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Makkovik Recreation Department Healthy Eating Policy

As part of promoting and supporting a healthy and active lifestyle for our residents, The Makkovik Recreation Department has adopted a Healthy Eating Policy.

Makkovik Recreation Department will offer healthy food choices at all events that serve food and beverages throughout the year. These events include any Recreation, Sport and Community Activities and annual events.

This Healthy Eating Policy is adopted to insure that health issues are front and center, and by promoting healthy eating at our events, it will bring public awareness throughout the year.

Healthy Choices means a Healthier and happier Community:

- Residents of our Town are interested in choosing healthier foods and beverages and being physically active, staying tobacco-free as well as caring for the environment, and also supporting local products.
- Residents realize what we eat and the level of our physical activity can be a positively influenced by healthy and supportive policies where we live, learn, work and play.
- Choosing Healthy foods in your daily diet such as vegetables, fruit, whole grains, lower fat milk products and leaner meats helps to prevent chronic diseases. Our Recreation sport and Community environment is supportive in offering these healthy foods and beverages choices which will assist in creating and maintaining an overall healthy community.

The Makkovik Recreation Department will strive whenever possible to:

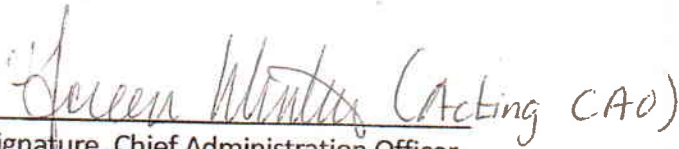
- Serve vegetables and fruit more often
- Offer a variety of whole grain products
- Offer low fat milk alternatives such as yogurt, and cheese
- Serve water
- Choose green options whenever possible
- Always encourage healthy options

The Makkovik Recreation Department Healthy Eating Policy will come into effect on June 01, 2016.



Signature, Director of Recreation and Community Events

We, the Makkovik Inuit Community Government fully supports and agrees with the Makkovik Recreation Department's Healthy Eating Policy, and that it is to come into effect on June 01, 2016.



Signature, Chief Administration Officer

