



## Press Release

For Release on (day/month/year)

Your Name

Your Phone number

### RECREATION CENTRE OFFERS HEALTHY CHOICES IN VENDING AND CONCESSION

Launch Party at (date, time)

The Healthy Choices Committee at (recreation centre) in (town) has succeeded in offering healthy choices to patrons in vending machines and in the concession. This move to healthy choices is part of a larger trend across Canada to improve the eating environments in schools, public buildings, and now recreation facilities.

The vending machines will now offer choices such as milk, bottled water, diet pop, 100% fruit juices, yogurt, sliced fruits and vegetables, some baked chips, and some granola bars. These healthier choices will be launched on (date), and provide an opportunity to taste test the new options, learn more about healthy eating, and provide suggestions to the vendors about the healthy products you would like to have available.

In addition, the concession stand has started offering healthy choices. Like the vending machines, it will offer milk, water, diet pop, and 100% fruit juices to drink. They will also have coffee and tea available. To eat, you can expect to see choices that are low in fat, sodium, and sugar, and high in nutrients. The salad and sandwich bar will provide a nice option for people spending meal-times at the facility. Other options will include choices like fresh fruits and vegetables, or hamburgers and 100% beef hot dogs on whole wheat buns.

By offering healthy choices the (recreation facility) can support the health and well-being of the community. This is a great opportunity to make a difference, and (recreation facility) has provided a great example.

Please join us on (date) at (place) to launch the new healthy choices vending machines and concession! This tasty event is another step toward becoming a healthier community.