

Supporting Healthy Eating in Recreational Facilities

How can we help recreational facilities use the ANGCY?

Highlight the benefits of using nutrition guidelines in improving children's diets and overall health

Provide training and technical assistance on how to use the ANGCY

Implement strategies to increase sales of healthier items such as:

- 1) Reduce the price of healthy foods and raise the price of unhealthy foods
- 2) Increase promotion of healthier foods and limit promotion of unhealthy foods
- 3) Ensure healthier items are visible, fresh and attractively packaged

Are recreational facilities in Alberta aware of, and using The Alberta Nutrition Guidelines for Children and Youth (ANGCY)?

Case studies of recreational facilities in Alberta that were and were not using the ANGCY showed:

- ✓ Facilities that were using the ANGCY had more “**choose most often**” foods in their vending machines but not in their concessions
- ✓ Recreational facility **managers’ knowledge and beliefs related to nutrition guidelines** influenced their use of them. Use of the ANGCY was more likely when the manager:
 - Personally valued healthy eating
 - Regarded nutrition guidelines positively
 - Perceived a high need for health-related change in the facility
 - Was a champion for change
 - Perceived few competitive pressures from other food services
- ✓ Managers who were using nutrition guidelines were willing to take small financial risks to offer healthier items because they believed selling healthier items would be profitable over the longer-term
- ✓ Partnerships with industry and schools were essential to help recreational facilities use the ANGCY
 - Industry had key resources and experience in using nutrition guidelines that recreational facilities lacked
 - Recreational facility managers were encouraged to use the ANGCY by others who were successfully using them in schools
 - Industry’s willingness to use nutrition guidelines in recreational facilities depended partly on whether they had experience using the ANGCY in schools

