following:

- Recreation Director
- Facility Manager
- Council member
- Board member
- Food service employee
- Volunteer convenor
- User group representative
- Coach/Manager

You may want to bring in outside expertise to help you get started. Supportive people who can provide ideas and feedback to your committee may include a community dietitian, health promotion staff, recreation professional or provincial consultant. If your team is unfamiliar with writing a policy, consider involving local citizens who have experience (eg: school division, regional health authority or municipal staff).

Step 2. Gather your information

Prior to the first meeting, it is important to gather information that can help the committee understand the task at hand and provide an adequate level of education about the current situation and the need for a nutrition policy. The following information can be gathered and may be given to the committee prior to the first meeting or become the agenda for the first meeting.

- Written or unwritten policies currently in place
- List of any procedures that are followed
- Statistics around health status and healthy eating (refer to page 1)
- Examples of nutrition policies from other jurisdictions
- Tools/resources to assist with drafting a nutrition policy
- Explanation of the current situation in the concession (menu, staffing, vending, pricing, suppliers, seating, etc.)



Step 3. Create a Vision for Healthy Eating

Once the committee has had an orientation and feels confident to move ahead the next step is to take a few minutes to develop a common vision that can help the committee see what success looks like. The committee would explain in words or phrases what would be common to see in their facility if a nutrition policy was in place.

When developing a vision the committee should ask themselves:

- How would we describe our concession to people who ask?
- What are people saying about our facility?
- What do we read about our facility?
- What does our concession and eating environment look like?

Tip: Referring back to the terms of reference and vision can help the committee keep momentum and stay on track.

Moving Forward

Now that you have your vision and you know where you want to go, you need to look at the steps for creating your nutrition policy.

- Begin by deciding on the areas to create a policy for, such as:
 - vending
 - tournaments/special events/competitions
 - fundraising
 - comfortable eating space
 - concession
- Develop the policy statement or statements.
- Determine the nutrition standards for each policy area. These standards further define the specific changes that you want to make and/or practices you are currently implementing that you want to keep.

Another decision to make is how you are going to structure your policy. Do you want one policy with all the areas you are going to work on? Or do you want separate policies for each of the areas?

Tip: Start small, you can always add to and make changes when you re-evaluate. Revisions to your policy can happen at any time you feel that they are needed. We recommend you review the policy annually.

After deciding your nutrition standards, it is now time to start writing your policy. Wording can be tricky we suggest looking at other policies to help give you some ideas on how to word your policy. We have included a sample policy after the *Potential Nutrition Standards* section. If you would like other examples of policies please go to the following website: [Move to Healthy Choices](#)



What to Include in a Nutrition Policy?

- 1) Name of the governing body and the name of the policy
- 2) Purpose – why are you developing this policy?
- 3) Policy Statement(s) – how you are going to meet your purpose.
- 4) Application – who has to comply with the policy?
- 5) Authority/Responsibility to Implement – the person(s) responsible for communicating and implementing the policy.
- 6) Nutrition Standards – In this section list the detailed standards that are to be implemented in the nutrition policy. For more information and examples of the areas that you could include in your policy, refer to the *Potential Nutrition Standards* section.
- 7) Duration & Plans to Review – It is important to include a time frame to re-evaluate, so you are able to make changes to your policy as needed. We suggest looking at the policy once a year. Reviewing your policy yearly will allow you to discuss what is working and what is not as well as incorporate new areas and ideas for the policy.
- 8) Approval History – include the date the policy was approved and record revision dates.

Implementing Your Policy

In the policy, you have identified who is responsible for implementation. It is important for that person to start to make the changes immediately. It is suggested that the board/commission establishes a timeline or date of implementation.

Once the policy has been implemented it is important to regularly monitor the changes made by reviewing feedback, sharing successes, and making improvements to initiatives that may not have gone as anticipated.

- Report back to your board and others on a regular basis.
- Keep records regarding sales and marketing strategies.
- Consult with coaches, managers and parent committees so they understand and can promote the new healthy choices.
- Talk to people to educate them about the importance of offering healthy foods in recreation environments.
- Review your policy on an ongoing basis to ensure you are meeting your standards and update your policy annually.



