

# TEMPLATE POLICY FOR YUKON RECREATIONAL AUTHORITIES

(Pick and choose aspects that are relevant for your policy.)

**Title:**           **Healthy Food and Beverage Policy for Recreational Facilities and Events**

**Purpose:**

To promote healthy living by creating opportunities for people to make healthy food choices in our recreational facilities and programs.

**Objectives:**

1. To increase the availability of healthy choices in recreation facilities and programs where food and/or beverages are served and sold.
2. To provide guidance on food and beverages sold and served within (insert community name) recreation facilities and programs.

**Background:**

A healthy diet is essential for good health and contributes to positive wellbeing. Many leading causes of disease and disability in our community – such as obesity, heart disease, diabetes, osteoporosis and mental ill health – are associated with poor nutritional choices.

Food and beverage choices that are high in sugar, salt and unhealthy fat, and low in fiber, as well as large portion sizes, contribute to the growing obesity problem faced by our society. Obesity is a risk factor for several chronic diseases, including Type II Diabetes, heart disease and some cancers.

Recreation facilities are ideal settings to promote healthy food and drink choices because they are already supporting people’s health goals by providing space, programming and social interaction, and because they serve a large percentage of the community.

Implementing this policy will help build community support for healthy food and create more demand for healthy food. It will promote healthy eating and good nutrition by making the healthy choice the easy choice.

## **Policy Statement**

The **(insert name of recreational authority/municipality)** will develop and support initiatives that encourage healthy choices with respect to food and beverages sold or served in our facilities and in our programs.

## **Scope:**

This policy **applies to** food and beverages served and sold in/at:

- Recreational facilities owned/operated by **(insert name of recreational authority/municipality)**, including:
  - Canteens, concessions, contracts and vending machines
  - Recreational and sports programs/events organized by community organizations for the general public
- Recreational programs and events organized by the **(insert name of recreational authority/municipality)**, regardless of location.

This policy **does not** apply to:

- Food and beverages brought to the recreational facilities or events for personal consumption by employees or members of the public.
- Private functions (such as birthday parties) and special events (such as Xmas bazaars and club banquets) held in the recreational facilities. However, individuals and organizations holding these private functions and special events will be encouraged to follow the leadership example of **(insert name of recreational authority/municipality)**, by **following this policy on a voluntary basis**.

Current contracts will be respected, however, where there is room for immediate changes, contractors are encouraged to adopt the guidelines set out in this policy.

## **General:**

- Consider whether foods and beverages are required for each program or event. A short event that occurs between meal times may not require food or beverages to be served.
- Ensure that water is available at no charge in facilities and at events.

- Provide reasonable portion/serving/package sizes and do not offer “King”, “Jumbo” or “Supersize”. (refer to *Canada’s Food Guide* for portion size)
- Limit the variety of Do Not Sell food choices. Limiting variety (e.g. having 3 different kinds of chocolate bars instead of 10 choices) reduces consumption.

### **Pre-Packaged Foods/Snacks :**

**(If you want to phase in timelines for increasing the percentage of Sell Most and Sell Sometimes, repeat the two bullets below and add dates with different percentages.)**

- At least [choose number or percent] of items are from the Sell Most and Sell Sometimes categories of the [choose a recognized list for guidance such as the Brand Name Food List [www.bnfl.healthlinkbc.ca](http://www.bnfl.healthlinkbc.ca), or another authoritative list of your choosing] regularly available for sale.
- No more than [choose number or percent] of items are from the Do Not Sell categories.

#### **In addition:**

- Pre-packaged products (e.g., chips, cookies, chocolate bars) are offered in small or regular-sized serving packages. “Jumbo” or “king-sized” portions are not available.
- The number of varieties of items selected from the Do Not Sell category are limited to XX per category (e.g., chips, cookies, chocolate bars).

### **Pre-Packaged Beverages:**

**(If you want to phase in timelines for increasing the percentage of Sell Most and Sell Sometimes, repeat the two bullets below and add dates with different percentages.)**

- At least [choose number or percent] of items are from the Sell Most and Sell Sometimes categories of the [choose a recognized list for guidance such as the Brand Name Food List [www.bnfl.healthlinkbc.ca](http://www.bnfl.healthlinkbc.ca), or another authoritative list of your choosing] regularly available for sale.
- No more than [choose number or percent] of items are from the Do Not Sell category.

- The number of varieties of items selected from the Do Not Sell category are limited to **XX** per category (e.g. number of different kinds of pop).

