

Healthy Eating in Recreation Facilities - Provincial Guidelines and Tool Kits:

Province	Year/ File	Title & Summary of Guideline Components:	Link
British Columbia 	2010 PDF	<p><i>“The Guidelines for Food and Beverages Available at Sporting Events in BC”</i></p> <p>Contains nutrient criteria, and ranking system:</p> <ul style="list-style-type: none"> • “Choose Most” • “Choose Sometimes” • “Choose Least/Not Recommended” • Performance Point for Athletes • Performance Point for Spectators 	http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Support-Healthy-Eating-at-Work-and-Play-A-Resource.aspx
Alberta 	2012 PDF	<p><i>“Alberta Nutrition Guidelines for Children and Youth”</i></p> <p>Contains nutrient criteria, and ranking system:</p> <ul style="list-style-type: none"> • Choose Most Often • Choose Sometimes • Choose Least Often • Summary of recommendations specific to Rec Centres 	http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Alberta-Nutrition-Guidelines-for-Children-and-Youth.aspx
Manitoba 	2015 PDF	<p><i>“Making The Move To Healthy Choices Toolkit”</i></p> <p>Contains nutrient criteria, and ranking system:</p> <ul style="list-style-type: none"> • “Great Choice” • “Good Choice” • “Poor Choice” • Meal and snack ideas and recipes 	http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Making-the-Move-to-Healthy-Choices.aspx
Saskatchewan 	2010 PDF	<p><i>“Support Healthy Eating at Work and Play a resource guide for creating food policies at your worksite or recreation facility”</i></p> <p>Contains nutrient criteria, and ranking system:</p> <ul style="list-style-type: none"> • Choose Most • Choose Sometimes • Marketing/ promotion tips 	http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Support-Healthy-Eating-at-Work-and-Play-A-Resource.aspx
New Brunswick 	n.d. PDF	<p><i>Healthy Eating in Recreation Facilities: It Just Makes Sense</i></p> <p>Contains tips on:</p> <ul style="list-style-type: none"> • <i>Healthy food choices, recipes and meal ideas</i> • <i>Marketing and Promotion</i> 	http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Foods-in-Recreation-Facilities-It-just-mak.aspx

Healthy Eating in Recreation Facilities – Municipal Policies:

Location	Year	Title & Summary of Policy Components:	Link
Manitoba: Hamiota & District Sports Complex	2013 PDF	<i>Hamiota & District Sports Complex: Healthy Food and Beverage Policy</i> Nutrition Standards, and ranking system: <ul style="list-style-type: none"> • > 4 options from Great Choice/Good Choice list • < 4 items from Poor Choice list • No less than 2 gluten free menu items • Deep fry in low trans-fat oil • No supersized portions • Nutritious options priced =/< other less nutritious options 	http://healthylife.cimnet.ca/cim/dbf/Hamiota_Nutrition_Policy_2013.pdf?im_id=5147&si_id=97
Manitoba: Baldur Recreation Centre	2013	<i>“Healthy Food & Beverage Policy For the Baldur Recreation Center”</i> Nutrition Standards, and ranking system: <ul style="list-style-type: none"> • Menu items are available in child-friendly sizes • Deep-frying must use low trans-fat oil • Energy drinks are not allowed for sale • Snack foods, must meet the following criteria per individual <ul style="list-style-type: none"> ○ total saturated and trans fat <15% DV ○ Trans fat 0 grams (excluding dairy) ○ sodium <15% DV. • No “super-sized” portions are allowed. 	http://healthylife.cimnet.ca/cim/dbf/Baldur_Recreation_Center_Policy_2013.pdf?im_id=5148&si_id=97
Manitoba: City of Thompson	2013	<i>“Healthy Food and Beverage Policy for City of Thompson Facilities”</i> Nutrition Standards, and ranking system: <ul style="list-style-type: none"> • Menu items are available in child-friendly sizes • Deep-frying must use low trans-fat oil • Energy drinks are not allowed for sale • Snack foods, must meet the following criteria per individual <ul style="list-style-type: none"> ○ total saturated and trans fat <15% DV ○ Trans fat 0 grams (excluding dairy) ○ sodium <15% DV. • No “super-sized” portions are allowed. 	http://healthylife.cimnet.ca/cim/dbf/City_of_Thompson_Healthy_Food_Policy_2013.pdf?im_id=5149&si_id=97