Potential Nutrition Standards

Listed below are some ideas that your committee may consider when choosing Nutrition Standards or changes in your facility.

CONCESSION

Types of Products:

- A variety of choices available from the 4 food groups
- Beverages available for purchase in vending machines include:
 - Water
 - Skim, 1% or 2% milk or fortified soy beverage
 - Flavoured milk and fortified soy beverages not containing more than 21 grams of sugar (no artificial sweetener) per 250 mL serving
 - 100% vegetable and fruit juice
 - Non-calorie beverages including diet sodas
 - Sports drinks (Gatorade® or Powerade®)
 - Preference for juices and pop in small size portions
- Offer snack foods that meet the following criteria per individual package:
 - Total saturated and trans fat – 15% Daily Value or less
 - Trans fat – 0 grams (excluding dairy)
 - Sodium – 15% daily value or less
- Reduced salt, sugar and caffeine options offered when available
- Products containing trans fats (excluding dairy) are not available
- Healthier types of fat and oils, such as canola oil or non-hydrogenated margarine will be used
- Alternative preparation methods such as baking, broiling, grilling, steaming, roasting and toasting will be considered
- The deep fryer will not be used on designated days
- Deep-frying must use low-trans fat oil
- Offer baked whole grain products (such as crackers, buns, bread, wraps, etc)
- One fresh fruit or vegetable must be offered
- ___ % of the items offered are recommended by Canada's Food Guide
(the percent can be decided by your facility)

continued...



CONCESSION (continued)

Serving Sizes:

- Spreads, dressings, dips or sauces are served on the side
- Pre-packaged products are offered in regular sized serving packages (no jumbo or king sized)
- Non packaged food must be offered in small serving size portions (fries, popcorn chicken, onion rings), no “super sized” portions
- Ensure healthy foods are available in child-friendly sizes

Marketing:

- Nutritious choices positioned and marketed prominently using attractive ads and pictures
- Nutritious options are priced lower than less nutritious options (e.g. Apple \$.50, chips \$1.50)
- Premiums will not be charged for healthier food options i.e. a lower profit margin on healthier foods can be compensated for by an increased profit margin on less healthy foods.
- Healthier options will be displayed alongside less healthy options of similar types (e.g. whole grain granola bars next to chocolate bars)

Allergies

- The concession will have pre-packaged, peanut-safe products available.

COMFORTABLE EATING SPACES

- Create a calm, pleasant atmosphere to make eating more enjoyable which may include:
 - Clean water fountains
 - Comfortable and clean eating area
 - Windows and natural lighting



VENDING

- Healthiest choices positioned most prominently
- Offer some snack foods in vending machines that meet the following criteria per individual package:
 - Total saturated and trans fat – 15% Daily Value or less
 - Trans fat – 0 grams (excluding dairy)
 - Sodium – 15% daily value or less
(note: these numbers are higher than ideal due to the fact that most pre-packaged foods currently available on the market are higher in fat and sodium)
- Beverages available for purchase in vending machines include:
 - Water
 - Skim, 1% or 2% milk or fortified soy beverage
 - Flavoured milk and fortified soy beverages not containing more than 21 grams of sugar (no artificial sweetener) per 250 mL serving
 - 100% vegetable and fruit juice
 - Non-calorie beverages including diet sodas
 - Sports drinks (Gatorade® or Powerade®)
 - Preference for juices and pop in small size portions or re-sealable bottles
- Energy drinks are not available for purchase
- Nutritious options are priced lower than less nutritious options (ex. Granola bar – higher fibre \$1, chocolate bar \$1.50)
- Vending machines include refrigerated units to offer perishable food (such as cheese strings, yogurt tubes, etc)
- Offer baked whole grain products (such as crackers)

Energy drinks are NOT recommended

They are not recommended because of the high levels of caffeine and other ingredients in energy drinks.

In some cases, one energy drink could have more caffeine than the safe daily intake for many children and teens.