**OR**

- Beverages for purchase may **only** include:
  - Water
  - Skim, 1% or 2% plain or chocolate milk. Other flavored milk is not offered.
  - 100 % fruit and low salt/sodium vegetable juice in 125-250 ml serving size.
  - Sports drinks (e.g. Gatorade or Powerade) in **[smallest available size]**.
  - Soft drinks no larger than 355 ml (includes pop, iced teas, vitamin waters, etc.)
  - Coffee, tea, hot chocolate (preferably made from milk and real cocoa powder).
- The number of different soft drink flavors/varieties are limited to **XX**.
- Energy drinks (e.g. Red Bull, Monster drinks) are not available for purchase.

### **Vending machines**

- Vending machines are not be permitted in facilities operated by (insert name of recreational authority/municipality)

**OR**

- Vending machines must comply with the criteria set out under Pre-packaged foods and Pre-packaged beverages.

### **Prepared foods:**

- At least 50% of food options served will comply with the *Healthy Food Guidelines* attached to this policy.
- Vegetables and fruit (either cooked and/or raw) are available.
- Vegetarian options are always available and clearly indicated.
- **Choose one of the following if there is a deep fryer:**
  - A fry baker will replace the deep fryer.

- Deep fried foods will not be available on [indicate days of the week].
- Deep fried foods will only be available on [indicate day or days of the week].
- If deep fried foods are prepared, use zero trans fat liquid oil.
- Foods are offered in healthy serving portions according to *Eating well with Canada's Food Guide*. "Super-sized" portions will not be served. Healthy foods are available in child-sized portions (typically ½ the size of adult portions).

### **Marketing and promotion**

- Healthier options (e.g. fruits, vegetables, Sell Most often items) will be displayed [choose alongside or more predominantly than] less healthy options of similar types (e.g. whole grain granola bars next to chocolate bars).
- On menus and menu boards, healthier options will appear [choose: first and/or last on the list and/or in larger print].
- Healthier options will be identified with a healthy icon or check mark.
- Where possible, prices will be adjusted so that healthier options (e.g. fruits, vegetables, Sell Most often items) are [choose: less costly or have a lower profit margin] than unhealthier options.
- Concession operators and others providing food will be encouraged to increase the likelihood that healthy foods will be chosen. For example, re-name healthy foods with descriptive, fun names. Place healthy foods more prominently – e.g. at eye level, in attractive bowls, and in priority spaces (e.g. by the cashier). Offer more variety of healthy food choices (e.g. two types of vegetables) and less variety of unhealthy choices (e.g. one type of chocolate bar).
- User groups will be encouraged to use the services of concession operators who provide healthy foods, for tournaments, special events and programs.

### **Fundraising**

- Fundraising organized by (insert name of recreational authority/municipality), should focus primarily on healthy food options (e.g. baskets of fresh fruit or vegetables, non-food items or non-food options (e.g. car wash).

- When food is used for fundraising (e.g., spaghetti nights), the choice and serving sizes should comply with this policy.

**List of Facilities included in the Policy**

- Arena
- Community Centre
- Swimming Pool
- Parks

# Guidelines for Serving Healthy Foods

(Based on *Eating Well with Canada's Food Guide*)

## General

- ✓ Emphasize vegetables and fruits (including fresh, frozen or canned)
- ✓ Buy and prepare foods with little or no added fat, sugar or salt
- ✓ Avoid prepared sauces and other prepared foods, typically high in salt
- ✓ Include vegetarian options
- ✓ Emphasize water and milk/milk alternatives
- ✓ Limit choices of sugar sweetened beverages

## Prepare and offer these foods MOST OFTEN:

### Vegetables and Fruit

- ✓ Fresh and frozen vegetables and fruit
- ✓ Dark green and orange vegetables such as broccoli, romaine lettuce and spinach
- ✓ Canned vegetables or fruits in water or juice
- ✓ Light on the seasoning/dressing
- ✓ Steam, bake or stir-fry vegetables instead of deep frying

### Grain Products

- ✓ Whole grain breads, barley, brown rice, oats, quinoa, wild rice, whole grain pasta
- ✓ Small baked low fat muffins/crackers/loaves with whole grains, fibre, fruit and nuts
- ✓ Easy on spreads and sauces

### Milk Products

- ✓ 2%, 1% or skim milk
- ✓ Lower fat milk products (cheese, yogurt)
- ✓ Soy beverage – fortified and low fat
- ✓ Smoothies made with yogurt and milk

### Meat and Alternatives

- ✓ Lean meats and alternatives prepared with little or no added fat or salt
- ✓ Roasted/ baked/grilled chicken, turkey, fish, seafood, beef, liver, pork, lamb
- ✓ Meat alternatives such as beans, lentils and tofu (e.g. veggie burgers)
- ✓ Cooked dried peas, beans, lentils
- ✓ Eggs prepared with little added fat
- ✓ Peanut butter, nuts and seeds

