

# Healthy Food Options

## Healthy Dinners and Banquets

- Whole grain wraps, pitas or sub sandwiches (eg. chicken, turkey or vegetarian)
- Homemade soup with a whole grain dinner roll
- Chicken, beef or veggie stir-fry on whole grain rice
- Whole grain pasta with tomato sauce and cheese
- Homemade meatballs with vegetables and whole grain rice or pasta
- Meat or vegetarian chili with a whole grain dinner roll

## Healthy Snack Choices

- Fresh, canned or dried fruit
- Berries, yogurt & granola
- Fruit smoothies
- Veggies with dip
- Yogurt, yogurt tubes, frozen yogurt
- Whole grain crackers, pitas, soft tortillas, small bagels, cereal or granola bars, lower fat muffins
- Cheese and cheese strings
- Air-popped or low-fat popcorn
- Milk (skim, 1%, 2 %, chocolate)
- 100% fruit or vegetable juice
- Whole grain cereal with dried fruit
- Frozen fruit such as bananas and grapes

## Desserts

- Fruit and yogurt parfait with low fat granola
- Fruit salad
- Frozen 100% fruit juice popsicles
- Frozen yogurt
- Baked fruit crumble (apple or berry)
- Frozen banana pops with yogurt
- Fruit filled cookies (fig, date or berry filled)



## Loot Bag Ideas

- 100% fruit juice boxes
- Cereal bars or granola bars
- Sports items (hockey pucks, mini footballs, skate guards, tennis balls)
- Stickers
- Games
- Crafts

# Eat Healthy, Be Creative

Instead of:	Try:
Deep fried chicken and French fries	Baked, grilled or BBQ chicken with salad, soup or potato
Pepperoni pizza	Whole wheat crust pizza with chicken, veggies, cheese (e.g. pita bread pizza)
Pop	Water, white and/or chocolate milk, 100% fruit juice
Hotdogs	Wraps, burritos, tacos, quesadillas, fajitas filled with lean ground beef, chicken, beans
Ice cream sundaes	Frozen yogurt, fruit and yogurt parfaits, smoothies

## Need more information?

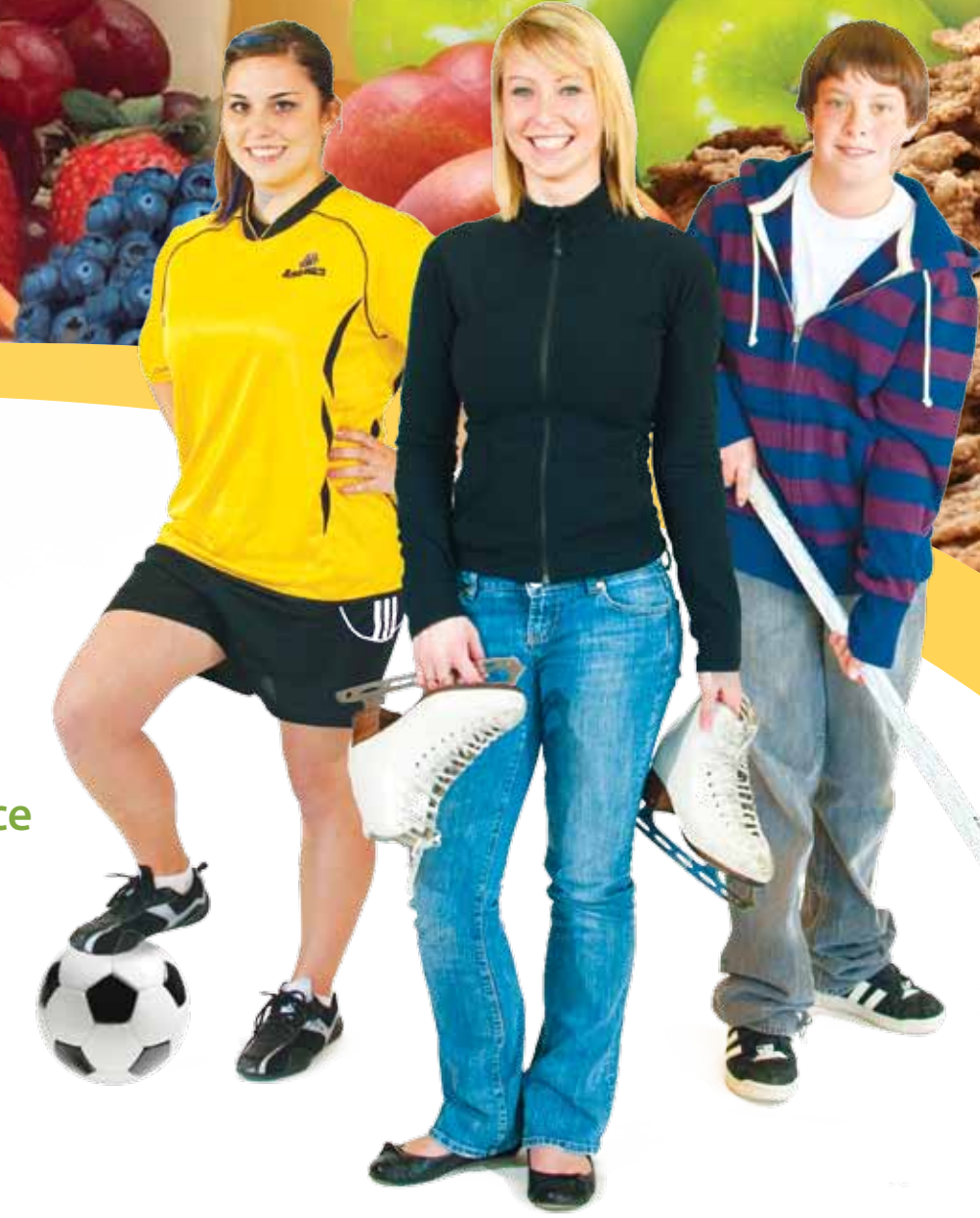
Contact the Regional Nutritionist from your Regional Health Authority.