TOURNAMENTS, SPECIAL EVENTS, COMPETITIONS

- When offering additional menu items, they will be a healthy choice and include foods from 3-4 food groups (Vegetables and Fruit; Grain Products; Milk & Alternatives; and Meat & Alternatives).
- Alternative preparation methods such as baking, broiling, grilling, steaming, roasting and toasting will be considered
- Include healthy protein such as milk products, lean meat, fish, eggs and legumes for meals
- Offer a fruit and vegetables choice throughout the day (cut veggies in a bag with dip, fruit in a bowl on the counter, fruit/yogurt parfait)

Our Tournament Menu has some great menu ideas, for more information visit our website at

[Move to Healthy Choices](#)

FUNDRAISING

- Fundraising activities taking place for the facility or on behalf of other groups will include non-food items or nutritious food choices.

Energy Drinks should not be confused with Sports Drinks such as Gatorade® or Powerade®.

Sports drinks re-hydrate the body and provide sugars; which the body burns to create energy and replenish electrolytes. Electrolytes maintain salt and potassium balances in the body.

Energy drinks, on the other hand, should not be used as a fluid replacement. Because of their caffeine content, they can actually mask the signs of dehydration.



Sample Policy

WELLNESS RECREATION COMMISSION Town of Wellness

Healthy Food and Beverage Policy for the Recreation Centre

Purpose:

1. To provide direction for consistent food and beverage provision within recreation facilities and programs.
2. To increase availability of healthy choices in recreation facilities and programs where food/beverages are served and sold.

Policy Statement:

1. The Recreation Facility Board will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage service in our facility and programs

Application:

1. Recreation Facility staff as well as volunteers and contracted individuals involved in program and service delivery will adhere to this policy.

Authority/Responsibility to Implement:

1. Recreation Director
2. Food Services Manager

Nutrition Standards:

1. Concession

Food Items

- No less than 5 food items off the Great Choice/Good Choice menu will be offered in the concession (choices list attached)
- No more than 4 food items off the Poor Choice menu will be offered in the concession (choices list attached)
- The deep fryer will not be used on Thursdays
- Deep-frying must use low-trans fat oil
- Non packaged food items that are served in a tray such as fries, popcorn chicken and onion rings may not be offered in “super sized” portions. The concession will use tray #50 provided by company “X”.
- Healthy foods are available in child-friendly sizes



Beverages

- Beverages available for purchase include:
 - Water
 - Skim, 1% or 2% milk or fortified soy beverage
 - Flavoured milk and fortified soy beverages must not contain more than 21 grams of sugar (no artificial sweetener) per 250 mL serving
 - 100% fruit and/or vegetable juice
 - Sports drinks (Gatorade® or Powerade®)
 - Soft drinks no larger than 355 ml
- Energy drinks are not available for purchase

Snacks

- No less than 5 snack items off the Great Choice/Good Choice menu will be offered in the concession (choices list attached)
- No more than 2 food items off the Poor Choice menu will be offered in the concession (choices list attached)
- Pre-packaged products are offered in regular sized serving packages (no jumbo or king sized)
- Nutritious options are priced lower than less nutritious options (e.g. Apple \$0.50, chips \$1.50)
- Must offer a choice of fruits and/or vegetables

2. Vending

- No less than 5 snack items off the Great Choice/Good Choice menu will be offered in the vending machine (choices list attached)
- Nutritious options are priced lower than less nutritious options (ex. Granola bar – higher fibre \$1, chocolate bar \$1.50)
- Vending machines include refrigerated units to offer perishable food (such as cheese strings, yogurt tubes, etc)
- Beverages available for purchase in vending machines include:
 - Water
 - 100% vegetable and fruit juice
 - Sports drinks (Gatorade® or Powerade®)
 - Soft drinks no larger than 355ml
- Energy drinks are not available for purchase



3. Comfortable Eating Space

- Create a calm, pleasant atmosphere to make eating more enjoyable
- Ensure a water fountain is available

4. Tournaments/Special Events/Competitions

- When offering additional menu items, they must be a healthy choice
- Must offer a fruit or vegetable choice throughout the day

5. Marketing

- Healthier options will be displayed alongside less healthy options of similar types (e.g. whole grain granola bars next to chocolate bars)
- Nutritious choices positioned and marketed prominently using attractive ads and pictures
- Nutritious options are priced lower than less nutritious options (e.g. Apple \$.50, chips \$1.50)
- Premiums will not be charged for healthier food options i.e. a lower profit margin on healthier foods can be compensated for by an increased profit margin on less healthy foods.

