

Newfoundland and Labrador Sports Centre

Wellness Policy

The Newfoundland and Labrador Sport Centre recognizes that health and wellness are important priorities of the province. As a provincial training facility, as well as a facility utilized by the community, we have an opportunity to create an environment that promotes and supports healthy active living:

We will do our best to:

- *Support an environment that is welcoming to breastfeeding families.*
- *Maintain vending options to include healthier choices identified in Canada's Food Guide.*
- *Ensure consistent advertising/messaging that aligns with health and wellness (e.g. eliminate the promotion of sugar-sweetened beverages).*
- *Encourage community groups and organizations to have food and beverage options from Canada's Food Guide available during events.*
- *Promote nutrition month and other healthy eating initiatives.*
- *Partner and promote local community-based healthy eating initiatives and supports such as Eat Great and Participate.*
- *Choose green options when possible.*
- *Choose local options when possible.*
- *Ensure staff are aware and understand this policy.*