For more Eat Great and Participate resources visit [www.recreationnl.com](http://www.recreationnl.com)

Healthy eating and physical activity help our children be the best they can be.

# Community Healthy Eating Guide

eat well, play great



Make the Healthy Choice the Easy Choice



## Taking action towards providing healthy food:

### Get Ready

Form a team which may include staff, coaches, leaders, volunteers, parents, health professionals, municipal council, youth and other community members.

For healthy food and beverage ideas, check out Canada's Food Guide at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) and Dietitians of Canada at [www.dietitians.ca](http://www.dietitians.ca)

### Get Set

Take a look at the food and beverages available at your community or recreation centre

#### Consider

- canteens
- vending machines
- banquets
- tournaments
- fundraising
- food brought in from restaurants/ takeouts
- food brought from home

#### Check list

Are the following available?

- vegetables (not deep fried)
- fruits
- 100% fruit juice
- whole grain breads, cereals, crackers
- milk
- yogurt
- meat choices roasted, baked, grilled, or barbecued instead of deep-fried
- plain water

Check out what type of kitchen equipment and space you have for preparing and storing food

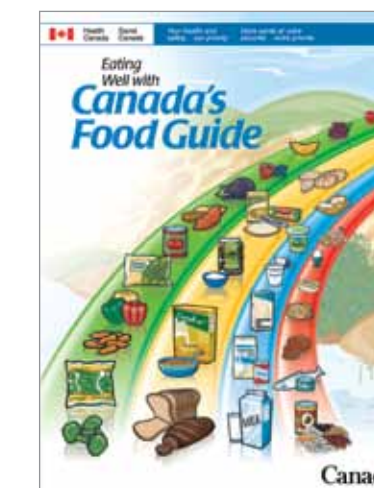
To offer healthy food choices:

- Talk to your vendors or food service providers for healthy food choices that are available
- Contact your Regional Nutritionist for more information
- Make a list of the healthy food and beverages you will offer



## Go!

- Provide healthy food and beverage choices at all recreation, sports and community events. This includes practices, tournaments, road trips, fundraisers and special events like banquets
- Display and promote healthy food and beverage choices in canteens and vending machines
  - Plan a "Healthy Food" launch to get the message out
  - Display the *What Moves you?* Poster
  - Place healthy foods front and centre
- Check your progress and make improvements as needed
- Celebrate your success



Limit serving foods and beverages high in calories, fat, sugar or salt such as:

- Cakes, doughnuts, pastries, cookies and pies
- Potato chips, nachos, and other salty snacks
- Fried foods
- Chocolate, candy and bars
- Ice cream
- Pop, sports drinks and fruit drinks (less than 100% juice)



## What Moves You?

Children like to play, be active and just have fun. Eating healthy food and drinking healthy beverages gives them the energy to be active and helps them feel good about themselves. This guide will help you to take action to provide healthy food choices for children and youth participating in recreation, sport and community activities.

eat well, play great