Policy Review:

This policy will be reviewed annually in June by the Wellness Recreation Commission.

Approval History:

Approval Date: June 20, 2014

Revision Date: June 28, 2017



WELLNESS RECREATION COMMISSION

MENU ITEM CHOICES

✓ ✓ Great Choice

✓ Good Choice

✗ Poor Choice

FOOD ITEMS

Rating	Food	Choices
✓ ✓	Boiled Perogies	<ul style="list-style-type: none"> • Serve with 5 ml (1 tsp.) or less of added soft non-hydrogenated margarine per serving. • Serve with sour cream with 7% or less milk fat (MF).
✓ ✓	Chili	<ul style="list-style-type: none"> • Make with lean ground beef and/or a variety of beans, and lots of vegetables. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side.
✓ ✓	Hamburger Cheeseburger	<ul style="list-style-type: none"> • Offer with a 75 g (2.5 oz) patty made with lean meat and offer lots of vegetables as toppings. • Serve with whole grain bun. Offer soft non-hydrogenated margarine on the side. • For cheeseburgers add cheese with 20% or less milk fat (MF). • For added flavour try seasoned mustards, hot peppers or horseradish.
✓ ✓	Salad	<ul style="list-style-type: none"> • Serve with calorie reduced or low fat dressing on the side. • To make it a meal, add a variety of seasonal vegetables and fruit, and include proteins such as beans, tuna, salmon, chicken, turkey, lean meats, nuts, seeds, egg or cheese with 20% or less milk fat (MF).
✓ ✓	Skinless chicken breast burger	<ul style="list-style-type: none"> • Make with chicken cooked on a raised surface (a grill, broiler pan, oven or barbecue) to allow fat to drip away during cooking. • Cook ahead of time, freeze, wrap individually, microwave to thaw and grill as needed. For a tournament bake and hot hold in a slow cooker.



Rating	Food	Choices
✓ ✓	Sandwich Submarine Wrap	<ul style="list-style-type: none"> • Make with whole grain bread, bun, tortilla or wrap, lean meat, poultry or fish, such as chicken breast, turkey breast, roast beef, roast pork, egg, tuna or salmon, cheese with 20% or less milk fat (MF) and lots of vegetables. • Offer with soft non-hydrogenated margarine and calorie reduced or low fat mayonnaise. • Serve with calorie reduced or low fat dressing, sauce or dip on the side. • If using canned fish or meat, rinse it well to remove some of the salt. • If you usually sell sandwiches made with white bread, try using one white and one whole-wheat slice. • For added flavour try seasoned mustards, hot peppers or horseradish.
✓ ✓	Soup	<ul style="list-style-type: none"> • Make with vegetables, lean meat or poultry, a variety of beans, lentils, barley, brown rice, wild rice, or whole grain pasta. • Use a low sodium soup base. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side. • Use herbs and spices to increase flavour rather than high sodium soup bases. • Aim for 480 mg or less of sodium serving.
✓ ✓	Stew	<ul style="list-style-type: none"> • Make with lean meat and lots of vegetables. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side.
✓ ✓	Taco salad	<ul style="list-style-type: none"> • Make with browned lean ground beef, cheese with 20% or less milk fat (MF), sour cream with 7% or less milk fat (MF), and lots of vegetables. • Offer with a small portion of multi-grain, baked or lower sodium chips. • Serve with calorie reduced or low fat dressing on the side.
✓	Pizza	<ul style="list-style-type: none"> • Make with cheese with 20% or less milk fat (MF), whole grain crust made with vegetable oil, and ingredients such as lean ham, chicken, green pepper, pineapple, mushrooms and tomatoes.
✓	Taco in a bag	<ul style="list-style-type: none"> • Make with 80 mL (1/3 cup) browned lean ground beef, 80mL (1/3 cup) shredded cheese with 20% or less milk fat (MF), and at least 250 mL (1 cup) of lettuce and tomatoes. Offer with a small portion of multi-grain, baked or lower sodium chips. • Top with sour cream with 7% or less milk fat (MF) and lots of salsa.



