



Healthy Eating Policy for Golf Newfoundland Labrador (GNL)

Golf Newfoundland Labrador (GNL) is concerned about health issues and the Board of Directors, Junior Committee, as well as many of its membership are interested in choosing healthier foods and beverages, being physical active, staying tobacco-free, caring for the environment and supporting local products.

What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live learn, work and play.

Food such as vegetables, fruit, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A Provincial Sport Organization (PSO) supportive of healthy food and beverage choices helps create and maintain healthy individuals.

Offering healthy choices is important in striving for a healthy lifestyle. Therefore, effective January 1st 2015, when food and beverages are served at GNL-operated events the organization will follow the healthy eating policy.

We will do our best to:

- ✓ Serve vegetables and fruit more often
- ✓ Offer a variety of whole grain products
- ✓ Offer skim, 1% , 2% milk and/or plain water
- ✓ Offer lower fat milk alternatives (yogurt, cheese)
- ✓ Provide smaller portion sizes
- ✓ Choose green options when possible
- ✓ Always encourage healthy options

This Motion will take effective as of January 1st 2015 for all events under the responsibility and operation of Golf Newfoundland Labrador.