

Community Youth Network (CYN) Healthy Eating Policy

CYN has adopted a new policy concerning healthy eating issues surrounding our events. Our goal is to assist youth, where possible, to choose healthier foods and beverages, and continue to adopt a tobacco-free environment.

Food choices that include vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases, and promote healthy living choices.

We will implement this policy on Oct 1, 2015 and from that date forward, CYNs, (keeping in mind *activity, geographic location and availability*) will encourage and promote material and information about healthy living and eating; and commit to the following where possible;

- Provide a selection of fruits and vegetables
- Provide whole grain products
- Offer milk products as well as water
- Offer lower fat dairy snacks (yogurt, cheese)
- Promote and provide proper portion sizes

This Policy will be distributed, published and be in effect as of October 1st 2015.