Rating	Food	Choices
x	Breaded chicken burger	<ul style="list-style-type: none"> • If on the menu, serve with whole grain bun, and lots of vegetables. • Serve with calorie reduced or low fat dressing, sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Chicken fingers	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Deep fried mushrooms	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Deep fried perogies	<ul style="list-style-type: none"> • Serve with sour cream with 7% or less milk fat (MF). • If deep-frying, use zero trans fat liquid oil.
x	French fries	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • A larger chip size often absorbs less oil. • Avoid mayonnaise, gravy and cheese as toppings, or offer only in small portions. • If deep-frying, use zero trans fat liquid oil.
x	Hot dog Sausage Smokie	<ul style="list-style-type: none"> • If on the menu, your best choice will usually be hot dogs, sausages and smokies with 100 % meat or poultry and the shortest ingredients list. Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.
x	Mozza sticks	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Onion rings	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • If deep-frying, use zero trans fat liquid oil.
x	Packaged instant noodles	<ul style="list-style-type: none"> • If on the menu, offer a lower fat, lower sodium variety. • Aim for 8 g or less of fat and 480 mg or less of sodium serving.
x	Pizza pop	<ul style="list-style-type: none"> • If on the menu, microwave instead of deep-frying. • If deep-frying, use zero trans fat liquid oil.
x	Popcorn chicken	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side.



SNACK ITEMS

Rating	Food	Choices
✓ ✓	100% fruit snack	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓ ✓	Apple sauce, other fruit sauce	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓ ✓	Apple sauce tube or other fruit sauce	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties. Try frozen for a cool snack.
✓ ✓	Bagel	<ul style="list-style-type: none"> Whole grain, with soft non-hydrogenated margarine on the side. No larger than a hockey puck.
✓ ✓	Canned fruit cup	<ul style="list-style-type: none"> Packed in fruit juice or water, not syrup.
✓ ✓	Cheese string	<ul style="list-style-type: none"> 20% or less milk fat (MF).
✓ ✓	Fresh fruit	<ul style="list-style-type: none"> Wash before serving.
✓ ✓	Frozen 100% fruit juice bar	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓ ✓	Popcorn	<ul style="list-style-type: none"> Plain or lower sodium and fat varieties. Aim for 8 g of fat or less and 480 mg of sodium or less per serving.
✓ ✓	Smoothie	<ul style="list-style-type: none"> Made with ingredients such as 100% fruit juice, frozen berries, banana, skim, 1% or 2% milk, and yogurt with 2% or less milk fat (MF).
✓ ✓	Trail mix	<ul style="list-style-type: none"> Varieties with nuts, seeds and plain grain cereal, dried fruit or crackers. Avoid candy ingredients. Aim for 480 mg or less sodium per packet and no added sugar.
✓ ✓	Vegetables and dip	<ul style="list-style-type: none"> Serve with calorie reduced or low fat dip on the side. Serve individually packaged for a tournament.
✓ ✓	Yogurt	<ul style="list-style-type: none"> 2% or less milk fat (MF).
✓ ✓	Yogurt parfait	<ul style="list-style-type: none"> Made with yogurt with 2% or less milk fat (MF), unsweetened frozen fruit and low fat granola.