## **Appendix 2 – Nutritional Guidelines**

(Copy of guideline(s) chosen by organization)

- Healthy Food Guidelines (Appendix 1)
- Eating Well with Canada’s Food Guide <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> PDF: [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/print\\_eatwell\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf)
- For packaged foods and beverages: *The Brand Name Food List*  
<http://www.brandnamefoodlist.ca>
- Nutritional Guidelines for Vending Machines in B.C. Public Buildings (May 2007)  
<http://www.health.gov.bc.ca/healthyeating/pdf/healthier-choices-in-vending-machines-bc.pdf>
- Guidelines for Food and Beverage Sales in BC Schools (2013)  
[http://www.bced.gov.bc.ca/health/2013\\_food\\_guidelines.pdf](http://www.bced.gov.bc.ca/health/2013_food_guidelines.pdf)
- Saskatchewan Nutritional Guidelines for Schools  
<http://www.education.gov.sk.ca/nutrition-guidelines>
- Making the *MOVE* to Healthy Choices -- Menu Item Choices (page 15)  
[http://healthylife.cimnet.ca/cim/dbf/Nutrition\\_Policy\\_Guidelines\\_Sept\\_2013.pdf?im\\_id=5137&si\\_id=97](http://healthylife.cimnet.ca/cim/dbf/Nutrition_Policy_Guidelines_Sept_2013.pdf?im_id=5137&si_id=97)

## **Appendix 3 – Resources**

### **Recipes**

- Bake Better Bites: Recipes and Tips for Healthier Baked Goods  
[http://healthyeatingatschool.ca/uploads/BBB2009\\_loRes1.pdf](http://healthyeatingatschool.ca/uploads/BBB2009_loRes1.pdf)
- Tips and Recipes for Quantity Cooking  
[http://healthyeatingatschool.ca/uploads/Tips\\_LoRes\\_Jul309.pdf](http://healthyeatingatschool.ca/uploads/Tips_LoRes_Jul309.pdf)
- Healthier Foods – How to Make Fast-Food Healthier For Students  
[http://www.bced.gov.bc.ca/health/healthier\\_foods.pdf](http://www.bced.gov.bc.ca/health/healthier_foods.pdf)
- Making the Move to Healthy Choices: Tournament Competition Menu Items:  
[http://healthylife.cimnet.ca/cim/dbf/Tournament\\_Menu\\_Ideas.pdf?im\\_id=5113&si\\_id=97](http://healthylife.cimnet.ca/cim/dbf/Tournament_Menu_Ideas.pdf?im_id=5113&si_id=97)

### **Fundraising Ideas**

- Healthy Fundraising for Schools  
[http://healthyeatingatschool.ca/uploads/Healthy\\_Fundraising\\_For\\_Schools.pdf](http://healthyeatingatschool.ca/uploads/Healthy_Fundraising_For_Schools.pdf)
- Fundraising Options Available to Schools  
[http://www.cspinet.org/new/pdf/Fundraising\\_Ideas\\_Fact\\_Sheet.pdf](http://www.cspinet.org/new/pdf/Fundraising_Ideas_Fact_Sheet.pdf)
- Healthy Fundraising Ideas  
<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-ParentTipSheetsFundraising-2007-03.pdf>

### **General resources**

- HeartSmart Guide for Special Events  
[http://www.kintera.org/atf/cf/%7B8AA02216-F223-439E-B498-5229E02AF420%7D/MB\\_Heart\\_Smart\\_Guide.pdf](http://www.kintera.org/atf/cf/%7B8AA02216-F223-439E-B498-5229E02AF420%7D/MB_Heart_Smart_Guide.pdf)
- Making the Move to Healthy Choices Toolkit  
[http://healthylife.cimnet.ca/cim/97C344\\_531T22135.dhtm](http://healthylife.cimnet.ca/cim/97C344_531T22135.dhtm)
- Lunch Line Redesign  
[http://www.nytimes.com/interactive/2010/10/21/opinion/20101021\\_Oplunch.html?\\_r=0](http://www.nytimes.com/interactive/2010/10/21/opinion/20101021_Oplunch.html?_r=0)
- Eat Smart Celebrations  
[http://healthyeatingatschool.ca/uploads/Eat\\_Smart\\_Celebrations\\_2011.pdf](http://healthyeatingatschool.ca/uploads/Eat_Smart_Celebrations_2011.pdf)
- Healthier Rewards [http://healthyeatingatschool.ca/uploads/BBB2009\\_loRes1.pdf](http://healthyeatingatschool.ca/uploads/BBB2009_loRes1.pdf)
- Stay Active Eat Healthy website for promoting healthy eating in recreational settings  
<http://www.stayactiveeathealthy.ca/industry/resources.html>