

Healthy Eating Policy

The Town of Holyrood recognizes the importance of healthy eating and the overall benefits of this practise. First, let's begin with a definition of healthy eating, according to the Government of Canada (2013). The definition states **“eating a variety of foods from the four food groups to feel good and maintain your health.”** Overall, the benefits of healthy eating are endless. However, the two most obvious reasons all residents should make an effort to live a healthier lifestyle is to receive a better quality of life and most importantly an increased life expectancy.

Holyrood's Municipal Council recognizes the importance of living a healthy and active lifestyle. On September 23, 2014 The Town of Holyrood adopted a policy that states:

BE IT RESOLVED that the Town of Holyrood adopt a new healthy eating policy that will require all special events, programs and special events to have a healthy food option. This policy has been created by our Recreation and Community Events Department in partnership with the Eat Great and Participate Program.

We understand the increased benefits and importance behind nutritional foods. The Town is determined to make a stance to ensure healthy alternatives are available at all community events and programs where food is served, and all facilities where food and beverage is available for purchase. The Municipality and local business community will continue its Healthy Eating Initiative with the **Summer Camp A'hoj** program. Holyrood will also continue to build its relationship with the **“Eat Great and Participate”** program so we can provide the best education and programs related to healthy opportunities in this town.

Currently the Department of Recreation and Community Events offers programs such as Forever Young, Mini Movers, Camp A'Hoy, and other wellness programs. We invite you to please stay up to date with the Town of Holyrood by our website www.Holyrood.ca , Twitter Feed @townofholyrood, and our Facebook Page www.facebook.com/townofholyrood for the most up-to-date information regarding events, programs, facilities and all healthy opportunities associated with the Recreation Department.

We would like to thank Eat Great and Participate and the Holyrood Department of Recreation and Community Events for initiating this new policy, to work towards a healthier and happier Holyrood.

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