Rating	Food	Choices
✓✓	Yogurt tube	<ul style="list-style-type: none"> Try frozen, for a cool snack.
✓	Beef jerky	<ul style="list-style-type: none"> Lower sodium varieties.
✓	Cookie	<ul style="list-style-type: none"> Oatmeal, peanut butter or fruit.
✓	Granola bar Cereal bar	<ul style="list-style-type: none"> Plain, not dipped or coated. Aim for varieties that offer 2 g or more of fibre, 8 g or less of fat and 12 g or less of sugar per bar.
✓	Ice cream	<ul style="list-style-type: none"> Plain ice cream, frozen ice milk or yogurt.
✓	Muffin	<ul style="list-style-type: none"> Whole grain or fruit muffins such as pumpkin, oatmeal raisin, banana bran, or apple spice. Muffins with low amounts of saturated and trans fats. Aim for zero trans fat. When making homemade muffins substitute lard, shortening or hard margarine for vegetable oil or pureed fruit. Muffins 6 cm (2½ in) in diameter.
✗	Bag candy	<ul style="list-style-type: none"> If on the menu, offer small bags that are stored out of sight of young children.
✗	Cereal cake rice crispy, puffed wheat cake	<ul style="list-style-type: none"> If on the menu, offer in small portions.
✗	Chips	<ul style="list-style-type: none"> If on the menu, offer baked or 100-calorie options.
✗	Chocolate bars	<ul style="list-style-type: none"> If on the menu, offer a small selection or 100-calorie options.
✗	Dessert slices	<ul style="list-style-type: none"> If on the menu, offer in small portions.
✗	Donut	
✗	Frozen ice treats	<ul style="list-style-type: none"> If on the menu, offer in small portions.
✗	Ice cream with candy	<ul style="list-style-type: none"> If on the menu, offer in small portions.
✗	Nacho chips and cheese	<ul style="list-style-type: none"> If on the menu, offer multi-grain, baked or lower sodium varieties.
✗	Packaged cracker and cheese	
✗	Pastry	
✗	Pie	<ul style="list-style-type: none"> If on the menu, offer in small portions.
✗	Pretzels	<ul style="list-style-type: none"> If on the menu, offer small bags, or unsalted varieties. Aim for 480 mg or less of sodium per bag.



BEVERAGES

Rating	Beverage	Choices
✓✓	100% fruit juice	
✓✓	100% vegetable juice	<ul style="list-style-type: none"> • Aim for varieties with 480 mg or less of sodium per container.
✓✓	Bottled water	
✓✓	Hot chocolate, made with milk	<ul style="list-style-type: none"> • Made with skim, 1% or 2% milk.
✓✓	White, chocolate, strawberry, vanilla or banana milk	<ul style="list-style-type: none"> • Flavoured milks do contain more sugar than white milk, but they are nutritious choices.
✓✓	Yogurt drink	
✓	Coffee	<ul style="list-style-type: none"> • Offer with skim, 1% or 2% milk.
✓	Flavoured water	<ul style="list-style-type: none"> • Offer in a sugar free variety.
✓	Low calorie fruit drink mix	<ul style="list-style-type: none"> • Offer single serve portions with your bottled water.
✓	Tea	<ul style="list-style-type: none"> • Offer with skim, 1% or 2% milk.
✗	Cappuccino	
✗	Chocolate bar flavoured, malted milk	
✗	Energy drink	<ul style="list-style-type: none"> • See Beverages in Section Three.
✗	Hot apple cider	<ul style="list-style-type: none"> • Offer sugar free varieties.
✗	Hot chocolate, made with water	<ul style="list-style-type: none"> • Offer sugar free varieties.
✗	Mocha	
✗	Pop	<ul style="list-style-type: none"> • Offer sugar free varieties and mini cans.
✗	Sport drink	<ul style="list-style-type: none"> • See Beverages in Section Three.



Regional Resources

The following resources have been developed by the *MOVE* to Healthy Choices Committee. All resources are available by visiting our website at [Move to Healthy Choices](#)

***MOVE* to Healthy Choices Toolkit**

This toolkit was developed in the spring of 2008 to encourage recreation facility operators to make a conscience decision to move towards healthier food choices in their local recreation facilities.

***MOVE* to Healthy Choices Newsletter**

36 newsletters are available by visiting our website. Within the newsletter you will find success stories, recipe ideas, new products, ways to market healthy choices and more.

***MOVE* to Healthy Choices Recipes**

The *Move to Healthy Choices* website has over 20 recipes and other suggestions for offering healthier options. The athletes and families will appreciate having the option for better choices.

***MOVE* to Healthy Choices Tournament Menu**

When planning the menu for a tournament or competition day, consider offering healthier options. The athletes and families will appreciate having the option for better choices. Packaging and promoting them in an appealing way will increase sales. Included in this resource are some ideas to help you get started.

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