

RDNO - Greater Vernon Parks, Recreation & Culture Healthy Food & Beverage Sales in Municipal Recreation Facilities

Purpose

To align food and beverage sales with our mission of supporting healthy living and promoting an active and healthy lifestyle in the community by making healthy food and beverage choices available at public recreation facilities under the jurisdiction of the Greater Vernon Parks, Recreation and Culture Department of the Regional District of North Okanagan.

Policy Targets

At least 70% of items offered for sale must meet the Choose Most and Choose Sometimes criteria, with no more than 40% of items from the Choose Sometimes category; and

No more than 30% of items offered for sale can be from the Choose Least and Not Recommended categories, with no more than 15% from the Not Recommended category; in accordance with the Nutritional Guidelines for Vending Machines in BC Public Buildings (May 2007) and the Brand Name Food List.

The policy targets apply to all food and beverages, pre-packaged and prepared, offered through food outlets, including all vending machines, concessions and mobile concessions with ongoing operations in all Greater Vernon recreation facilities operated by the Regional District of North Okanagan. The policy does not apply to rentals for special events or those facilities operated through agreement by an outside party.

Additional Policy Statements

Choose Most and Choose Sometimes items must be prominently displayed and clearly identified with the check mark system: two checks for Choose Most, one check for Choose Sometimes.

Choose Most and Choose Sometimes items must be competitively priced and whenever possible, lower priced.

Products will be offered in regular-sized, single servings only ie. no King-Size candy bars or "supersized" portions.

Concessions will offer a serving of fresh fruits or vegetables.

Vitamin-fortified and energy drinks will not be offered in the facilities, excluding juices with added vitamin C and calcium and milk fortified with vitamins A and D.

Recreation programs operating in the facilities will adhere to the healthy food and beverage policy when offering food and beverages as snacks or motivational rewards or if operating concessions, for example, during tournaments.

Local purchasing is encouraged wherever feasible.

Products that are not artificially sweetened will be preferred.

The policy requirements are to be included in all future contracts with food and vending service providers or long term lessees with ongoing operations in facilities administered by Greater Vernon Parks, Recreation & Culture Department of the Regional District of North Okanagan.

Facilities managers are responsible for assigning staff to audit for compliance with the healthy food and beverage policy at least semi-annually.

The Regional District of North Okanagan reserves the right to limit quantities and exercise control on any food or beverage item offered at recreation facilities under its jurisdiction.

Community Education & Awareness

The Regional District of North Okanagan will provide healthy food and beverage education for staff of its programs and encourage staff to model healthy choices behaviour.

The Regional District of North Okanagan will promote healthy food and beverage choices at its recreation facilities.

Food and beverages provided at staff meetings will comply with the Healthy Food and Beverage Policy.

User groups will be provided with a copy, and are encouraged to comply with, the Healthy Food and Beverage Policy.

It is the intention to expand the facilities affected by this policy to eventually include facilities operated under agreement, sports fields and parks under the jurisdiction of the Regional District of North Okanagan after an initial phase in period.

Facilities

Facilities included are:

- Greater Vernon Recreation Complex
- Wesbild Centre
- Civic Arena

Appendices

Nutritional Guidelines for Vending Machines in BC Public Buildings

<http://www.lcs.gov.bc.ca/HealthierChoices/pdf/Appendixiii.pdf>

Brand Name Food List <http://www.brandnamefoodlist.ca/>

Decision Chart for Concession Operators

http://interiorhealth.ca/uploadedfiles/Choose_Healthy/Healthy.Eating/PreparedOnSite.pdf

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies

http://healthyeatingatschool.ca/wp-content/uploads/Tips_LoRes_Jun10.pdf