



Healthy Eating Policy for Town Operated Community Events

The Town of Torbay Recreation Department is concerned about health issues.

- Many community members are interested in choosing healthier foods and beverages, being physical active, staying tobacco-free, caring for 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 recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.
- Offering healthy choices is important in striving for a healthy community.

Therefore, effective April 1st, 2012 when food and beverages are served at town ran events that sponsored by the Town of Torbay and the Torbay Recreation Department, we will follow our 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% or 2% milk
- Offer lower fat milk alternatives (yogurt, cheese)
- Provide smaller portion sizes
- Serve plain water
- Choose green options when possible
- Always encourage healthy options

Motion (094-12, effective April 1st, 2012)

The Town of Torbay adopts the above Healthy Eating Policy for the Town of Torbay Community Operated Events.