



TOWN OF GRAND FALLS-WINDSOR

HEALTHY EATING POLICY

SUBJECT: Healthy Eating Choices at Town of GF-W events and activities

PURPOSE:

The Town of Grand Falls-Windsor is fully committed to providing healthy eating choices at all Town of Grand Falls-Windsor Facilities and Special Events.

Policy

- ✓ **Many community members are interested in choosing healthier foods and beverages, being physically 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, play and commute.**
- ✓ **Foods and beverages in Canada's Food Guide, particularly vegetables and fruit, provide energy and nutrients needed to prevent chronic disease, and maintain a healthy lifestyle and positive body image. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.**
- ✓ **Adopting healthy behaviors early in life is important for good health. Offering healthy food and beverage choices is important in striving for a healthy community and sets a good example for children and youth.**

Therefore, effective January 1, 2018 when food and beverages are served at Grand Falls-Windsor facilities and events we will follow our healthy eating policy.

We will offer healthy eating choices such as fruit and vegetables at all our facilities and events. We will also encourage green options and water whenever possible.